



**BOARD GAMES**

The best part about being out on the water? No demanding guests, annoying crewmates, or smartphones, but all of the endorphins. Extremely lightweight at 20 pounds, the Breeze Aero 10' 8"-Classic Teak Inflatable Paddle Board comes with a three-piece adjustable SUP paddle, 10-inch removable aero center fin, aero repair kit, hand pump, and travel bag. It also comes in a Native Eclipse and Native Floral Jaws design. \$699. [boteboard.com](http://boteboard.com)



**FOR A FULLY BOOKED WEEKEND**

Introverts Retreat is a monthly book subscription that helps you escape reality and recharge with a small-batch snack, one-pound bag of scented bath salts, handmade soap, a hand-poured soy candle, and of course, a brand-new book of your choice. Every month before your box ships out, you'll get to choose from up to 25 titles fresh from the publisher. \$38.99/month plus shipping. [introvertsretreatbox.com](http://introvertsretreatbox.com)

**SUN GODDESS**

Sunshine is good for the soul. It's no secret that those who are low in Vitamin D can experience all sorts of physical issues. Get your daily dose — swimming or sunbathing are the easiest options. Dress to impress with the Paula Maillot swimsuit from Casa Raki, or accessorize your beach look with a maxi skirt or high-waisted trousers. It'll keep you stylish and protected with its textured, sustainable SPF50+ fabric. It comes from the High Summer curation for LOVE BRAND LOVES. Get it in black, white, or navy. £180.00. [casaraki.com](http://casaraki.com)



**DEAR JOURNAL**

Journaling can be an excellent, meditative form of self-care. Get in touch with your inner feelings

with the Medium Snap Journal with Pen Loop from Leatherology. The Italian leather journal has 128 pages of acid-free, refillable paper, and is customizable. The \$65 Signature collection comes in a variety of colors, while the \$75 Premium collection comes in double-sided color combinations. [leatherology.com](http://leatherology.com)



**PICK A CARD**

Cards with friends is always a good bet for a good time. Looking to delve into some deeper conversations, but think you've run out of stories to tell? You'd be wrong. Life Stories Cards — think Cards Against Humanity meets Oprah — comes with two decks (Situations + Feelings) of 70 cards total that will stir up forgotten memories and help you tell them in a new way. Two to 12 players can play and it's recommended for all generations. \$34. [livedeeply.org](http://livedeeply.org)

**BOUGIE COMPANION**

Relaxing by candlelight might be the perfect avenue for self-care. From the warm glow and intoxicating scents that a good candle emits, it's no wonder that luxury candles are a hit, especially if you need some me-time. This fine porcelain Coral Candle has 24k gold accents and paraffin wax (the same stuff that's used in spa treatments), making its self-proclaimed "Bougie Parfumée" fragrance label right on the money. The burn time is 90 hours. \$175. [l-objet.com](http://l-objet.com)



**Self-Care Retreat**

Time to prioritize yourself with this self-care round-up that will give you all the feels, whether you're holed up with a new book, paddleboarding at sea, or playing games with loved ones. By Laura Shaughnessy