

Holiday 2020 Wellness Wants

By Gina LaGuardia

you may love. Here are a few of our fitness-related favorites that'll add some finesse to your fa-la-la-la season.

Between work from home, school from home, and everything in between—*from home*—the only surefire alone time you'll get (hopefully) is in the shower. Reinvent your relaxation time with essential oils infused directly into your waterflow with the **Moen IN208C2 Aromatherapy Combination Handshower and Rainshower with INLY Shower Capsules**. It's the ultimate sensory shower experience thanks to the aromatic of Zen Time, Tropical Day, and Sweet Morning, and water settings that include relaxing massage, downpour, intensify, rinse, and more.
\$129-\$209, Moen.com/aromatherapy/inly



You may not be able to enjoy Hawaii anytime soon, but you can capture the essence of the island from inside your gym bag's skincare stash. Get a healthy getaway-like glow after your next workout with **UA Body Skincare**, an all-natural vegan line that replenishes, hydrates, and protects your skin. Each clean, additive-free formula is handcrafted in small batches in the company's Hawaii workshop. So it's no surprise that one of our faves, **Ekolu Body Butter**, combines the benefits of organic Hawaiian oils of coconut and macadamia kukui nuts to calm inflamed skin and treat dry skin, acne, stretch marks, and more.
3.4oz: \$24, UABody.com



If there's anything we've learned this past year, it's that we need to find our own inspiration, especially during challenging times. For many of us, motivation can be revealed in those simple morning moments of getting geared up to move. If that's you, we suggest adding **The Cool Ppl** art-inspired athletic wear to your wish list. The body-positive, wearable artwork vibe delivers comfort, performance, beauty, and self-empowerment through each collection's cohesive art theme, whether it's Classic Painters, Elements on Earth, or Pop Culture. Even better—The Cool Ppl boasts inclusive sizing (XS-3XL) and sustainability in production.
\$60-\$110, TheCoolPpl.com

\$60-\$110, TheCoolPpl.com



\$599, OntheMUV.com

We've spent so much time sitting this past year, it's high time we kept it moving—even while seated. It's possible with the **Onthemuv miniTREAD**. Small enough to fit under your home desk, or in front of the couch (we know—Netflix!), this motorized device can help improve circulation, strength, and cardio fitness. And even though the motorized miniTREAD is compact—it's 80% smaller than the size of a typical treadmill—it works some of the key muscle groups, including your calves, hamstrings, quads, and core.

If you catch yourself missing chocolate (or find you're indulging a bit too often), you must-must-must request a box of **Red Chocolates** from Santa.

Made with cocoa hailing from the Ivory Coast of Africa, there are no added sugars, 50% fewer calories, and 30-40% less fat than usual chocolate brands. These taste so fabulous—as in, we had to check and recheck the label a few times! Choose your favorite: Milk Chocolate, Milk Chocolate with Hazelnuts and Macadamia, Dark Chocolate with Orange and Almonds, Dark Chocolate, or 60% Extra Dark Chocolate.

Red Variety Pack (5 bars): \$13.99, Red-Chocolate.com



Stocking Stuffers to Strengthen Your Body

Help ease those tired muscles and (bonus!) relieve congestion with **SMPLSTC CBD's Hemp Treatment with Menthol**. And don't stop there—other SMPLSTC products perfect for your favorite fitness buff: Full-spectrum Hemp Oil, Camphor Oil to relieve chest congestion, and Eucalyptus Oil, which acts as an anti-inflammatory to clear the sinuses.
500mg roll-on: \$39.99, Smplstcbd.com



Tired of the same-old, same-old cardboard-inspired protein bars (sorry, we call it like it is)? Then hurry up and add **IQBARs** to your holiday wish list. Available in a variety of delicious flavors like Peanut Butter Chip, Lemon Blueberry, Almond Butter Chip, and Chocolate Sea Salt, each bar contains six nutrients that boast science-backed brain compounds, 12g plant protein, 3g net carbs, and less than 1g of sugar. The bars are compatible for keto, paleo, and vegan diets, and are free from GMOs, gluten, dairy, soy, and sugar alcohols. If that's not amazing enough for you, IQBARs ensure no afternoon crash thanks to a super low glycemic impact, and with 6-8g of fiber, they can do wonders for your gut health!
7-Bar sample: \$14.99, EatIQBar.com



CBD gummies that help you relax and are tasty? Check! **CBDistillery 30mg Broad Spectrum CBD Anytime Gummies** are derived from non-GMO industrial hemp grown with natural farming practices and are lightly sugar-coated in a tropical fruit flavor. Find relief and relaxation anytime of the day.
\$60, TheCBDistillery.com



When it comes to maintaining our fitness and weight, as well as ensuring our health and immunity, it's so important to stay well hydrated. Adding **SOS Hydration's Electrolyte Drink Mix** to your next water bottle can hydrate you three times faster than drinking water alone. And yes, even with deliciously subtle flavors like berry, watermelon, mango, and citrus, they're free from artificial ingredients and unnecessary sugar, calories, fillers, and preservatives.
SOS Active 10-Stick Packets: \$9.99, SOSHydration.com

