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# central mass's BEST bartenders

## THE LUXE LIST:

# GADGETS THAT CAN IMPROVE YOUR HEALTH

MERILEE KERN

The marketplace is teeming with gadgets, appliances and other tech-driven solutions aimed at improving our health and well-being. With this in mind, here are a few innovative solutions that'll benefit both kids and adults.

## JOOVV LIGHT MINI PORTABLE RED LIGHT THERAPY

Skip those inconvenient spa sessions. Instead, treat your entire body with powerful, medical-grade, red light therapy in just a few minutes per day with the Joovv Light Mini. Designed to hang on the back of an interior door, the Joovv Light Mini delivers powerful, therapeutic, red light energy at 660 nanometers. This type of red light has been clinically proven to rejuvenate the body in a number of ways, including improving skin tone and texture; diminishing wrinkles, acne and other skin blemishes; and reducing joint pain and muscle inflammation. With this nifty gadget, you can experience the incredible health benefits of red light therapy in the convenience of your home. \$395, [joovv.com](http://joovv.com).

## THE NOLAH AIR FOAM MATTRESS

After testing hundreds of foam formulations and mattress constructions, Nolah created its flagship Air Foam mattress. This marvelous mattress is 100 percent temperature neutral and reportedly sleeps cooler than any other memory foam mattress on the market, with or without cooling gel. Performance tests also showed four times less peak pressure on the sleeper's hip and back areas, as compared with traditional memory foam mattresses. Also cause-conscious, for every mattress sold, Nolah will adopt an endangered American wildlife through its wildlife conservation partner, Defenders of Wildlife. Customers can choose from more than 20 endangered animals like bald eagles, snowy owls and dolphins and are then sent an official wildlife adoption certificate as proof that their contribution helped protect American wildlife. \$519, [nolahmattress.com](http://nolahmattress.com).

## 'HEALTHY' HEADPHONES BY PURO SOUND LABS

How loud is too loud? Did you know that one in five teenagers and adults suffer from some type of hearing loss? Sound is measured in decibels, and at 85 dB and above, long or repeated exposure can cause hearing loss, which is 100 percent preventable! Because people are being exposed at a younger age with the increased use of electronics, noise-induced hearing loss has reportedly increased 31 percent since the '90s. Puro's BT2200 headphones have a unique approach to safe listening. First, block out 82 percent of the background noise (comparable to some of best active noise-cancelling headphones on the market). Second, limit volume to 85 dB. This is the maximum safe listening level as recommended by audiologists. And third, offer studio-grade audio quality with Puro's patent-pending Balanced Response curve. \$99-\$109.99, [purosound.com](http://purosound.com).

## KIDS MAKING HEALTHY CHOICES

There's a new tech tool available to help kids get, and stay, fit and trim! Kids Making Healthy Choices, based on the award-winning children's book, *Making Healthy Choices - A Story to Inspire Fit, Weight-Wise Kids*, seeks to motivate and empower children to get, and stay, on a healthy track while also supporting and enabling parents, teachers and other caregivers and educators with helpful resources. The app, which is designed for both iPhone and iPad, serves to motivate all kids to make wise lifestyle choices and better understand and empathize with peers currently struggling with a weight problem, which can lessen the all-too-common incidence of bullying in schools and elsewhere. There are six distinct sections, including the full text of *Making Healthy Choices - A Story to Inspire Fit, Weight-Wise Kids* (with a boys' and a girls' edition), story discussion and question prompts, fun activities, healthy kid-friendly recipes, free online tools and resources and research, information and news resources. \$1.99, [kidsmakinghealthychoices.com](http://kidsmakinghealthychoices.com).



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