Stuff We Love – Winter 2018

A roundup of the latest must-have finds for hair, skin, health, beauty and more. These products are worth every cent.

December 3, 2018

Nanogen Keratin Hair Fibres (30 g, $39.99)

Natural fibers—available in 10 shades—won’t stain skin or clothing. Use to add volume and thickness to thin, fine hair. Root Boost Hair Thickening Spray (3.4 fl. oz., $14.99) Lift roots, thicken strands, nourish and protect the scalp with this versatile spray.

amazon.com

D.A.D. 2 (Defense Alert Device, 4.6 oz., $129.99)

This unique lightweight gadget is a lifesaving device that fits in the palm of your hand and uses a spray to temporarily impair a would-be attacker. Bluetooth technology communicates with the D.A.D. app to send an alert that you’re in danger to friends and family on your D.A.D. contact list. tigerlight.net

BSN Syntha-6 Cold Stone Creamery Ultra-Premium Protein Powder

BSN Syntha-6 Cold Stone Creamery Ultra-Premium Protein Powder (.93 lb., $13.99)

These yummy ice cream–flavored protein powders are available in Birthday Cake Remix,

Germanchokolatekake and Mint Mint Chocolate Chocolate Chip and features 22 grams of protein, 14 to 15 grams of carbohydrates, 6 grams of fat and just 200 calories.

gobsn.com

Floral Elixirs

Floral Elixirs (Floral Cocktail Kits, $29; Elixirs, 8.5 oz., $15) Use these handcrafted all-natural syrups made from real flowers and botanicals to whip up tasty, beautifully balanced floral cocktails and

sodas.

drinkyourflowers.com

Stocking Stuffers

Oilogic Essential Oil Care

Oilogic Essential Oil Care roll-ons for adults and kids use 100 percent natural blends of essential oils to treat colds, headaches, rest and sleep issues, allergies and other everyday problems. 3 fl. oz., $9.99, oilogiccare.com

The Casio Pro Trek Smart Outdoor Watch

The Casio Pro Trek Smart Outdoor Watch (WSD-F20ABU) is powered by the Wear OS Google operating system, equipped with low-power GPS, an altimeter, barometer and compass; it can also access popular outdoors and sports apps. $399, casio.com

White Sands Orchids Oil

White Sands Orchids Oil is a topical moisturizing hair treatment formulated from the petals of 62 varieties of orchid flowers that transforms frizzy locks into moist, soft, shiny tresses. 3.3 fl. oz., $26, whitesandsproducts.com

Lazarus Naturals CBD Balms

Lazarus Naturals CBD Balms are used to promote restful sleep, support cartilage and joint function, relieve occasional nausea and enhance relaxation, among other wellness pursuits. Available in Cedar Citrus, Lavender and Soothing Mint, 0.5 oz., $15; 2 oz., $50, lazarusnaturals.com

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http://beta.docker.realhealthmag.com/article/stuff-love-winter-2018