

gifts to spark JOY

Wellness
picks for everyone
on your list—
including you!

BY ALYSSA JUNG



STOCKSY



1. KASHWÉRE SLIPPERS

▲ Having toasty toes is just one reason to wear slippers—protecting your feet is another. Chenilla Classic Slippers are cozy, lightweight, and unisex and have supportive soles that help prevent stubbing and preserve the fat pads on feet that can thin with age, leading to discomfort. (*\$98, kashwere.com*)

2. GATO DATES

▲ Naturally sweet Medjool dates combined with creamy nut butter and enrobed in 70% dark chocolate are a decadent treat. I love their bonbon-like texture and that they



deliver helpful fiber and have no added sugar. The Gato Goodies Pro bundle includes all three flavors. (*\$75, gatodates.com*)

3. PURA VIDA FIDGET RINGS

▲ If you've ever found comfort in twirling your hair or tapping your foot when you're stressed or anxious, that shows the power of fidgeting, which

studies indicate can help ease those feelings and boost focus. Fidget jewelry is a fashionable way to redirect restless energy, and Pura Vida has cute styles with built-in design details to play with—balls to toggle, rings to spin. I like that people don't know I'm self-soothing when I wear these. (*From \$6, puravidabracclets.com*)



4. BOSE QUIETCOMFORT ULTRA HEADPHONES

▲ I need noise-canceling headphones during my overstimulating commute and for zoning out to my fave songs when I want to chill, and these sleek ones are top of the line (and worth their cost). They have pillowy ear cushions and superior audio quality and are stellar at blocking out environmental noise. (*\$429, bose.com*)

5. EKONE TINNED FISH

▲ Your foodie friends will go wild for these hand-packed tins of sustainably sourced



seafood from a family cannery in the Pacific Northwest. I use them on charcuterie boards and to create tinned-fish flights. Grab smoked mussels, salmon, albacore tuna, and oysters; each can is packaged in a gift-worthy box. (*From \$10, ekoneseafood.com*)

6. COZY EARTH THROW

▲ This gorgeous faux-fur Bubble Cuddle blanket makes "me time" feel

oh-so-luxurious. The oversize option is perfect for snuggles with family members, friends, or pets (good for mental health!) or to wrap yourself in an extra-comfy cocoon (swaddling can help fussy babies chill out, and I find that it makes me feel calmer too). Plus, the blanket is mega-plush and silky-soft and will look nice on any couch. (*\$228, cozyearth.com*)

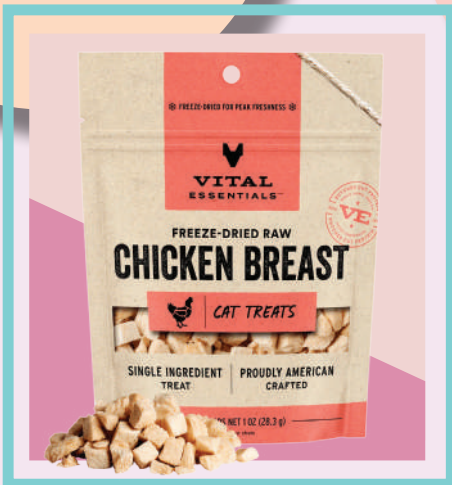
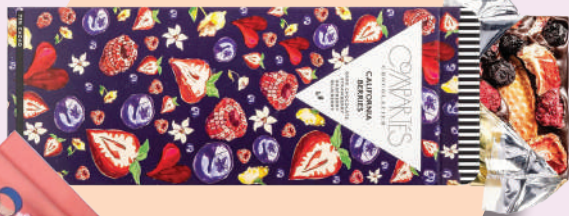


7. PIECEWORK PUZZLES

▲ The puzzler in your life will be thrilled to tear one of these open. Each intricate scene is packed with delightful details to discover, and with many sets there is a matching playlist—a good-for-you combo, as doing jigsaws has brain benefits and music can lift mood. Explore mini and kid puzzles along with 500-, 750-, and 1,000-piece ones. (From \$20, pieceworkpuzzles.com)

8. COMPARTÉS CHOCOLATE

▲ The wrappers on these bars of dark chocolate



9. VITAL ESSENTIALS TREATS

▲ Our furry friends deserve presents too! These single-ingredient treats for kitties and pups will make their day. Each protein is freeze-dried raw to maintain peak flavor and nutrition. Choose from delicacies like ahi tuna, beef liver, chicken breast, and more—my cat, Annie, is a huge fan of the salmon and whole minnows. (From \$6, chewy.com)

are literally works of art (they've been featured in the Smithsonian!), so just add ribbon. The confections within are artistry too. I go for those with 73% cocoa, which are just sweet enough for me and are available in an array of flavors, many nut-free or vegan. You can't go wrong, but California Berries, Coffee Crunch, and the limited-edition Peppermint Bark are real winners. (From \$10, compartes.com)



10. GIADZY GIFT BOX

▲ I grew up having Italian "Sunday supper." Often featuring a nourishing pasta dish, the meal was always mindful and focused on connection. The home cook in your life can create their own soul-satisfying memories with G's Go-To Italian Gift Box. It's filled with high-quality imported Italian staples just like those my mom uses, all selected by chef Giada De Laurentiis: organic pasta and extra virgin olive oil, heirloom cherry tomatoes, passata, and spicy seasoned sea salt. (\$97, giadzy.com)

11. SUN BASIN SOAPS

▲ These small-batch soaps smell delectable



and make showering a spa-like experience. They're made from natural ingredients like moisturizing coconut oil and shea butter and essential oils. Gift a single bar, build a bundle, or sign your gift-tee up for the monthly Soap Surprise Club. (From \$9, good.store)

12. NODPOD SLEEP MASK

▲ Give your gals their best beauty sleep by presenting them with this weighted sleep

mask. Made of soft silk, it's filled with slightly heavy material to offer the benefit of deep-pressure therapy, which studies suggest can help calm the nervous system to make nodding off easier. I struggle to shut off my brain at night, but this has me out like a light! (\$68, nodpod.com)



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