Emily Cottontop

Ayesha Curry's Favorite Amazon Products to Help You Feel Like Your Best Self

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Instagram: @ayeshacurry

Among her extensive list of accomplishments – including global cooking maven, best-selling author, entrepreneur, and restauranteur, Ayesha Curry can now officially add self-care guru to her resume. This #Black Excellence Queen really does it all!

If you've been looking to level up your life with some top-tier Amazon wellness picks, here are your favorite foodie queen's recommendations.

The Sweet July Curated Box, $75

Photo credit: Amazon

A curated beauty box is a fun way of discovering new products or rediscovering long-forgotten favorites. And while it makes for the perfect gift for your beauty-obsessed BFF, it can also be an excellent self-care pick-me-up.

Ayesha Curry and Sweet July know the importance of a good-curated box, so they teamed up to give you this budget-friendly set. The products included are collectively worth $550, but retail for $75, and they are exclusive picks that you can't get anywhere else.

What's more…

Every product included in the Sweet July box is woman-owned. Hello, female empowerment.

The set includes:

- The Latest Issue of Sweet July
- 54 Thrones Egyptian Lavender & Moroccan Mint Beauty Butter
- A Gratitude Jar with Cards
- Apothecary Collagen Powder
- Brown Girl Jane Balance Wellness Drops
- Ellevest Free Month with 20 Investing Credits
- Goop Glow 15% Glycolic Acid Overnight Glow Peel
- Gorjana Layering Necklace Set
- Naturally Serious Mask-Imum Revival Hydra-Plumping Mask
- Sweet July Recipe Curation Book

Indoor Fire Pit: Napoli Tabletop Fire Pit, $40

Photo credit: Amazon

Looking for a fancy way to enjoy some downtime with your fam? Invest in this stylish Ayesha Curry-approved Napoli Tabletop Fire Pit.

The indoor fire pit is fueled by rubbing alcohol and is almost smokeless. It's the best way to set the mood for a romantic evening with your partner or just roast some marshmallows with your kids.

Olaplex Bond Intense Moisture Mask, $28

OLAPLEX
N°8
BOND INTENSE MOISTURE MASK
100 mL / 3.3 fl. oz.

Photo credit: Olaplex

Ayesha Curry has been using this sudser for years now. She especially loves how it delivers a powerful punch of hydration thanks to its bond-building technology and moisture-boosting ingredients such as avocado oil, rosehip oil, and jojoba esters.

Ayesha also loves how it adds shine, smoothness and volume, not to mention its phthalate-free, sulfate-free, and silicone-free appeal. The pocket-friendly price and inviting fragrance are just welcome bonuses.

Kreyol Essence Haitian Black Castor Oil, $20

KREYÒL ESSENCE
100% PURE
HAITIAN
BLACK
CASTOR OIL

Photo credit: Ubuy

You've probably seen social media ads or TV infomercials hawking the wonders of Haitian black castor oil. Well, my loves, unlike every other ad claim, this Haitian black castor oil lives up to its promises.

The under-the-radar secret to zero hair breakage goes above and beyond to revive damaged edges and bring life back to thinning hair.

So, whether you're a naturalista who is slowly transitioning from chemically-processed strands or are obsessed with the LOC Method, this Kreyol Essence Haitian black castor oil will be a perfect addition to your haircare essentials.

Top Tip: Ayesha also recommends using it on your skin (particularly those with dry patches on their skin) and nails.

Atomic Habits – An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear, $12

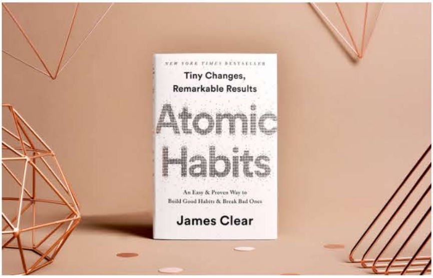


Photo credit: James Clear

This Instagram-approved and cult-favorite read has over 70,000 5-star reviews on Amazon. And according to Ayesha Curry, it is a perfect guide to building good habits and breaking the toxic ones.

Of course, self-care and wellness can't be achieved in a day; Clear helps you learn how to make small changes in life to reap massive benefits.

From the most straightforward life hacks like the Two-Minute-Rule to exploring the neuroscience universe, this must-read teaches you how to press the restart button in your life.

Clever Finance Girl – Learn How Investing Works, Grow Your Money by Bola Sokunbi, $6

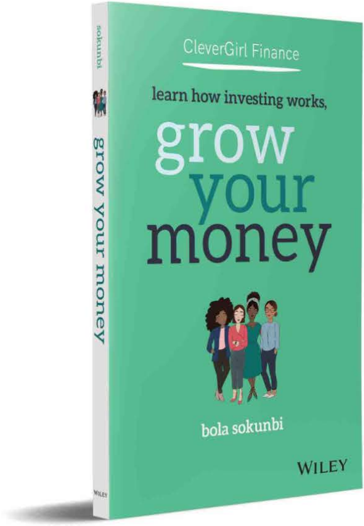


Photo credit: Clever Finance Girl

Bola Sokunbi is not only one of the most-revered money experts in the finance industry, but she's also someone you'd want to sit down with for a heart-to-heart.

Even without delving into the knowledge-filled pages, Bola's book title clarifies that there is a massive difference between making money and building wealth. She does a fantastic job of simplifying investing for beginners and teaches you the brass tacks on building generational wealth, regardless of how much money you make.

Every Body Yoga –Let Go of Fear, Get On the Mat, Love Your Body by Jessamyn Stanley, $9

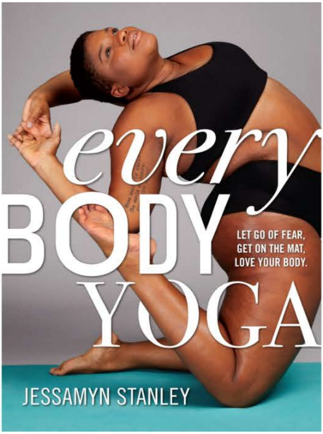


Photo credit: Good Reads

Any self-care-investing list would be incomplete without this stereotype-crushing book by the ever-so-stunning and revolutionary yogi, Jessamyn Stanley.

It's an inspiring book for beginners of all shapes and sizes and is about mastering the art of Zen and embracing your body unapologetically. If Jessamyn can transcend every physical and emotional barrier, so can we!

Slip Silk Queen Pillowcase – Anti-Aging, Anti-BedHead, Anti-Sleep Crease, $89

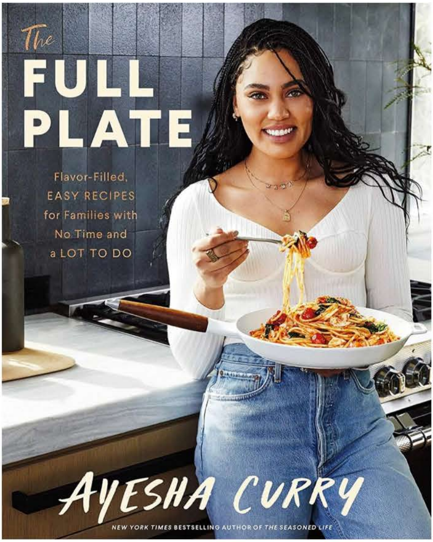
Photo credit: slip

Wake up with wrinkle-free skin and tangle-free strands, thanks to this Slip Silk Queen pillowcase. Even though sleeping on your back is the ideal position to help stave off fine lines and wrinkles, stomach sleepers can use this Ayesha Curry-approved pick to minimize friction.

It literally feels like sleeping on a cloud. I even bring it with me when going to a hotel. – Ayesha.

Full Plate –Flavor-Filled, Easy Recipes for Families with

No Time and a Lot to Do by Ayesha Curry, $15



Instagram: ayesha curry

This list wouldn't be complete without mentioning Ayesha Curry's works of literacy. Good food is part of self-care, and this read provides you with delicious, quick family meals. Some of the recipes listed take less than five minutes.

Ayesha Curry Collection Cast Iron with Helper Handle and Pour Spouts, $40

Photo credit: People

Selfcare is not all about hair products, face masks, and bubble baths –it can also be as simple as investing in the right kitchenware and making plate-licking food for your partner or family.

This cast iron pan, for instance, is a long-life product that is perfect for searing your cleanse-days salads and Saturday barbeque meats.

It also has double-sided pour spouts that allow you to save cooking juices and sauces.

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