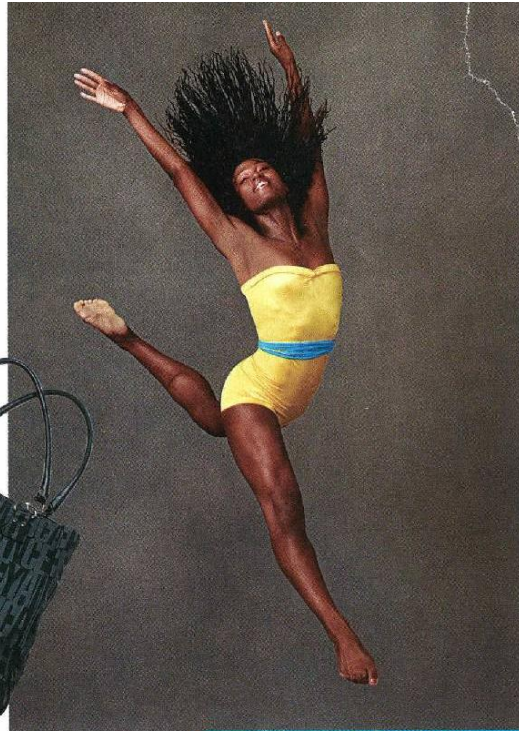


dmstyle DANCER'S CHOICE

# RACHAEL MCLAREN

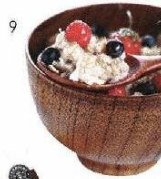
Alvin Ailey American Dance Theater's elegant nutritionist-in-the-making



"Palmer's cocoa butter is always in my purse."



"I like my oatmeal really jazzy."



She's taking nutrition classes at Hunter College.

"I have this great tiffin-style lunchbox. On tour I'll go to the market and cook up stuff in my hotel room."



"I can't leave NYC without my Nook. It's perfect for touring."



"Lavender oil helps me relax. It's hydrating, calming and sometimes I put it in my bath."

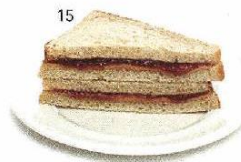


"PB&J travels well."



"You can use this strap to carry your mat and stretch."

"I like wearing socks with fun things on them."



"At the end of a long day I drink Egyptian Licorice Mint tea."

## STUFF SHE LOVES

A pink sports bra under a black mesh shirt (Discount Dance Supply shown)<sup>1</sup> • Palmer's cocoa butter stick<sup>2</sup> • Alvin Ailey tote bag<sup>3</sup> • hummus with carrots and celery<sup>4</sup> • 3-Tier Stainless Steel Tiffin Set by To-Go Ware<sup>5</sup> • Dr. Bronner's Eucalyptus Bar Soap<sup>6</sup> • bamboo utensils by To-Go Ware<sup>7</sup> • Chico bag<sup>8</sup> • oatmeal with seasonal fruit<sup>9</sup> • Nook<sup>10</sup> • Weleda lavender oil<sup>11</sup> • Starbucks VIA French Roast instant coffee packets<sup>12</sup> • lululemon mat strap<sup>13</sup> • socks with fun patterns (Capezio/Ballet Makers, Inc., shown)<sup>14</sup> • peanut butter & jelly sandwich<sup>15</sup> • Yogi Egyptian Licorice Mint tea<sup>16</sup>

Top right: Andrew Eccles; Courtesy: AADT; Nathan Sayers; iStock