



THE US
BODY

BUZZZZ-O-METER



MEDITATION

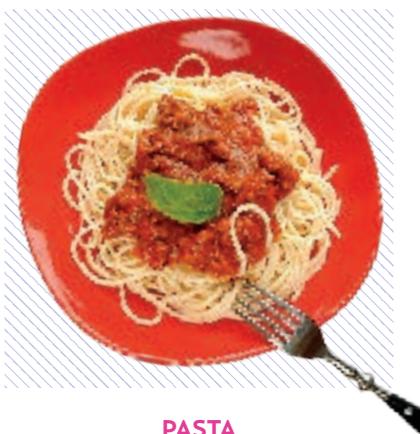
There's a reason everyone from **Oprah Winfrey** to **Gisele Bündchen** (above) includes the practice in their routines. The technique, which focuses on breathing and stillness, "can reduce anxiety and blood pressure," says L.A. meditation teacher **Kelsey Patel**.

Adopt these celeb-approved wellness trends and jump-start a healthier 2017



SHAPE HOUSE

At this L.A. spot, devotees such as **Selena Gomez** wrap up in a 158-degree infrared heat blanket and literally sweat it out for up to an hour. The temperature spikes your heart rate, says founder **Sophie Chiche**, "giving you a metabolic boost that continues for approximately 36 hours." (\$45 a session, shapehouse.com)



PASTA

Rejoice! Research shows carbs can be diet-friendly. In a July study of 23,000 people, an Italian institute determined small portions of pasta can contribute to a healthy body mass index. No wonder **Jennifer Aniston** calls it her "favorite go-to-town food."



NONDAIRY MILK

Move over, almond milk: Now there's a slew of dairy-free options. Try hemp (**Gwyneth Paltrow's** choice), camel or high-protein Ripple, made from peas. (\$4.50 for 48 ounces, target.com)

BONE BROTH

This drink is **Salma Hayek's** secret weapon for gorgeous skin. "It's good for the production of collagen," she tells *Us*. (**Laura Prepon** notes it also de-bloats.) Try Epic's protein-laden variety. (\$42 for six, epicbar.com)



MATCHA

Packed with polyphenols that can boost metabolism and aid heart health, **Alanis Morissette's** preferred tea brew is "nutrient-dense," says *Nutrition Stripped* author **McKel Hill**.



POWER PLATE

Gabrielle Union and **Demi Lovato** do squats and other moves on this buzzy device. The vibrations make muscles work harder, toning you even faster, says L.A. trainer **Brian Nguyen**. (\$1,995, powerplate.com)

