

5 Easy Ways to Be Healthy at Coachella and All Summer Music Festivals

By: Kelsey Nelson

The time has come, music and party lovers: Festival season is upon us. While you're busy planning out your must-visit music festivals, packing up your modern outdoor festival blankets and finalizing your music festival style, keep in mind that just because you're getting ready for a multi-day party, your health and safety shouldn't take a backseat. Also, feeling your best will make the festival that much better. So before you dance the night away at Coachella or your other fave festival, follow these five expert tips to prepare for your healthiest and most thrilling festival yet.



2. Soothe your pipes. "Your throat will surely need some soothing with all the singing you will be doing," says **Dr. Gabrielle Francis**, a naturopathic doctor at The Herbal Alchemist. "Protect your throat throughout festival outings by packing throat lozenges or Singer's Spray to coat the throat. The spray also contains anti-microbial ingredients that prevent infections. Don't forget the lip balm either to protect your lips from dryness caused by the sun and wind."