## FEEL THE JOY!

EASY WAYS TO STRESS LESS THIS SEASON

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

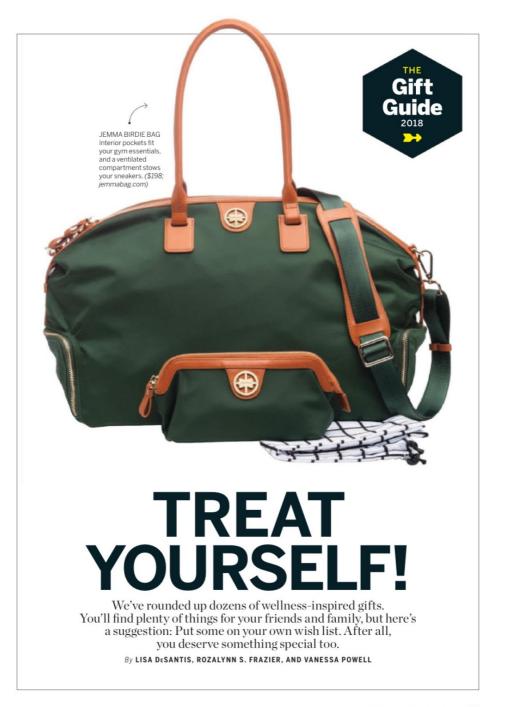
> HEALTHIER DESSERTS THAT WOW A CROWD

## REACH FOR YOUR DREAMS AMERICA

FERRERA ON HER PASSIONS AND PARENTHOOD

MASKS FOR EVERY SKIN TYPE

87 GIFTS YOU'LL WANT TO GIVE YOURSELF





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; eberjey.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; mosdesign.com) 9 / GAIAM FOLDABLE YOGA MAT Practice vinyasa wherever you are with this travel-friendly mat. (\$25; amazon.com)