

vital juice 
THIRST FOR
A HEALTHY LIFE

smartwater GLACÉAU
© purity you can taste + electrolyte enhanced hydration

WELLNESS

EVERYWHERE EDITION

WELLNESS



Zestra Arousal Oil



Slice of Life Vitamins



NightWave Sleep Assistant

**Best Sleep Saver:
 NightWave Sleep Assistant**

Warm milk? Check. Aromatherapy? Been there, tried that. If you're having trouble getting shuteye, we suggest placing the NightWave Sleep Assistant on your nightstand. The device emits a soft blue light in your darkened bedroom. Watch the light slowly brighten and dim, and your body will naturally sync your breathing to help you relax and snooze the night away naturally.

Nightwave.com

**Best Relaxer:
 DIY Massage Stone
 Contour M ceramic massage stone**

Say spa-ahh! **JimmyJane's Contour M ceramic massage stone** can be used hot or cold to soothe stiff muscles. And as with any good massage, we fell into a deep sleep immediately after our home rubdown.

Jimmyjane.com

**Best Supplement:
 Slice of Life Vitamins**

Slice of Life's line of all-natural chewy supplements taste like candy. The brightly colored vitamins are allergen- and gluten-free, and they come in delicious varieties like Omega's 3, 6 & 9, Vitamin C + Pomegranate, and Multivitamin + Lycopene. Vitamin Yum!

Sliceoflife.com

**Best Natural Pain Reliever:
 M.E.L.T. Method**

Step away from the medicine cabinet. The best way to ease aches and pains comes from a ball—not a pill. Exercise physiologist Sue Hitzmann's M.E.L.T. method uses rubber balls and foam rollers of various sizes to massage away pain and get blood rushing to achy parts that need healing.

Meltmethod.com

**Best Bedroom Booster:
 Zestra Arousal Oil**

A natural blend of botanicals in Zestra makes you more sensitive to touch down there. You're more likely to hit the O spot during a romp. Our testers raved about the earth-shattering results—and asked for more samples.

Zestra.com