

JANUARY 2019

WHY FIJI IS THE
ULTIMATE PARADISE

WHEN DID SAN DIEGO
GET SO COOL?

A WINTER ADVENTURE
IN NORWAY

TRAVEL+ LEISURE

REASONS

LOS CABOS,
SCOTLAND, OMAN,
ISCHIA, VIETNAM &
MORE PLACES
TO GO THIS YEAR

TO

TRAVEL

2019

The beach at
Six Senses Fiji.

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BEVERLY HILLS CA 90212-3209
HL GROUP
#TAL1428529223/9# TAL AN99 AUG19 PLT 187
#BXBKDJ **AUTO**SCH 5-DIGIT 90212 FSSD
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+ THE ACTIVE
SIDE OF CRUISING

TRAVELANDLEISURE.COM

SELF-CARE SMARTS

Assemble Your Next-Level Wellness Kit

Rather than toss the same products into your suitcase trip after trip, refresh your repertoire with these body- and mind-boosting tools that will make your travels happier and healthier. **By Annie Daly**

1 ALLERGEN TESTERS

Travelers with serious peanut or gluten sensitivities can avoid their food triggers with **Nima's portable allergy sensors** (*nimasensor.com*; \$289 per device, \$6 per test capsule). Place a morsel of food inside the tool, and it will analyze the sample in roughly five minutes.

2 SLEEP AIDS

Bose Noise-Masking Sleepbuds (\$250; *bose.com*) might resemble wireless earphones, but they're actually designed to improve your slumber. The diminutive gadgets connect to a phone app that plays your choice of soothing sounds, covering up any background noise (say, the snoring of a seatmate). And no need to worry about missing a wake-up call—the gentle, built-in alarm has you covered.

3 A BLUE-LIGHT BLOCKER

Though it looks like a simple, thin piece of plastic or glass, **RetinaGuard's anti-blue light tempered-glass screen**

protector does more than guard against screen cracks. Electronics emit a subtle blue light that interferes with the production of the sleep hormone melatonin, and even a fairly low amount of exposure can disrupt your circadian rhythm. Affix one of these filters (*retinaguardstore.com*; from \$27) to the front of your phone, tablet, or computer to protect both your eyes and your body clock.

4 CBD LOTION

Advocates of cannabidiol, commonly referred to as CBD, believe it helps relieve anxiety and inflammation, and early research supports the claim. If you're traveling within a state where CBD is legal—it hasn't gotten the okay from all 50 yet—consider investing in **Lord Jones High CBD Pain &**

Wellness Formula body lotion

(*lordjones.com*; \$60) to soothe sore muscles and joint pain after a long road trip or hike. The scented version's combination of sage, mint, and green citrus adds to its relaxation effect.

5 A RECHARGEABLE CHARCOAL TOOTHBRUSH

Activated charcoal isn't just for detox drinks anymore. Chargeable with a USB plug or wall socket, **Burst's sonic toothbrush** (*burstoralcare.com*; \$70, \$6 per replacement brush), which comes in black or white, features replaceable charcoal-infused bristles that help fight plaque and gingivitis. Bonus: an hour-long charge of the lithium battery gives you up to four weeks of use, and you can sign up to have a new brush head delivered every three months.

6 POWDERED SUPPLEMENTS

Care/of, a personalized vitamin subscription service, recently unveiled its line of **Quick Sticks** (*takecareof.com*; \$5 per five-stick pouch), each addressing a different need (e.g., blueberry Gut Check to aid digestion, lemonade-flavored Chill Factor to fight stress). Green juice devotees can tote **Amazing Grass's effervescent tablets** (*amazinggrass.com*; \$8 per tube), which easily mix with water to create immunity-boosting drinks that contain a serving of vegetables, plus antioxidant-rich superfoods. Similarly, **Hum Nutrition's Raw Beauty to Go green superfood powders** (*humnutrition.com*; \$25 for 15 packets) contain antioxidants, adaptogens, and probiotics. The company just developed mint-chocolate and vanilla-berry options. Elixirs from medicinal-mushroom specialist **Four Sigmatic** (*us.foursigmatic.com*; \$38 for a box of 20) complement (or even replace) your morning tea or coffee. Try **Reishi Elixir** to aid sleep and **Chaga Elixir** to help bolster your immune system.

