



### ◀ Roll with It

Can't afford a Swedish hunk to come give you a deep tissue massage? These rubber balls grip skin through your clothes, stimulating specific nerve endings while working out sore muscles and aching arches—no tipping required. **(Yoga Tune Up Therapy Balls, \$14 for a set of two; 212-750-4900)**



### ▲ Everything Is Illuminated

Delicately scented and antioxidant packed, this weightless, antiaging body oil hydrates, improves elasticity, and, with the help of retinyl palmitate, gets you glowing. **(Illumino Body Oil, originally \$100, now 20 percent off with code OPRAH; colbertmd.com)**



### ▲ Hole Foods

When most of us think *sinful dessert*, garbanzo-fava-bean flour isn't high on the ingredients list, but these gluten-free doughnuts manage to be delightfully decadent. **(Coconut, powdered-sugar blueberry, and cookie-crumble assortment, originally \$44 for a dozen, now 20 percent off with code OPRAH; babycakesnyc.com)**



### ▲ Drink Up

These one-ounce bottles of organic juices, each with unique health properties—Aloe Vera is said to promote digestion, and Sea Buckthorn is said to promote clear skin—beat a shot of tequila any day of the week. **(Dynamic Do-All Shots, \$20 for a set of six; juicegeneration.com)**

### Pedal to ▶ the Metal

What do you get the person who has everything, including lower back pain and swollen ankles? A rocking footrest that sits right under her desk, encouraging leg movement. **(Humanscale Rocking Foot Machine, originally \$99, now 20 percent off with code OPRAH; relaxtheback.com)**



### ▲ Blue Heaven

Stretchy, UPF 50+, saltwater- and chlorine-resistant, quick-dry fabric makes this workout tank with a matching crop top the best convertible swim shirt under the sun. **(Convertible Swim Shirt, originally \$85, now 20 percent off with code OPRAH; coolibar.com)**