



CLEAN GREEN

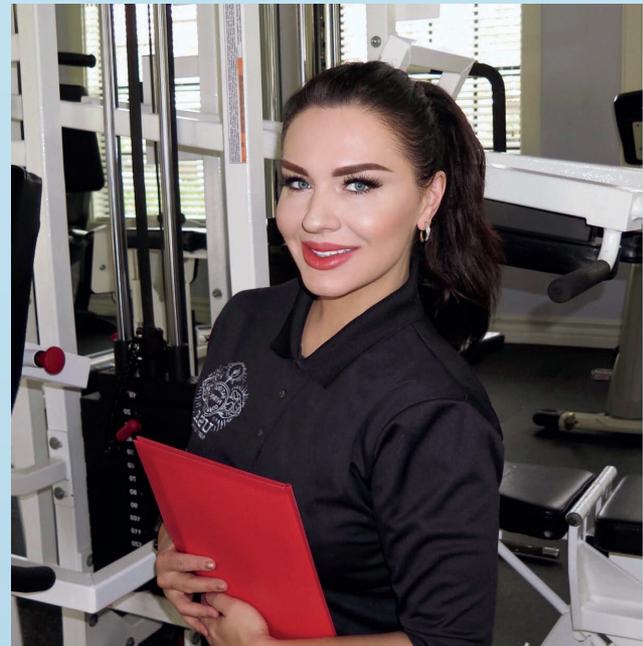
Spare Mother Earth from harmful plastics and pollutants by choosing eco-friendly cleaning products. **Cleancult** sells all-purpose cleaner, dish and dishwasher soap, laundry detergent, and hand soap made with biodegradable ingredients derived from coconuts, olive oil, and orange peels. They come in shatter-resistant glass bottles, and refills are packaged in paper-based milk cartons. When you purchase a subscription, **ThreeMain** offers a free starter kit with a multipurpose cleaner, bathroom cleaner, and dish soap in reusable aluminum bottles. These products are free of parabens, sulfates, synthetic fragrances, glycol solvents, and phthalates. The company also sells 100 percent birdseye-weave cotton towels, which help to save trees and a little cash. Also, 3 percent of its sales go toward the Rozalia Project, a nonprofit working to clean up the world's oceans. (cleancult.com; threemain.com)

TRENDING NOW

NO Sweat

With Southwest Florida's heat and humidity, it's easy to understand the appeal of miraDry, a nonsurgical treatment that permanently reduces underarm sweat. It has become a popular request says Kiran Gill, MD, who operates **Aesthetics in Plastic Surgery** and is the first plastic surgeon in Southwest Florida to offer the noninvasive, FDA-approved treatment. "Clinical studies have shown an average of 82 percent sweat reduction," says Gill, noting that it can be effective even after one session. "Patients can also experience decreased odor and hair reduction."

The procedure is done in the office under local anesthesia and takes about an hour. "It uses thermal energy to target sweat glands deep in the skin surface of the underarms," Gill explains. "Once those glands are eliminated, they do not grow back, resulting in permanent sweat reduction." She adds that the treatment is safe, though side effects may include swelling, numbness, and soreness in the treated area. At this point in time, miraDry is cleared by the FDA for underarms only, but other body areas are currently being researched for treatment in the near future. (kirangillmd.com)



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