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Style

The O List: Wellness Edition

Health-and-wellness finds to get your New Year off to a strong start.

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Get those "new year, new you" thoughts out of your head. Instead, make it about a you that's well-rested, comfy-cozy, refreshed, and patient and poised enough to take on each day with joie de vivre. To get you to this revitalized place, we rounded up the goods that'll help you make your health and wellness a priority. Let us set the scene. How about a relaxing bath accompanied by sustainable soap infused with fresh fruits and herbs? Next, a soothing cup of tea will surely hit the spot or a bite of antioxidant rich dark chocolate, depending on what you're in the mood for. And because we all can use more shut-eye, our super-soft Oprah Daily Live Your Best Life Pajamas paired with a beyond cushy pillow and snuggly socks will set you up for sleep success. Come morning, treat yourself to a vitamin-rich juice or perhaps homemade granola before heading out for the day with your healthful lunch in tow in an insulated linen pouch. End scene. Now, doesn't that sound enticing? Well, read on for everything you need to make your wellness goals a reality.

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Koala Eco

Starter Collection

\$45 AT KOALAECO.COM



Unable to find cleaning products that were safe for their kids but still effective, the husband-and-wife duo behind Koala Eco were inspired to make their own! Their natural products are all nontoxic and come in recyclable packaging.