Fresh Air

Products that will put a spring in your step

March 18, 2019 By Meave Gallagher

Sapphire Summer UPF 50 Leggings

Stefani Schuetz was diagnosed with Stage II melanoma at age 25. Determined to keep up her active outdoor lifestyle while protecting herself from the sun, she developed Tri Sirena, a line of athletic wear that’s stylish, comfortable and physician-approved. Her Sapphire Summer UPF 50 Leggings ($90, sizes XS to 2XL) are moisture-wicking and block 98 percent of UV rays.

“The Unwinding of the Miracle: A Memoir of LIfe, Death, and Everything That Comes After”

Julie Yip-Williams started a blog after being diagnosed with metastatic colon cancer in 2013. Nearly five years of her writing—including previously unpublished work—is collected in The Unwinding of the Miracle: A Memoir of Life, Death, and Everything That Comes After ($27, Random House). Here, Yip-Williams, who died in 2018 at age 42, recounts her physical and emotional struggles and helps her family and friends prepare for life without her.

Stealth Belt Pro

An ostomy appliance isn’t a particularly convenient accessory. But with a Stealth Belt Pro ($99, sizes 26 to 46), you can carry your pouch with ease. With its moisture-wicking fabric, a zippered compartment and a double-locking closure, the Stealth Belt Pro provides a lightweight way to discreetly secure your ostomy device. Available in custom sizes and colors and in neoprene for more intense activities and water sports.

Reclaim Hydrating Mist

Working in hospitals and cancer centers, aesthetician Delilah Matos uses the products in her skin care line, Beautiful Fighter, to help people undergoing cancer treatment improve their skin health. Reclaim Hydrating Mist ($23, 4 oz.) for face and body has aloe, jojoba oil and vitamin E to moisturize and protect the skin.

CozyPhones Wireless Contour Series Sleep Headphones

Make a quiet space for yourself with CozyPhones Wireless Contour Series Sleep Headphones ($29.99). The thin speakers lie flat against your ears, the band sits comfortably around your head and the wireless design means you won’t wake up tangled in cords. The band also is wide enough to use as a sleep mask. Listen to your favorite podcast, audiobook, music or

guided meditation in comfort anywhere.

CVS Ultra Sheer Broad Spectrum Sunscreen Lotion SPF 100

A recent study showed that SPF 100 is much more effective in protecting against sunburn than SPF 50, so it’s time to up your sunblock game. CVS Ultra Sheer Broad Spectrum Sunscreen Lotion SPF 100 ($9.99, 3 oz.), which comes recommended by the Skin Cancer Foundation, is dermatologist-tested and cruelty-free. Its water- and sweat-resistant formula absorbs quickly, so you can easily reapply. Make daily sunscreen a habit today and don’t feel the burn!

© 2026 Smart + Strong All Rights Reserved.