

MARCH  
2020

# Health

REAL  
WELLNESS

**BEGINNERS'  
GUIDE TO  
RUNNING**  
STEP ONE:  
JUST GO!

**MOSTLY  
MEATLESS**  
VEG-FORWARD  
DINNERS  
EVERYONE  
WILL LOVE

**STRONG,  
SHINY HAIR**  
HOW TO  
DETOX  
YOUR 'DO

**THE ULTIMATE  
IN SELF-CARE:  
ALONE TIME**  
(YOU TOTALLY  
DESERVE IT!)



The Podcasts  
You Should Be  
Listening  
to Right Now

The  
Evolution  
of  
**Chelsea  
Handler**  
HOW SHE FOUND  
BALANCE & EMBRACED  
A CALMER LIFE

**Get  
Happy!**  
Surprising  
Ways to Boost  
Your Joy

HEALTH.COM

# MISSION: MINDFULNESS

These pretty products help you enjoy the scents and sensations, and find a small window of calm in your busy day. See? You're feeling zen already.

BY ANNEKE KNOT  
PHOTOGRAPH BY PETER ARDITO



1. **Patchology Moodpatch Tea-Infused Aromatherapy Eye Gels** (\$15 for 5 pairs; [patchology.com](http://patchology.com)) Apply these to depuff under your eyes in the a.m. or to unwind at night.
2. **Kate McLeod Atelier Stone I** (\$65; for similar stones, see [katemcleod.com](http://katemcleod.com)) This solid moisturizer melts when warmed by body heat—run it on dry skin to hydrate.
3. **Esker Allover Roller** (\$65; [eskerbeauty.com](http://eskerbeauty.com)) The textured tool is larger than most facial rollers, making it perfect for massaging from the neck down.
4. **Mood zZz CBD-Infused Bath Bomb** (\$10; [ae.com](http://ae.com)) Hemp-derived CBD pairs with lavender to transform your bathtub into a dreamy oasis.
5. **Biore Rose Quartz + Charcoal Daily Purifying Cleanser** (\$6.50; at mass retailers) Turn washing your face into “you time” with this formula of rose quartz (the crystal that symbolizes universal love) and purifying charcoal.
6. **Tammy Fender Sanctuary Saturday Winter 2020 Set** (\$55; [tammyfender.com](http://tammyfender.com)) Inspired by some of the treatments at Fender’s West Palm Beach spa, this kit contains everyday skin-care essentials and a guided meditation, Om.
7. **Ranavat Botanics Kansa Wand** (\$65; [ranavatbotanics.com](http://ranavatbotanics.com)) After applying your fave serum, glide this over skin in circular motions to boost blood flow.
8. **Ascent to Prosperity with Green Aventurine** (\$98 for 50 ml; [ascensionbeautyco.com](http://ascensionbeautyco.com)) Spritz on this bergamot and patchouli blend, breathe in the calming aromas, then read the mantra that’s included. Let the good vibes in.