



SHAPE UP FOR SUMMER

Beach-ready legs are just a few steps away...literally. Through their design, Shape Up Shoes, force the body to balance, engaging leg, glute and core muscles in every step. After just thirty minutes of wear each day, results are seen in the form of improved leg strength, balance and circulation, as well as, better posture, alleviated back pain and burnt calories. The shoes come in an array of colors and styles. It is recommended that shoes are purchased one size smaller than you would normally wear and to avoid driving while you tone. For more information on the system touted as "pilates in a shoe," visit www.shapeupshoes.com.

Backpack Kayak

The U.S. folding kayak manufacturer, Folbot, has made getting on the water easier for the city dweller and traveler. The new, 10 foot, Citibot kayak weighs 24 pounds and fits easily into one bag with a shoulder harness. The kayak can hold up to 210 pounds and takes only 10 minutes to assemble. The Folbot line features eight models, suited for different paddling environments, priced from \$1,094 to \$2,595. For more information, visit www.folbot.com/kayaks/citibot.



JET SCENT

Deciding on one scent for a voyage is difficult, but not nearly as complicated as actually getting it safely on the plane and to your destination. Crazylibellule and the Poppies, created by the founder of Sephora, Isabelle Masson-Madonnaud, solved both problems with one beautiful package. **Crazysticks**, a line of 21 solid perfumes, are perfectly portable and airline safe. The lipstick sized tubes come in a variety of scents, ranging from "spiritual lilac" to "vanilla fruit sorbet." The aromas last long past deplaning and well into your adventure. They can be found locally at Stella Nova, 292 King Street. For more information, visit www.crazylibellule.com.



GRILL CHARMS

Summer is the season for grilling and there is no better way to serve up the perfect meal than with Grill Charms™. These dime-sized, solid stainless steel charms are placed in your food before grilling. The stems are serrated to cook evenly and hold securely while grilling, moving and flipping. Grill Charm™ your food prior to cooking to distinguish spices and flavors, steak temperatures, or to avoid health or allergy issues. The perfect outdoor accessory or hostess gift comes in a variety of styles and designs to put the fun in function! To order Grill Charms™ or find a store near you, visit www.grillcharms.com or call (843) 437-7079.



Hit the beach in style with Marysia CHARLESTON, the area's new swimwear line making waves. For stores and info, visit www.marysiaswim.com.