

SLEEP SUPPORT

Getting a good amount of Z's just became a lot less complicated thanks to the latest before-your-head-hits-the-pillow musts.



ROOM REMEDIES Vitruvi's blush diffuser and corresponding lavender oil are gorgeous enough to build the entire room around; incense gets an upgrade with Bodha smokeless Calm sticks; part of a new set, Scentered Sleep Well Therapy Balm relaxes with a sniff; a spritz of Golda 3rd Eye Mist speeds up the "counting sheep" process; Spacemasks Self-Heating and SLIP sleep masks block out light while looking chic; and alarm clocks go chromotherapy with WITTI Beddi Glow SE.



NATURAL ELIXIRS It looks like a can of soda, but zero-sugar, scientifically backed Som Sleep promises to promote restfulness; Grown Evening Adaptogen contains a calming reishi mushroom mix; fast-acting youththeory Sleep Powder is perfect for travel and the jet-lag that follows; LOVE Wellness Lights Out capsules deliver a dose of magnesium; sip Dr. Jackson's organic, plant-based Relax Tea to wind down; dreamland is only a couple drops away with The Nue Co. Sleep Drops and Les Fleurs de Bach Sleep Elixir; and magnesium-packed DNA Renewal NOX Blend boasts the bonus of boosting the body's natural repair process at night.



SKIN CARE + SUCH Even grown-ups benefit from Enamour's soothing Baby Sleep Oil; tap into the power of inhalation with Farmaesthetics Dreaming Oil; skin savers ESYM Lavender Face Mist, This Works Sleep Power Recharge Mask and LUSH Deep Sleep Shower Jelly deliver double-duty beauty; roll away restlessness with Everyone Sleep Roll-On; Saje Muscle Melt Body Butter is designed to decompress; Ranavat Botanics Lavender tackles that after-cleansing step and works as a pillow spray; a trio of essential oils help ward of insomnia in Way of Will Sleep Tight; and NEOM Perfect Night's Sleep Body Oil nourishes skin.