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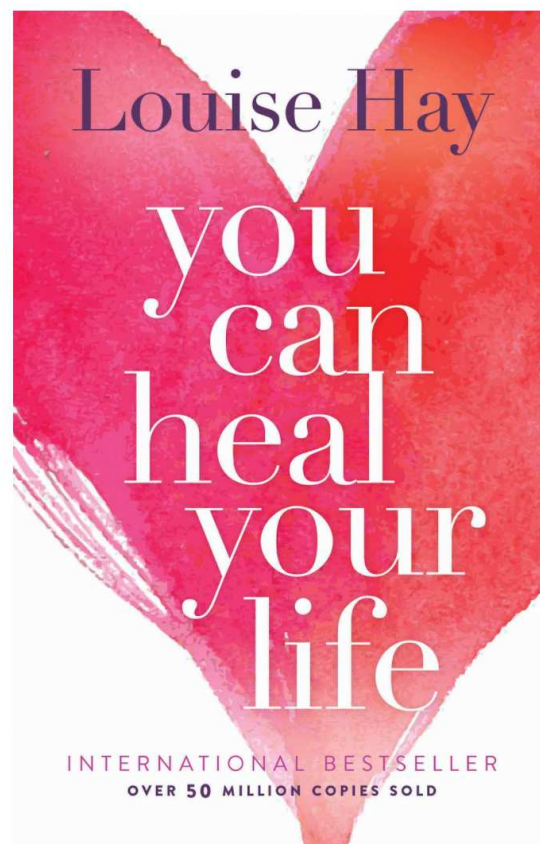
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of like the emotional body.”

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Written by cancer survivor Louise Hays, the book explores the importance of putting in the mental work to overcome physical, emotional, and spiritual roadblocks. For \$9, it's an affordable motivator to keep on hand whether or not you're an Olympic gold medalist.



"You Can Heal Your Life", Louise Hays – \$9.00

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HEALTHY SLEEPING HABITS

Try This Sleep Doctor's 3-Part Equation for Creating a Bedtime Routine That Actually Helps You Sleep



Well+Good Editors

March 1, 2022

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f **H**ave you ever gone to bed early only to feel absolutely exhausted the next morning? Or perhaps you're more of a night owl who enjoys staying up late to watch your favorite shows, only to find it nearly impossible to fall asleep thereafter? In either case, your nightly routine is likely to blame.

t
p
a And newsflash: A bedtime routine is about more than just going to bed by a certain time—it includes a bit of prep beforehand to ensure a truly restful night's sleep. Sure, going to sleep eight hours before you need to wake up and forgoing the rest of the prep might still help, but according to psychotherapist, functional nutritionist, and brain health author Mike Dow, PhD, cultivating a nightly routine can have big benefits for your long-term health.

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To show you how to do it, we teamed up with Natrol® to ask Dr. Dow for his three-step equation for developing a nightly routine that works for you.

The importance of a nightly routine

Before you start any new routine, you want to know why it's good for you, right?

According to Dr. Dow, the benefits of a sleep-support routine include better energy,

YouTube Video of Kevin Hart – Deep Blue 3/2/2022

<https://www.youtube.com/watch?v=nV7ekK30-e8&t=147s>



Kevin Hart - YouTube
- DeepBLUE.mp4

EXHIBIT 13

Opposition No. 91247128

dōTERRA HOLDINGS, LLC, Opposer v. MTMS HOLDINGS, LLC, Applicant

Party Offering Exhibit: dōTERRA HOLDINGS, LLC, Opposer



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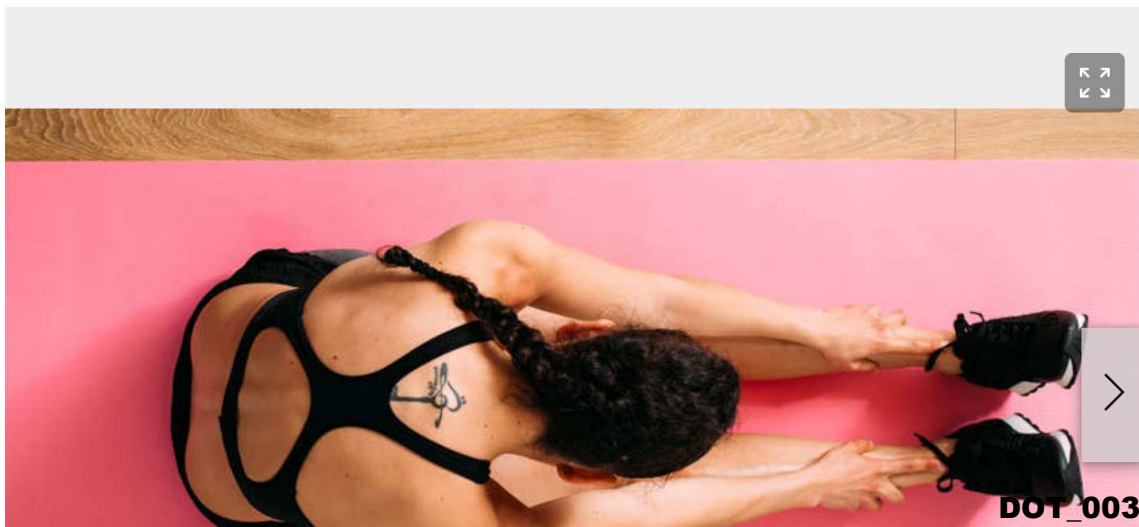
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Muscle Pain Relief Creams and Gels for Post-Workout Aches

Mara Santilli, Eunice Lucero-Lee - Dec 7, 2021

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Try These Muscle Creams Whenever You're Sore Post-Workout

No one enjoys the feeling of waking up in the morning with aches and pains you didn't have the night before. Whether you pushed yourself to the limit during your [new workout routine](#) or are just feeling stiff and sore from a weekend full of [yard work](#), your body deserves a little TLC. Applying a muscle rub cream, gel, or balm is not going to magically cure the stiffness you're feeling, but it may provide much-needed relief in the moment and improve your day-to-day quality of life.

The Best Muscle Rubs

- **Best Overall:** [Biofreeze Pain Relief Muscle Rub Gel](#)
- **Doctor-Recommended:** [Penetrex Pain Relief Therapy](#)
- **Warming and Cooling Effects:** [Derma-E Arnica Sore Muscle Rub](#)
- **Best Ointment:** [Tiger Balm Sport Rub Pain Relieving Ointment](#)
- **Cheap But Effective:** [Boiron Arnicare Gel Muscle Rub](#)
- **Best for Nerve Pain:** [Ted's Pain Cream with Resveratrol](#)
- **2,000-Plus Positive Reviews:** [dōTERRA Deep Blue Rub](#)
- **Best Hemp-Infused:** [ZenRenu Organic Hemp Cream](#)
- **Best for Travel:** [Icy Hot Max Strength Pain Relief Cream](#)
- **Best for Bruises:** [MediNatura T-Relief Natural Pain Relief](#)


According to [research](#), some muscle rubs that contain topical pain relievers like NSAIDs may be helpful if you're injured (and especially if you can't take oral anti-inflammatories due to gastrointestinal issues). Other balms or gels, especially those containing menthol, provide more of a cooling sensation. There are also those that contain CBD and THC, as [more and more people with chronic pain](#) are discovering the benefits of medical marijuana and topical cannabis products. From creams to gels to balms, each of our picks for top-rated muscle rubs can help ease sore muscles and aching joints.


While they may not treat the acute inflammation at the heart of your injury, muscle rubs *can* help calm some of those aches. Plus, the act of massaging the cream into your muscles may also help loosen up any tightness, giving soothing relief.


from pain that (for many people) can be debilitating.


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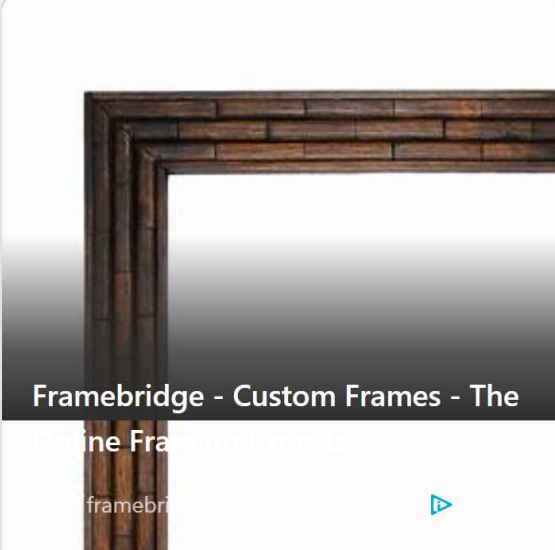
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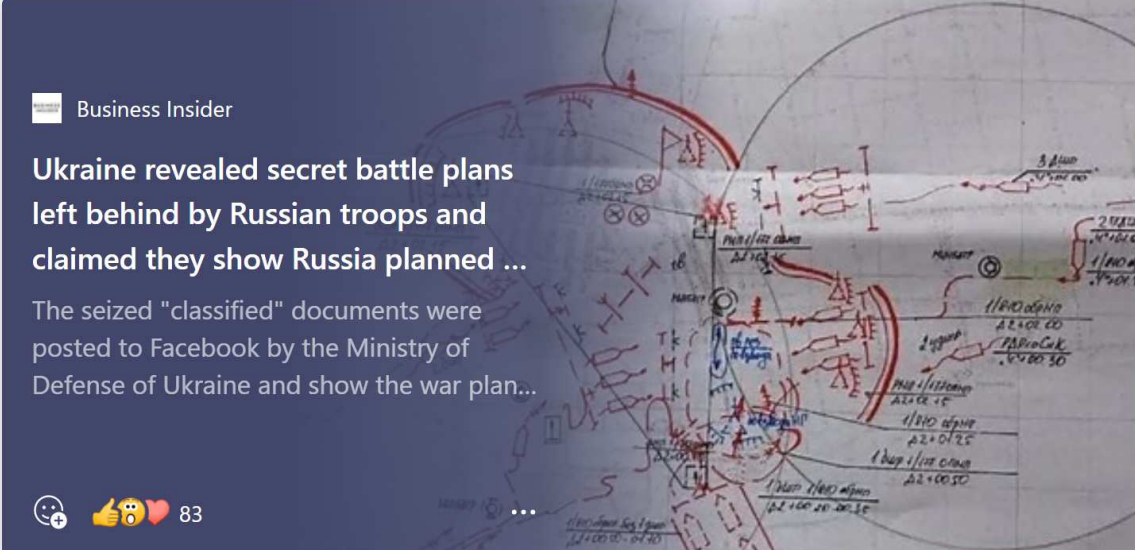
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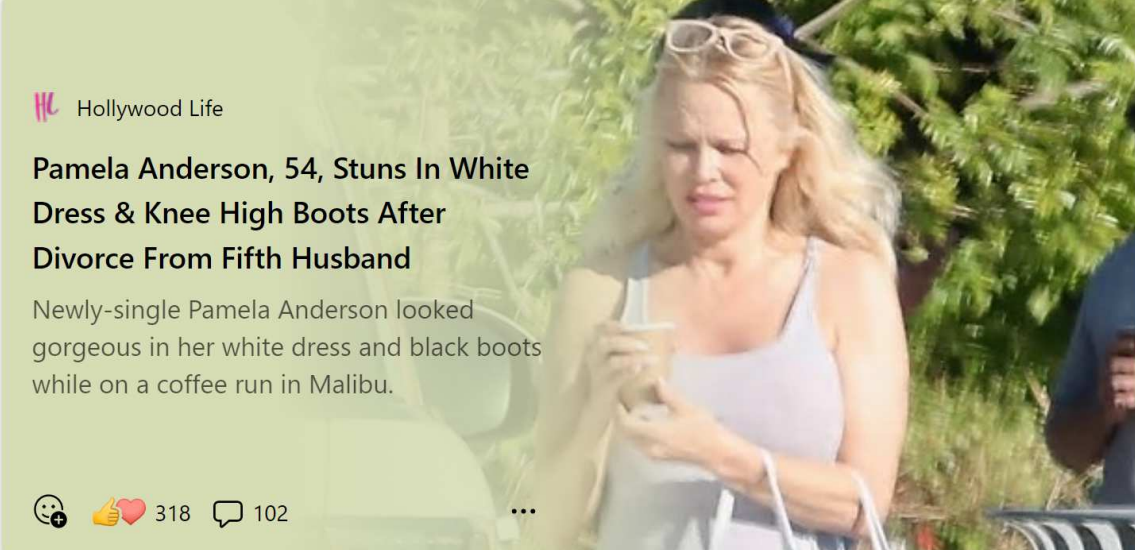
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Utah woman arrested for transporting large quantity of drugs

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Hollywood Life

Pamela Anderson, 54, Stuns In White Dress & Knee High Boots After Divorce From Fifth Husband

Newly-single Pamela Anderson looked gorgeous in her white dress and black boots while on a coffee run in Malibu.

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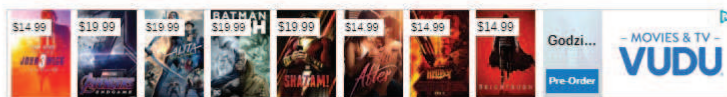
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'Wings' actress Farrah Forke dies at 54

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16 Products to Use When Painsomnia Keeps You Up at Night

Paige Wyant
The Mighty January 3, 2018



headspace app, davids tea and journal

Dealing with **chronic pain** every day is difficult and tiring, but being unable to fall asleep at night because of the pain – even if you're completely exhausted – can be even more frustrating. You may find yourself cycling through short periods of being awake, then asleep, then awake, then asleep... or maybe you toss and turn the entire night without ever drifting off. Either way, not getting enough sleep can have significant physical and emotional consequences – especially if you're already battling constant pain and fatigue.

If you struggle with painsomnia, you know how exasperating it can feel to lie in bed craving sleep but be unable to get there. **That's why we asked our Mighty community which products they use at night when painsomnia is keeping them awake.**

Whether you prefer to try to relax, calm your mind and relieve some of the pain or engage in an activity to distract yourself from what's going on in your body, we've got you covered.

Related: [16 Memes That Nail What It's Like to Experience Painsomnia](#)

Here are their recommendations.

We hope the products below, all recommended by our Mighty community members, help you or a loved one in your health journeys. Just so you know, The Mighty may collect a share of sales from the Amazon links on this page.

1. Headphones

sleepphones padded headphones and wireless bluetooth headphones

Related: [Why Our Doctors Need to Practice 'Pain Acceptance'](#)

Whether you like listening to music, audiobooks, guided meditation or white noise, headphones allow you to do so at any time of the night without waking anyone else up while also blocking any outside noises that could keep you up.

"Headphones!" said Jenny Williams Sarver. "I watch Netflix a lot on my iPhone to distract me from my pure agony of pain. I'm on it now. The wireless headphones come in handy while my husband is sleeping next to me. He works hard so I find my headphones help keep my noise level down so at least he can get sleep. Padded headphones are the best."

Adrian Bryant recommended, "Netflix and a good pair of comfortable headphones. I only

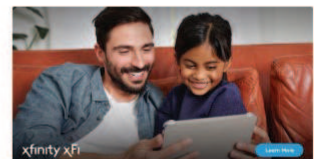
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Glamour



watch a light-hearted show that I've already seen... that way it's not too intense and not a big deal if I fall asleep in the middle of an episode!"

Our picks: [SleepPhones Padded Headphones \(\\$39.50\)](#) and [Wireless Bluetooth Headphones \(\\$29.97\)](#)

Related: [6 Therapies I Use Since Pain Medication Doesn't Work for Me](#)

2. Streaming Services

netflix and hulu logos

If sleep just isn't happening, sometimes distracting yourself from the pain and frustration is the best option. Turning on a favorite movie or TV series might help draw your attention away from your body and focus on something that makes you smile.

Bonnie L. Williamson wrote, "Netflix, [I watch] a movie I've seen many times so I know what's going to happen, so I can close my eyes and listen and hopefully fall asleep. Something funny like animated movies usually."

"If I'm going to be awake, I'm going to be entertained," Miranda Nesbitt Thompson told us. "When I don't want to read, I binge-watch shows on Netflix I've already seen every episode of. The key to it being, I only read and watch things I've already seen, so there's no guilt or worrying about where I left off if I do manage to fall asleep."

Our picks: [Netflix Subscription \(starts at \\$7.99/month\)](#) and [Hulu Subscription \(starts at \\$5.99/month\)](#)

3. Guided Meditation Apps

headspace app and insight timer app

Listening to a guided meditation provides something soothing for you to focus your attention on while you close your eyes and try to drift off.

Teaghan Munro said, "I listen to a guided meditation set on pain management (or other available topics) from the Headspace app. I would absolutely recommend it if you're even thinking about trying meditation. A large portion of the app is free, and it's a great way to see what meditation is like!"

"I use the Headspace app's 'sleeping single,'" wrote Jenn Heater. "It's the first time I've ever been able to get into meditation and that one has been a lifesaver. It was recommended by my doctor at the Stanford Pain Clinic."

Laura Jane Northmore added, "I've been recommended meditation for years; however, I never found one that worked for me. I found an app recently called Insight Timer with thousands of free meditations on [it]. It's amazing. There's one I use nightly and I'm usually asleep within 10 minutes on a good night."

Our picks: [Headspace App \(sign up for free\)](#) and [Insight Timer \(sign up for free\)](#)

4. doTERRA's Deep Blue Rub



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4. doTERRA's Deep Blue Rub



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doTERRA's deep blue rub

doTERRA's Deep Blue Rub is made with pure, therapeutic-grade essential oils and natural plant extracts to provide sensations of warmth and cold to painful problem areas.

Edy Westcott recommended, "doTERRA's Deep Blue Rub with a drop of doTERRA's copaiba, cassia and clove essential oils added in. It's been the most effective thing I've tried in 15 years, both prescription and over the counter."

"Deep Blue by doTERRA is tremendous helpful" added Jen Tuck.

Our pick: [doTERRA Deep Blue Rub \(\\$39\)](#)

5. Heating Products

heating pad and heated blanket

Heat is a key part of pain management for many with chronic pain, but it can also be relaxing to feel warm and cozy. Whether you need targeted or widespread heat, there are a [wide range of heating products](#) that can help relieve some of your pain so you can sleep.

"A heated blanket," said Patricia Hamel. "It doesn't help me sleep, but it calms the pain enough that I can focus on something else (usually a crochet or knitting project)."

Lenthe Schutzen told us, "I use an electric fleece blanket, best purchase I ever made. Works like a heating pad and automatically shuts off after three hours, so it doesn't matter if you fall asleep."

"Heating pad!" added Kelliann Gomez. "It helps with pain and is incredibly comforting."

Our picks: [Heating Pad \(\\$33.83\)](#) and [Electric Blanket \(\\$59.99\)](#)

6. Journal

blank journal and I can't sleep journal

If you find your thoughts racing as you lie in bed awake at night, in too much pain to sleep, getting it all out in writing can be therapeutic and help calm your mind.

Kristi Lang wrote, "When I have painsomnia, I turn to my can't-fall-asleep kit I keep in a bag next to my bed. In it I have things like pain medicine and muscle relaxers, a book and reading light and a journal called 'I Can't Sleep' which has prompts to help get thoughts on paper to calm my mind."

Kelliann Gomez said, "Sudoku and journaling help me to wind down for sleep and break up a negative thought cycle related to the pain."

"I write lists about stuff to do or positive things like tattoo ideas," added Erin Carter.

Our picks: [Blank Journal \(\\$7.99\)](#) and ["I Can't Sleep" Inner Truth Journal \(\\$13.69\)](#)

7. Supportive Pillows

bamboo plush gel pillows and pregnancy pillow

Having the right pillows to keep you comfortable and supported can make a huge difference in the quality of your sleep – or whether you're able to get to sleep at all. Pillows come in [lots of different shapes and sizes](#), so you can try to find the ones that will suit you the best.

Stacy Hale said, "My comfy pillows – always need lots of pillows to prop up arm or use on shoulder. Also pillow between my legs."

Colleen Souders recommends, "[A] body pillow with sherpa blanket cover and heavy soft down comforter, plus deep slow breathing."

Mandy Brianna Dupree told us, "I have a pregnancy pillow (even though I'm not pregnant) and it just cradles my body, definitely helps with my [back pain](#). It's amazing."

Our picks: [Bamboo Plush Gel Pillows, Set of 2 \(\\$28.49\)](#) and [Pregnancy Pillow \(\\$54.69\)](#)

8. Podcasts and Audiobooks



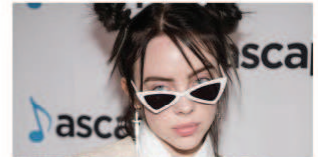
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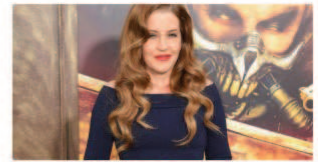
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If you need something to focus on without having to hold up a phone or book or even keep your eyes open, listening to podcasts and audiobooks are a great way to "do" something without having to physically move. Maybe, with your eyes closed, you might even be able to nod off while listening.

Noelle Riley wrote, "Podcasts save my life. I only have to look at my phone screen for a few seconds to set it up. Often, it's enough to distract me from my pain enough to fall asleep again. At the very least, it lets me focus on something other than my pain. I listen with a headband media player so I don't disturb my husband."

"Audiobooks," recommended Claire Johnson. "Talk to your local library staff and they'll help you get set up with free downloads."

Our picks: [Sickboy Podcast](#) and ["How to Be Sick" by Toni Bernhard Audiobook](#) (free with Audible subscription)

9. Lavender-Infused Products



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9. Lavender-Infused Products



lavender room and body mist and lush sleepy body lotion

The scent of lavender is known to be very calming and relaxing, and has even been shown to [decrease blood pressure](#), [heart rate](#) and [skin temperature](#), which indicates a decrease of autonomic arousal. There are a number of different products that contain lavender oil, such as room spray, pillow mist or lotion.

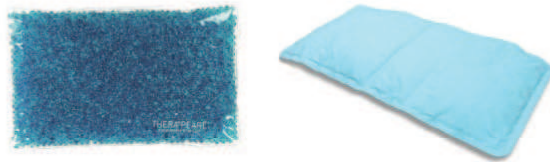
Teaghan Munro told us, "I use a heating pad, lavender oil in a diffuser, a lavender pillow spray and medications."

"Spotify's sleep playlist and lavender oil room spray," said Rachel Friemel. "If anything it soothes and takes the edge off."

"I use a body lotion from LUSH called Sleepy [featured above]. It is a lavender blend," April Lynn Jackson wrote.

Our picks: [Lavender Room and Body Mist \(\\$7.99\)](#) and [LUSH Sleepy Body Lotion \(\\$9.95\)](#)

10. Cooling Products



therapearl ice pack and gel'o cooling pillow mat

Whether you depend on ice for pain management or just tend to run a little hot, ice packs and cooling products can be nighttime essentials for staying cool and reducing the pain enough to get some rest.

Claire Johnson recommended, "TheraPearl 'ice' bags. If ice helps your pain, these are a real find. The material comes in a bag with Velcro straps, and won't get quite as cold as ice, so you can apply directly without having to wrap — just pull it out of the freezer and you're done. No fuss. You can also warm it up, but for my injuries, it's ice all the way."

Lynn Brown said, "Ice packs – I would never sleep without ice on my calves to cope with the muscle spasms."

Our picks: [TheraPearl Ice Pack \(\\$8.65\)](#) and [Gel'O Cool Pillow Mat \(\\$24.95\)](#)

11. Hot Tea



david's tea and allegro peaceful blend tea

A cup of tea might not make the pain go away, but drinking something warm and aromatic



25 of the Best Mother's Day Gifts for Every Mom in Your Life

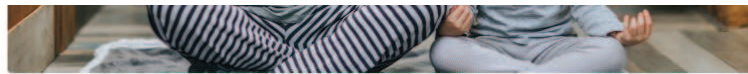


By AMANDA SUAZO



SUAZO





Mom gave you the gift of life (and all your mitochondria). What's the best way to say thanks? Celebrate her on Mother's Day with gifts that help her kick back, stay fueled, and look fabulous.

These Mother's Day gifts are handpicked to give the moms in your life an extra edge. From cool tech to budget-friendly finds, you'll find the perfect way to thank the supermoms in your life.

Mother's Day gifts: Personal care

Stitch Fix



- **What it is:** A box of clothes curated to your personal style, sent as often as every 2 weeks.
- **Why get it:** Eliminate the **decision fatigue**, shopping time, and mental real estate that Mom would rather spend elsewhere.

Buy now: Clothing items range from \$25-100, plus a \$20 styling fee. Learn more at [stitchfix.com](https://www.stitchfix.com).

Biossance Rose Glow Set



- **What it is:** Two beauty favorites: Vitamin C rose oil to **firm your skin**, plus a peptide eye gel to reduce dark circles and puffiness.

- **Why get it:** Give Mom science-backed skincare without the junk. This set is nontoxic and free of parabens, plus uses eco-friendly ingredients.

Buy now: \$88 at [Biossance](#)

Emerald CBD + Adaptogens Deep Moisture Glow Oil



- **What it is:** A lightweight, moisturizing facial oil infused with full-spectrum Cannabidiol (CBD) and ashwagandha root.
- **Why get it:** CBD won't get you "high," but [science shows](#) that it can improve your sleep and decrease anxiety. You don't need edibles to get these benefits, either — topical CBD can also cross your skin barrier.

Buy now: \$58 at [Herbivore Botanicals](#)

Float Tank Session



- **What it is:** A 60- or 90-minute session in a sensory deprivation tank, usually filled with Epsom salt and warm water to help you float in it easily.
- **Why get it:** Float tanks not only give you a feeling of weightlessness, they can also help you chill. [Studies show](#) that floating can lower stress, relieve pain, and even improve your athletic performance.

Buy now: Prices vary — check for float therapy centers near you.

Gabriel Non-Toxic Nail Polish



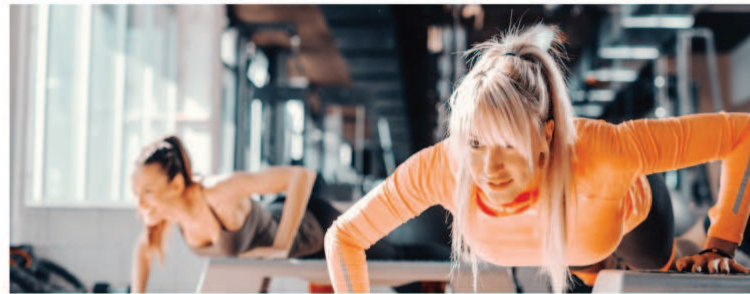
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- **What it is:** Nail polish free from 10 popular (yet toxic) ingredients, including formaldehyde and parabens.
- **Why get it:** Toxins in your beauty products not only damage cells and disrupt hormones, they can also **keep you from losing weight**. For the mom who loves **natural beauty**, this nail polish makes a solid low-toxin swap.

Buy now: \$8.50 at [Gabriel Cosmetics](#)

Orangetheory gym membership



- **What it is:** High-intensity workout classes customized to help you burn more fat. Wearable fitness trackers allow you to measure performance in real time.
- **Why get it:** High-intensity interval training (HIIT) is the **perfect blend** of cardio and strength training. This workout will keep her on her toes and take the guesswork out of building her own exercise routine.

Buy now: Prices vary. Check your local [Orangetheory gym](#) for details.

Mother's Day gifts: Food and drink

Bulletproof Chocolate Fuel Bars, Original Dark flavor



- **What it is:** Pleasantly sweet and smooth chocolate infused with ultra-filtered MCT oil.
- **Why get it:** If you do chocolate this Mother's Day, skip the sugary stuff. These bars satisfy Mom's sweet tooth while delivering energizing fat in every bite. Moms on a **keto diet** can enjoy this one too, since an entire bar tallies up to just 7 net carbs.

Buy now: \$18.95 for a pack of 3 bars at [Bulletproof.com](https://bulletproof.com)

Kin Euphorics High Rhode beverage



- **What it is:** An elixir that **blends adaptogens, nootropics, and botanicals** in a way that helps you relax — no booze needed.
- **Why get it:** For the mom that doesn't drink: Kin "stacks" key ingredients like GABA and tyrosine in a way that lifts your mood and keeps you calm, without the hangover symptoms that come with excess alcohol.

Buy now: \$47 at [Kin](https://kin.com)

Related: [Move Over, Alcohol. This Nootropics Cocktail Gives You a Buzz - Without the Hangover](#)

Butcher Box membership



- **What it is:** High-quality monthly meat delivery — including grass-fed and grass-finished beef, heritage breed pork, and free-range chicken.
- **Why get it:** **Quality matters** when it comes to meat — not only does it fuel you better, it's better for the planet. Butcher Box offers a perfect option for moms who won't compromise on protein.

Buy now: Boxes start at \$129 per month. Find out more at butcherbox.com.

Dry Farm Wines Classic Collection



- **What it is:** 6 bottles of lab-tested, sustainably grown wine.
- **Why get it:** If mom must have wine, get it from [Dry Farm Wines](#). These bottles are tested for inflammation-producing mold and formulated to contain less sugar and alcohol — so she can still enjoy a glass with fewer ill effects.

Buy now: \$159 for 6 bottles at [Dry Farm Wines](#).

Tech & biohacking gifts for Mother's Day

Philips SmartSleep Deep Sleep Headband



- **What it is:** A wearable headband and app to help you improve sleep quality and feel less drowsy during the day.
- **Why get it:** [Some studies](#) suggest that sleep headbands can help you fall asleep faster and sleep deeper without changing your bedtime routine — perfect for the tired mom that needs to rest easier.

Buy now: \$399 at [Philips](#)

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23andMe Health + Ancestry Service



- **What it is:** A DNA test kit you can do at home.
- **Why get it:** 23andMe offers some of the most popular at-home **genetic testing kits**. This one delivers over 100 DNA-based reports, including your ancestry composition and your predisposition for hereditary conditions like celiac disease.

Buy now: \$199 at [23andMe](#)

Bulletproof Sleep Induction Mat



- **What it is:** A mat with plastic points that relieves tension.
- **Why get it:** Looks painful, feels amazing — this spiky mat stimulates pressure points and activates your nervous system to **help you sleep better**, release endorphins, and feel more energized.

Buy now: \$49 at [Bulletproof.com](#)

Sony WH-1000XM3 Wireless Noise-Cancelling Headphones





- **What it is:** “Smart listening” headphones that adapt to the noise around you.
- **Why get it:** Mom can get all the quiet she craves with these premium headphones. In addition to total noise cancellation that **improves focus**, they can also adjust to environments when you need to hear your surroundings.

Buy now: \$349 at [Sony](#)

Joovv Go Portable Red Light Therapy device



- **What it is:** A portable light therapy device for improving skin and joint health.
- **Why get it:** **Red light therapy** helps with skin inflammation, uneven skin tone, sun damage, scars and stretch marks — and while you could get a professional treatment, Joov Go allows Mom to get her red light benefits wherever, and whenever she pleases.

Buy now: \$295 at [Joovv](#)

Mother’s Day gifts: Accessories and home decor

Aromatherapy diffuser



- **What it is:** A device that releases essential oils into the air.
- **Why get it:** Use custom essential oil blends for everything from better sleep, less stress, and a happier mood.

Buy now: For a budget buy, go for this well-reviewed \$19.99 [Urpower diffuser](#). For a pricier yet prettier option, you can't lose with this [doTerra Petal Diffuser](#), for \$61.

Non-toxic home cleaning kit



- **What it is:** A cleaning kit to scrub away grime in the kitchen, minus the toxic chemicals.
- **Why get it:** Breathing in toxic chemicals from traditional cleaning products [damages your cells](#), and regular exposure wears them down over time. Give mom the gift of clean products, for clean lungs.

Buy now: \$52 (on sale) at [Laundress.com](#)

Instant Pot



- **What it is:** The cult electric pressure cooker that makes it easy to cook recipes in a matter of minutes.
- **Why get it:** Ask any mom and she'll tell you there aren't enough hours in the day to get everything done. The Instant Pot allows her to make Ina Garten-worthy meals in record time. For inspiration, check out [these easy keto Instant Pot recipes for meals in minutes](#).

Buy now: \$69.99 at [Amazon](#)

Free & budget friendly

Free & Budget-friendly

A micro-needle roller (aka dermaroller)



- **What it is:** If professional micro-needling sessions are out of your budget, an at-home micro-needle roller with .5mm needles will do.
- **Why get it:** Micro-needling **stimulates collagen production**, revealing smoother, plumper skin.

Buy now: \$28 at [Skinmedix](#)

Dry brush



- **What it is:** A brush that you sweep methodically across your skin.
- **Why get it:** Dry brushing stimulates your lymphatic system, exfoliates your skin, and boost energy. Learn more about the **benefits of dry brushing and the best dry brushing method**.

Buy now: \$15 at [The Organic Pharmacy](#)

Do the dishes





Kitchen clean-up is seldom fun, whether you're a mom or not. Even if doing the dishes is a chore regularly shared by all family members, give mom the day off from cleaning. Try out these [dishwashing hacks](#) to make it a quick and speedy process.

Himalayan salt lamp



- **What it is:** A lamp carved out from pink Himalayan salt that provides heat and light.
- **Why get it:** Himalayan salt lamps can purify air, improve sleep, and boost mood. A bonus? Their soothing rosy glow adds a nice touch to any room.

Buy now: \$21.99 at [Amazon](#)

Make her brunch



Who doesn't love eating brunch? Treat the mom in your life to one of these scrumptious [keto brunch recipes](#), like keto eggs benedict or lemon blueberry keto muffins for something sweet. For more inspiration, check out these [Whole30 breakfast recipes](#).

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ABOUT AMANDA SUAZO

Amanda Suazo is a copywriter and food blogger from northern California. An avid Bulletproof fan from the diet's early days, she holds an MBA in marketing from the University of Washington. When she's not working, you can find her chasing her kids (and probably serving them buttered veggies).

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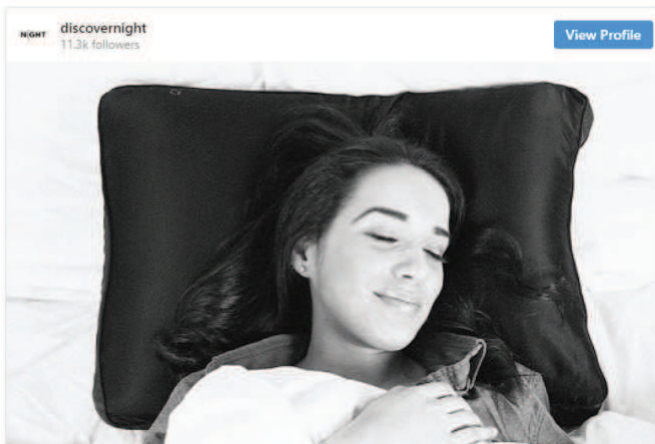
5 Soothing Ways to Get Your Beauty Sleep This Week

By SARAH STIEFVATER MAR. 15, 2018

SELF CARE

Greetings, fellow sleep lovers. Did you know that we're right in the middle of **National Sleep Awareness Week**? To celebrate, we're bringing you five products that will help you snooze more successfully, from an eye mask that always stays put to the coziest socks, like, ever.

RELATED: 9 SLEEP MISTAKES THAT COULD BE CAUSING YOUR DARK CIRCLES



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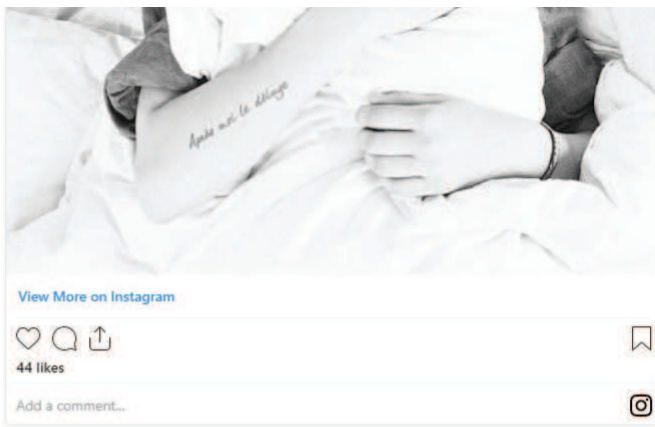
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If You Haven't Seen 'Toy Story 4'



NIGHT PILLOW

Made with 95 percent mulberry silk (and 5 percent spandex), this self-adjusting memory foam pillow supports your head and neck like nobody's business. Plus, it uses a more porous memory foam that helps air circulate. The black silk cover is made to absorb light, retain skin moisture and prevent hair breakage. (OK, yes, \$150 is a lot to spend on a pillow, but the company *does* have a 101 Night Sleep Trial, which guarantees that if you're not satisfied after 101 sleeps, you're entitled to a full refund.)

Night (\$150)



THIS WORKS SLEEP PLUS PILLOW SPRAY

If you're not sure about splurging on that fancy Night pillow, consider this far more affordable spray. Spritz this aromatherapeutic blend of lavender and vetiver (known as the "oil of tranquility") onto your pillows before bed and absorb the calm, soothing scent and vibes.

This Works (\$29)

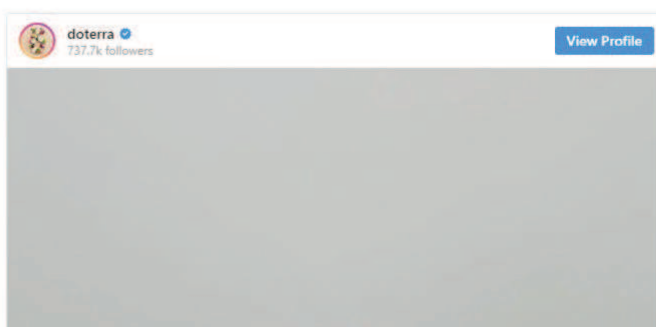


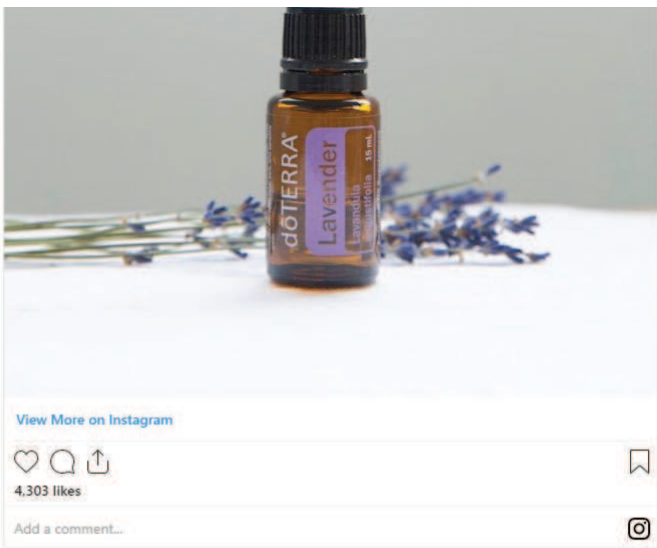


SHHH SILK EYE MASK

What makes you look like a fancy rich lady in a movie while helping you get a better night's sleep? A silk eye mask, of course. ShhhSilk's version is made from pure mulberry silk for maximum softness. Its band also strikes the perfect balance between being so tight that it creates a dent in your hair and so loose that it falls off. Our biggest sleep mask challenge, solved.

ShhhSilk (\$49)





DOTERRA LAVENDER ESSENTIAL OIL

Ready to relax? Lavender oil does more than just signal to your body that it's sleepy time. It contains a naturally occurring chemical called linalool, which helps balance your emotions and works as an antidepressant, too. (Great for when your mind won't stop racing.) To feel its effects, add a few drops to your pillows, bedding or the bottoms of your feet at bedtime. For a double-dose of relaxation, apply the oil after taking a bath with a fizzy lavender bath bomb from Fizz & Bubble.

doTerra (\$28)



BAREFOOT DREAMS SOCKS

FYI, **Oprah Winfrey** has a Barefoot Dreams robe, and she's obsessed: "It is the softest robe I've ever felt. It's like a baby blanket for adults!" But since you probably don't wear robes for sleeping, the next best thing is the brand's sock collection. In seven soothing colors, these snuggly socks will keep your feet cozy but not aggressively hot.

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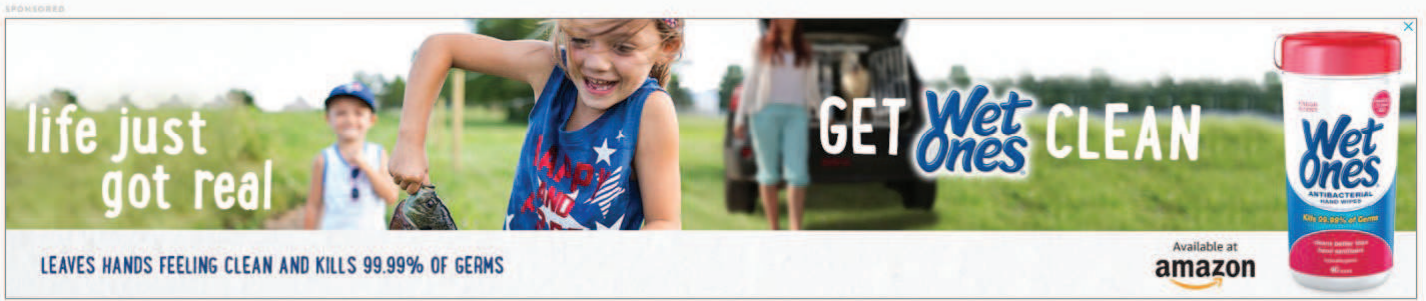


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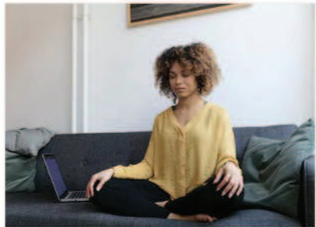
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COMPULSIVE SHOPPING | MAR. 6, 2018

I Can't Stop Buying Oil Diffusers As Housewarming Gifts

By Lindsey Weber



Every product is independently selected by (obsessive) editors. Things you buy through our links may earn New York a commission.

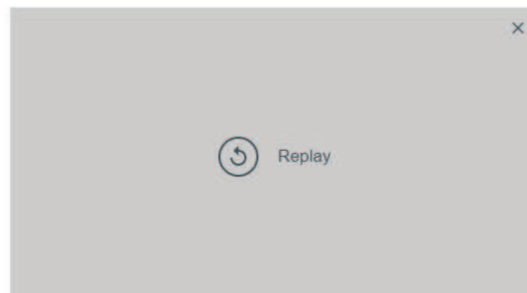


They will laugh at — then appreciate — your present.

Not to brag, but I moved into my first solo NYC apartment this spring. It was about time; I've grown too set in my ways to accept the criticism of a roommate who might not "like" the framed Icelandic Doritos bag I've hung above the sink in the kitchen. To celebrate, my mom sent me her new "favorite thing," which turned out to be a doTerra "Petal Diffuser" — a mister meets incense burner, or a way to "permeate an ultra-fine, yet substantial mist output into the air, releasing the aromatic and therapeutic benefits of ... essential oils," writes the doTerra website. I dismissed it as a trend at first, essential oils felt like another useless multilevel marketing-scheme fad, but after I started burning the midnight oil (and the midafternoon oil and the occasional midmorning oil), I realized that this diffuser was the perfect lazy person's solution to making your home smell like a spa. (It's also part humidifier, too.) I can't get enough.

Now, I buy an oil diffuser every time a friend moves into a new place. I've realized it's the perfect gift — the look is simple, and often easy to hide — something you can buy even the pickiest of people whose tastes run the gamut. An oil diffuser is something they'd never ever buy for themselves, but feels like a little luxury. (When it comes to oils, if you're looking for a good set, I like this starter pack.) They can mix and match the oils for an ideal scent, filling their new place with frankincense-lavender or, my preference, orange-peppermint. Below, my favorite oil diffusers that make the *best* housewarming presents (and hostess gifts).

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For the friend ... who is me (if you are my mother) _____



doTerra Petal Diffuser

A little pricey, but the Petal Diffuser works well and is nice to look at. It also lights up (a calming yellow light, too) and holds enough water to last up to four hours.

\$62 at Amazon

For the friend who once owned a lava lamp _____



Sztrokia Essential Oil Diffuser

Slightly bigger, this diffuser boasts a “magical 3D design” that photographs don’t quite do justice. [See it in motion](#), from a reviewer who said it was worth every penny. It really does look magical.

\$70 at Amazon

For the friend who already rocks gorgeous glassware _____





Coosa Glass Aromatherapy Essential Oil Diffuser

\$22 | (was \$25, now 8% off)

I love this one because it can also be mistaken for a simple glass vase.

[\\$22 at Amazon](#)

For the friend whose apartment resembles a romantic Italian restaurant



Afloia Aromatherapy Diffuser

A fun way to avoid setting anything on fire, this smaller diffuser looks like a lit candle. You can leave it “burning” as long as you want!

[\\$27 at Amazon](#)

For the minimalist friend



Urpower Aroma Essential Oil Diffuser

\$18 | (was \$23, now 22% off)

This one I saw recommended by [Engadget](#) for its simple, basic design and long-lasting scent.

\$18 at Amazon

For the friend who dreams of living in a spa



Tonerone Essential Oil Diffuser

Ooh, this bad-boy diffuser comes in chic bamboo — light and dark! Perfect to match your already-Zen lifestyle.

\$71 at Amazon

For the friend whose motto is “set it and forget it” when it comes to design



Asakuku Premium Essential Oil Diffuser

\$28 | (was \$40, now 30% off)

Ah, yes, the big daddy of diffusers. This one can last for 20 hours on one tank. I bought this for my bedroom in addition to my mother's gift because I am extremely lazy.

\$28 at Amazon

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8 fitness accessories that solve our biggest workout annoyances

 Kelsey Mulvey, Insider Picks Jun. 26, 2017, 4:16 PM



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There are more benefits to regularly working out than burning calories and strengthening your muscles.

But while stress relief and good health are powerful motivators, it can be hard to find the time and energy to go to the gym.



Spectral/Shutterstock

Once you get there, you have to remember to stay hydrated, hope you packed the right tools, and make sure not to hurt yourself.

I asked the Insider Picks team to share the products they use to make their time exercising easier. Whether you use them before, during, or after your workout, these picks could make your time working out an easier and more enjoyable experience, too.

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