

REFRESH!

MIND • BODY • SOUL

At Ease

Say goodbye to twinges and tenderness with these head-to-toe pain relievers.

STAND AND DELIVER

If you're on your feet all day, this ergonomic mat has got your back—and hips and knees. Made with a patented gel-foam combo, it's cushy enough to allay all-over soreness and classy enough for your recently remodeled kitchen. (Elite comfort floor mats, from \$120 each; gelpro.com)

HERE'S THE RUB

This versatile velvety cream—with ingredients like anti-inflammatory cannabidiol, antibacterial manuka honey, and shea butter—can soothe cracked hands, calm sore elbows, and reduce redness. (CBD Healing Skin Balm, \$58; cannuka.com)

POTENT POTABLE

Ginger? Roger. This spicy potion—drink it straight or tossed in a hot toddy—blends the restorative root with lemon, honey, and berry tea to ward off cold symptoms and body aches. (\$66 for six-pack; anniesgingerelixir.com)

NEED A LIFT?

Meet the Bentley of sports bras, with foam underwire, padded straps, full-coverage cups, and sizes up to 42G. (High-impact convertible sports bra, \$72; chantelle.com)

MAIN SQUEEZE

Step right up and into these nonbunching (and non-clinical-looking) compression socks, which can help reduce pain and pressure in swollen legs by increasing circulation. (Compression socks in cosmic purple, \$30; drsegals.com)

GOOD VIBRATIONS

A three-speed pulsating foam roller can stimulate and destiffen muscles faster than a stationary one. Wake and shake! (Vyper 2.0 foam roller in green, \$210; hyperice.com)

