## -Care Staples

Virginia-made products will keep you eling pampered this winter.

LYN HILLIARD and VAYDA PARRISH













3 SIGNATURE BODY FROSTING Essentially Zen, Staunton

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This luxurious, skin-nourishing body frosting is concocted from premium, organic, and ethically sourced ingredients from Virginia-based suppliers—including coconut oil, cocoa butter, shea butter, mango butter, and aloe. Essentially Zen's double-whipped treat looks sweet enough to eat, but save it for pampering yourself after a nice long bath instead. EssentiallyZen.shop \$18

4 ELDERBERRY LAVENDER SYRUP Erin's Elderberries, Warrenton

There's nothing sweeter than a healthy mind and body! Rich in antioxidants and vitamins, Erin's Elderberry Syrup boosts immune health and is a sweet treat loved by adults and children alike. An added burst of lavender helps to improve sleep, lower blood pressure, and ease anxiety. ErinsElderberries.com \$29.50

5 LATE NIGHT PEANUT BUTTER
Piemonte Provisions, Floyd
If you're looking to satisfy a self-care sweet

tooth, grab a spoon and dig into this doublechocolate and espresso-infused peanut butter. Made in small batches with locally grown peanuts from Suffolk, it's also delicious as an ice cream topping or as a graham cracker spread. Piemonte Provisions.com \$7.99

## 6 TRANQUILITY TEA WITH HEMP AND LAVENDER

River Organics, Gloucester
The newest addition to River Organics'
lineup of CBD products carries refreshing
hints of chamomile, fennel, lavender, lemon
balm, and rosehips. Take a moment for
yourself any time of day with a steaming
hot cup of this soothing caffeine-free tea
made with Virginia-grown organic hemp.
RiverOrganics.com \$19.99

#### 7 CUSTOM AYURVEDIC FACE MASK KIT

Bright Body, Richmond

"If you can customize a smoothie, you can customize your skin care"—that's the mantra behind Bright Body's Custom Ayurvedic Face Mask Kits. They include up to three boost-

ers (powdered herbal bases) and a liquid activator of your choice (manuka honey, aloe serum, or oat milk), for personalized pampering. MyBrightBody.com \$30-\$45

### 8 SPARKLING BEVERAGES

Crunchy Hydration, Virginia Beach
These carbonated waters quench thirst and
target an array of bodily imbalances. Need
a caffeine kick? Crack open a lime or mango
flavor. For more mellow sipping, try grapefruit or tangerine—both enhanced with 15mg
of full-spectrum hemp extract. Watermelon
and raspberry varieties round out Crunchy's
fruity offerings. CrunchyHydration.com

## \$15-\$20 FOR 6-PACKS

### 9 LG'S ELIXIR

Charlottesville

Based on a recipe from his Haitian ancestors, Lesly Gourdet's powerful elixir promises to get your body back on track when illness gets in the way. Made from cold-pressed natural ingredients like turmeric, ginger, honey, and lemon, the elixir pairs well with a mixer of cranberry or orange juice. LGsElixir.com

## HEALTH+Wellness > Apothecary

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