

SELF

The Best of Wellness: 11 Products That Helped Us Get By in October

[S self.com/gallery/best-of-wellness-october-2020](https://self.com/gallery/best-of-wellness-october-2020)

By Lori Keong



Images courtesy of the brands

Here at SELF, we're big believers in the power of wellness products to help us feel a little better—whether they be skin care to add to our self-care routine, tech that helps us do the things we love (but more easily), a healthy snack that gets us through the day, or fitness gear that keeps us moving. This is especially true right now as we continue to cope with the stress of living through the coronavirus pandemic and the anxiety of the impending election. So, much like last month's, October's installment of our Best of Wellness series (in which we recap all of our wellness favorites month-to-month) focuses on products that gave us some much-needed relief last month.

(Note: This list includes a mix of samples sent to us for free for testing and stuff we purchased recently, but everything listed is only here because we actually really like it.)

All products featured on SELF are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.



Target

1

Samsung Galaxy Watch3

When I heard about Samsung’s latest smartwatch, I was eager to take it for a spin to test its fitness-tracking capabilities. What I was *not* expecting? The “extra” features that make it such a neat little gadget. It capably tracked my outdoor runs and indoor strength training sessions, and then some: For one, I loved the speak-to-text function that allowed me to respond to a text via voice during a hard, super-sweaty indoor cycling workout—something that would have been impossible with other fitness-tracker text presets or even typing on a smartphone. And thanks to its advanced running metrics, which measured factors like asymmetry and stride regularity, I could see that some parts of my post-injury running rehab were right on target (while others still need a little work!). —*Christa Sgobba, senior fitness editor*

~~\$400~~ \$340 at Target

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Dermstore

2

Grown Alchemist Intensive Soothing Hand Cream

This year, thanks to the constant handwashing, it's felt like hand cream season all year long. But on top of the pandemic, my apartment's lack of a dishwasher has made my hands extra parched lately. Though I'm usually a loyalist to my holy grail Kiehls hand salve, I've been dabbling recently and was intrigued when this hand cream from Aussie beauty brand Grown Alchemist came my way. From the moment I screwed off the cap, I was obsessed. It smells faintly of lemon cake, one of my favorite sweets, and it's infused with cactus-flower extract and hyaluronic acid to deliver hydration and softness. My mom, a hospital nurse, also keeps this hand cream stashed in her lab coat for when the frequent handwashing takes a toll. —*Sarah Madaus, editorial*

assistant

\$27 at Dermstore

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Act + Acre

3

Act + Acre Scalp Gua Sha

Some people like the sensation of kneading or rolling jade or quartz gua sha tools on their face, but lately I've been more interested in gua sha tools for your scalp, after noticing my favorite ASMR-tist use them in her videos. So when Act + Acre founder (and celebrity hairstylist) Helen Reavey told me she was launching a trio of gua sha combs, it felt very serendipitous. These jade combs are pretty and cold to the touch, so they have a cooling effect that feels really soothing when rolled up the back of the neck (or, of course, gliding across your scalp). —*Lori Keong,*

senior commerce editor

~~\$40~~ \$30 at Act + Acre

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Amazon

4

Adults & Crafts DIY Craft Kits Subscription Box

This year has been tough for a lot of reasons. One of those being that I haven't been as crafty as I used to be. I had started going to a local DIY crafts class in the beginning of the year, where I was learning all about how to cut and shape wood to build anything from tables to picture frames. So when I found the Adults & Crafts DIY Craft Kits Subscription Box I was excited to give it a try. Each of these subscription boxes comes with one crafty project a month. The kits come with all the materials you will need to build your projects as well as the instructions. From wood burning to candle making, you can try your hand at a different skill each month, and it's well worth it. It's become my new self-care project to take one day a weekend each month and do my craft box. —*Cheryl Carlin, senior manager, analytics*

\$28 at Amazon

Sephora

5

Shu Uemera Cleansing Oil Shampoo

I recently ran out of my go-to shampoo at home and took the opportunity to finally break into a sample of this cult-favorite oil shampoo that I'd been saving. And, whoops, now I'm in love with it! I'd always been a little wary of trying an oil shampoo because my scalp tends to get a little greasy. But after using oil cleansers on my face I realized just how great this concept is specifically for oily areas. I found this shampoo to be oily (of course) but light, and with a pleasant subtle scent. It leaves my hair and scalp feeling refreshed and clean but not squeaky. I follow it up with a hair mask or tea tree oil conditioner depending on how I'm feeling. Afterward, my super-wavy hair has so much extra volume and shine! —*Sarah Jacoby, associate*

news director

\$58 at Sephora

Amazon

6

SKINNYDIPPED Peanuts in Peanut Butter & Jelly (5-Pack)

As someone who takes my snacks very seriously, I was truly overjoyed to receive a sample of these new Skinny Dipped peanuts. They're just like the delicious Skinny Dipped almonds that the brand is known for, but they're large Virginia roasted peanuts instead. I particularly loved this flavor, which combines peanut butter with a just-sweet-enough strawberry coating. For me, it's the perfect afternoon treat! —*S.J.*

\$25 at Amazon

Amazon

7

Bose SoundLink Around-Ear Wireless Headphones II

I bought these Bose headphones on a whim after spotting them on sale, and they've really come in handy on anxious nights when everything feels loud: someone gunning their car engine outside, my downstairs neighbor's music, and my apartment creaking (I'm very sensitive to noise, and all of this stresses me out). My everyday headphones are the Beats Powerbeats Pro since they're so small and versatile, but they're not really noise canceling. Once I slipped these over my ears, I finally felt a sense of calm.

The Soundlink headphones use adaptive audio adjustments that amplify the sounds you actually want to hear (listening to ASMR in them is a revelation) and are very easy to sync to Bluetooth on your phone. They're also super comfortable, with molded memory-foam cups, and after waffling between these and Bose's popular Quiet Comfort 35 model, I'm really glad I got these! They're technically not noise canceling, either, but they're good at minimizing exterior noise, and they come with a rechargeable, replaceable lithium ion battery (unlike the Quiet Comfort model, which doesn't allow you to replace the battery at all). I have a feeling I'll need these to take some deep breaths during election night. —*L.K.*

~~\$229~~ \$129 at Amazon

Thrive Market

8

Justin's Mini Dark Chocolate Peanut Butter Cups

These mini PB cups have become a regular little sweet spot in my evenings. They're great for after dinner/before bed, when I'm craving a little something sweet and slightly salty (and, occasionally, when the four o'clock munchies strike). The darkness of the chocolate is perfect—not too bitter—so they're sweet but not cloying. And the ratio of chocolate to peanut butter, which can be tricky to nail, is *juuust* right. I'm also a big fan of the regular-size ones, by the way, but the minis are just more fun to eat and somehow a little bit tastier to me. —*Carolyn L. Todd, senior health writer*

Editor's note: *Thrive Market purchases require a membership, which costs \$10 a month, or \$60 annually.*
[\\$5 at Thrive Market](#)

Saje

9

Saje Peaceful Slumber Sound Sleep Diffuser Blend

Has anyone been sleeping *well* the past few months? I'm normally a non-fussy sleeper, and even I've had to enlist the help of various [sleep aids](#), from silk eye masks to adaptogen tinctures to, ahem, other herbal options. But the most effective thing I've tried is this Peaceful Slumber essential oil blend from Saje, with marjoram, lavender, myrtle, and chamomile oils. I have the Saje Aroma Om diffuser, so I just fill it up with water, add a few drops of this calming oil blend, and turn it on. Within five minutes, my bedroom smells like a spa. If I need a quick sleepy-time aromatherapy fix, I'll just rub a bit of the Peaceful Slumber blend on my temples and the tip of my nose, and I'm out in 10 minutes. —*S.M.*

[\\$18 at Saje](#)

Munchpak

10

Munchpak International Snack Box Subscription

This is how serious I really am about my snacks: I signed up for a three-month subscription to MunchPak, a subscription box that brings you snacks from all over the world once a month. I've gotten two months' worth so far, and I'm absolutely loving it. The ones I get come with 10 snacks, which are a mix of sweet and savory items from across the globe. Some of my favorites so far have been these [crispy ube wafer cookies from Indonesia](#), [Pokemon-themed chocolate bites from Japan](#), and [pizza-flavored pretzel sticks from Thailand](#). Plus, in these trying times, I definitely appreciate having one fun thing to look forward to every month. —*S.J.*

Editor's note: *Munchpak subscriptions start at \$10 per shipment and offer packs of 5, 10, and 20 snacks in one box.*
[Buy Now at MunchPak](#)

Wear One's At French Terry Sweatpants

I will neither be the first nor the last to tell you that sweatpants are the hero of quarantine. With this in mind, I've made an extra effort to try and get some new lounge- and activewear brands on my radar *and* shop more consciously—especially when so many small and upcoming brands could use the love right now. I stumbled across activewear brand Wear One's At on Instagram and connected with their founder, Jilliann, who was super friendly and kindly offered to let me try a pair of sweats. I've been wearing these multiple times a week ever since. They're extremely soft, not too hot (thanks to the terry material), and also make me feel confident and athletic instead of lazy and antisocial—like most sweatpants do—thanks to their high waist and uniquely wide, secure waistband. If you want to stay comfy and stylish while working from home, all while supporting a small, woman-owned business while you're at it, I'd highly recommend these. —*Hannah Pasternak, senior editor, emerging platforms*

Available in sizes XS to XL.

\$95 at [Wear One's At](#)

Lori Keong is a writer and former editor at SELF. Previously, she's worked for *The Strategist*, *Marie Claire*, and *The Cut*, reporting on fashion, beauty, and wellness.

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