



OCEAN DRIVE

Just a breeze away from the sparkling sea of Atlantic Beach, The Spa at One Ocean Resort awaits, offering an enticing menu of pampering allures. The only five-star, full-service oceanfront facility in the Jacksonville area, it features eight treatment rooms, VIP suites for couples and a Vichy Room. From facial to body treatments, relaxation offerings are many, such as the Treasure of the Sea massage or the Red Flower Seaside Escape and Golden Sun body treatments. The latter includes an exfoliation treatment and warm cocoon wrap polished off with a sprinkle of gold dust. For appointments, call 877-247-0305. —Tamara Crockett

No Butts About It

When it comes to knowing how to protect your baby's delicate skin, products with complicated lists of ingredients can easily compromise a discerning mother's certainty. But you can be more confident by using a brand like Butt Naked Baby that uses no harsh chemicals or artificial dyes. Free from phthalates, parabens, mineral oils and other questionable contents, each product's short list of easy-to-pronounce ingredients, including avocado seed oil, calendula, shea butter and pink kaolin clay, is natural, familiar and reassuring. Try the Diaper Balm (\$16) alone or together with the Healing Powder (\$11.50). Diaper rash won't stand a chance (buttnakedbaby.com). —LaConia J. Dean



Island in the Sun

If you're packing for a vacation and want to avoid last year's teeny-weeny bikini debacle, look to the Heidi Klein Boutique in Nottingham, England (heidiklein.com) for clothing and body products perfect for the discriminating shopper. With Caribbean music and a hint of coconut oil in the air, the cabana-style store evokes a sense of island panache with its offerings of must-have island items, like swimsuits, tailored linen trousers and kaftans in animal prints and nautical stripes. Look for upscale brands like Eres, Anya Hindmarch and Missoni. —L. Ijeoma Okoro

Hot Topic

Fashion was just what the doctor ordered when designer Elissa Marguiles created Physician Endorsed Sun Apparel as a way to stylishly provide maximum protection from harmful UV rays. Want to look your best in the sun without it getting the best of you? Then check out the popular The Spa Collection (an acronym for Sun Protection Accessories), which features lightweight, crushable and washable big-brimmed hats to trendy shades, all tested and rated to guarantee protection up to SPF 30

and provide 96 to 99 percent coverage against both UVA and UVB rays. Visit physicianendorsed.com to see why this line is a celebrity and dermatologist favorite. —Shanaya Whitaker

