

(SELF) IMAGE



Davis is a talented surfer and designer: She collaborated on a line for her sponsor Volcom. **SWIMSUIT TOP** \$40, and **BOTTOMS** \$35; Volcom.com

UP & OUT

→ Pro surfer **Quincy Davis** starts her days on the waves—and keeps everything else simple.

“I love the whole process of surfing in the morning, from having a coffee on the beach to checking the waves with my friends,” says 21-year-old Quincy Davis of Montauk, New York. Her quick A.M. routine means that much more time on the beach. After waking up at 7:30 A.M., she stretches, spritzes on a hydrating toner and applies sunscreen. (“I’m most confident when I’m natural.”) If she can’t surf, she gets in a class, like Tracy Anderson: “I’ve never regretted working out, but I regret it when I don’t.” —*Alexandra Engler*

→ Tag @SELFmagazine on Instagram or Twitter and show us how you get #UpNOut.



3 THINGS THAT GET HER UP AND OUT

1

GOING GREEN

“I make an amazing smoothie with spinach, banana, mango, cashews and coconut milk.”



2

SUPERHERO SPF

“I need sunscreen that I know will stay on while I surf.”
SUNSCREEN Shiseido Ultimate Sun Protection Lotion SPF 50+, \$49



3

CASUAL-COOL STYLE

“My look is both tomboy and bohemian. I like to mix it up.”
SNEAKERS \$60; Sperry.com



CLOCKWISE FROM TOP LEFT: REBECCA AMBER PHOTOGRAPHY; GREGORY REID. COURTESY OF SHISEIDO.