

Health



FEEL THE JOY!

EASY WAYS
TO STRESS LESS
THIS SEASON

THE SURPRISING
BENEFITS
OF COLD-WEATHER
WORKOUTS
GET OUT THERE!

HEALTHIER
DESSERTS
THAT WOW A
CROWD

REACH
FOR YOUR
DREAMS

AMERICA
FERRERA ON HER
PASSIONS
AND PARENTHOOD

MASKS
FOR EVERY
SKIN TYPE

Plus
87 GIFTS
YOU'LL WANT
TO GIVE
YOURSELF

THE
**Gift
Guide**
2018




JEMMA BIRDIE BAG
Interior pockets fit
your gym essentials,
and a ventilated
compartment stows
your sneakers. (\$198;
jemmabag.com)



TREAT YOURSELF!

We've rounded up dozens of wellness-inspired gifts. You'll find plenty of things for your friends and family, but here's a suggestion: Put some on your own wish list. After all, you deserve something special too.

By LISA DeSANTIS, ROZALYNN S. FRAZIER, AND VANESSA POWELL



- 1 / BURST ORAL CARE** An electric toothbrush in rose gold? Yes, please! (\$100; burstoralcare.com) **2 / FREE PEOPLE FRAGRANCE 1809:S** Inspired by the sea, this scent will transport you. (\$28; freepeople.com) **3 / BANG & OLUFSEN HEADPHONES** These comfortable headphones take sound to the next level. (\$299; beoplay.com) **4 / GARNET HILL WRAP** This cashmere number is cozy enough for the plane and chic enough for dinner out. (\$188; garnethill.com) **5 / AWAY SUITCASE** The new dark teal shade of this popular carry-on is so fresh. (\$245; awaytravel.com) **6 / EBERJEY EYE MASK** Not only does this keep light out, it is so soft on your eyes. (\$24; eberjeey.com) **7 / CALPAK CUBES** Fit much more in your luggage with these packing cubes. (\$48; calpaktravel.com) **8 / MOBS DESIGN SNEAKERS** Kicks that go with everything and keep you supported for hours of walking. (\$195; mobsdesign.com) **9 / GAIAM FOLDABLE YOGA MAT** Practice vinyasa wherever you are with this travel-friendly mat. (\$25; amazon.com)