

TOP TECH TO *RE-ENERGISE YOUR LIFE*

Gadgets to boost your mood, style and energy levels and banish Autumn Apathy

Words: Joanna Ebsworth



BOOST YOUR MOOD



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1

LUMIE TASK

This stylish desk SAD lamp closely mimics natural daylight using high-end broad-spectrum LEDs to enhance clarity, improve alertness, and help you beat the blues. Designed to minimise eye strain, it's perfect for computer work, reading and fine-detail tasks (the clue is in the name), and the highly adjustable design means it can double as a ring light to boost your appearance during Zoom calls.

£249, lumie.com

2

HIGHERDOSE INFRARED SAUNA BLANKET

Slip into this sauna blanket to enjoy a host of mind-body benefits. Far infrared heat and crystal therapy are claimed to drain toxins, increase circulation, boost muscle recovery, promote deep relaxation and elevate your mood while burning calories (great for counteracting the effects of cosy nights in). This latest iteration is hotter than ever, with a zip closure for easy in-and-out access.

£839, higherdose.com

3

EMMA HUG WEIGHTED BLANKET

Cuddle up in this breathable blanket to naturally reduce stress and anxiety with the aid of pressure stimulation. The added weight deactivates your nervous system's 'fight or flight' response to help you feel more relaxed while preparing you for a restful night's sleep by lowering your heart rate and level of breathing. Extra fine glass beads promise perfect weight distribution.

£278, emma-sleep.co.uk

4

MOONBIRD

Finding inner peace has never been easier thanks to this straightforward yet highly effective handheld breathing device. Simply place the Moonbird in the palm of your hand and breath along to its gentle pulse to slow down your breath rate and reduce anxiety in as little as five minutes. Track the effects on your body and personalise your experience with a range of exercises via the app.

£159, moonbird.life

RAISE YOUR ENERGY



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SMEG PBF01 PERSONAL BLENDER

Powerful and portable, this blender comes with two 600ml 'bottles-to-go' to make drinking nutritious soups, smoothies and shakes on the move a breeze. And the shock-resistant bottles won't absorb flavours or odours, either. Simply pop in your ingredients, screw the double blades to the bottle, select a speed and press blend to recharge your energy levels the healthy way.

£109.95, smeguk.com

2

SAGE BARISTA TOUCH IMPRESS

This impressive bean-to-cup coffee machine might look intimidating, but it boasts step-by-step guidance and real time feedback to deliver delicious barista-style Java with ease. It does all the hard work, ensuring you get the right dose of fresh grounds, precise temperature control, optimal water pressure and silky smooth microfoam. All you need to do is drink up.

£1,199, sageappliances.com

3

LUMI RECOVERY POD

Channel your inner Wim Hof with this fully portable insulated ice bath and reap the benefits of cold water therapy in your garden. Featuring three layers of thermal insulated IPE protection and a Thermo Lid to keep regular tap water at a steady temperature of 15°C or below without ice, you only need to submerge yourself for a few minutes to boost your immune system, circulation and energy levels.

£125, lumitherapy.co.uk

4

OURA

Sleek and ultra-lightweight, this smart ring features multiple sensors to accurately track and score your sleep, activity and recovery. The Oura app also tells you when you need to sleep more, when you might be coming down with something, when it's time to push yourself and when it's time to take things easy, so you can maintain more consistent energy levels throughout the whole of your day.

From £280, ouraring.com



DEEPEN YOUR SLEEP

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1

SIMBA COOLING BODY PILLOW

Developed specifically for side sleepers, this elongated, gently curved pillow provides plush support to comfortably align your body from top to toe while relieving pressure on your shoulders, hips and knees. The washable cover featuring Stratos cool-touch technology also acts like a thermostat to dissipate excess heat and help you stay cool and dry.

£109, simbasleep.com

2

BEURER SL10 DREAMLIGHT

This battery-powered sleep aid projects a gentle, pulsing LED light on the ceiling to make you consciously aware of your breathing rhythm so you can regulate your breathing, divert overthinking and reduce brain activity. Developed to help you fall asleep naturally, it offers two breathing techniques for your practice and switches off after eight or 20 minutes.

£34.99, johnlewis.com

3

EMMA LUXE COOLING MATTRESS

Offering total comfort whatever position you sleep in, this mattress features Thermosync Technology: a revolutionary graphite-infused foam that absorbs your body heat and redistributes it away from the mattress to keep your body temperature constant. Complete with adaptive support for couples, it also maintains individual body temperatures so you're never too hot or too cold.

From £1,198, emma-sleep.co.uk

4

AURA

Ease into a deep sleep and wake up feeling refreshed using this smart eye mask featuring light therapy, sunset wake ups and immersive soundscapes blending meditation, ASMR and nature sounds via the Aura app. The hand-washable Hug 3D memory foam eye cushion promises 100% blackout and plenty of room for you to blink freely with zero pressure.

\$179 (available November), aura-circle.com

SPRUCE UP YOUR LOOK

**1****ORAL B iO3**

Clinically proven to remove 100% of plaque compared to a manual toothbrush, this electric toothbrush combines micro-vibrating bristles with a dentist-inspired round brush head to help prevent tooth decay and gum disease. Bonus features include a gum pressure sensor (so you don't brush too hard or too soft), a brushing timer, three brushing modes and two weeks of battery life on one charge.

£160, oralb.co.uk

2**REMINGTON LIMITLESS X9**

This rotary shaver includes a 360° PivotBall, individual flexing blades, shave comfort rings and PowerSense tech to ensure a clean, comfortable shave every time. Intuitive shave-learn LEDs even adapt to your shaving routine and monitor battery usage per shave to alert you when there's just five shaves remaining – although a five-minute quick charge gives a three-minute boost of power.

£199, boots.com

3**BABYLISS SUPER-X METAL SERIES CORDLESS HAIR CLIPPER**

Want barber-grade grooming at home? These clippers have precision-engineered steel blades and a super-sharp cutting angle for smooth, effortless cutting.

Powerful, with an advanced lightweight motor and lithium-ion tech for three hours of cordless use, you also get 10 comb guides (0.8mm-25mm) to shape your style, however you wear your hair.

£120, babyliss.com

4**THERAFACE PRO**

This all-in-one facial health device offers eight different treatment options in a compact package to take your skincare to new heights. Just a few of the benefits include firmer skin, reduced wrinkles around the eyes, moderate acne treated and reduced, and deeper cleansing and tension relief for the face, neck and chest. A travel-friendly bag keeps the device and magnetic attachments together for easy storage.

£375, therabody.com

REBOOT YOUR STYLE



1
AWAY THE EVERYWHERE ZIP BACKPACK

Versatile and thoughtfully designed, this water-resistant backpack includes a breathable mesh panel and padded shoulder straps for extra comfort on the go. The sleek design conceals a spacious interior with multiple compartments to keep all your belongings organised, and there's a separate padded 15-inch laptop pocket with a magnetic locking zip for extra security.
£155, awaytravel.com

2
GARMIN VIVOMOVE LUXE

More than just a pretty face, this elegant hybrid watch combines the traditional look of an analogue timepiece with essential smart features, including health and fitness tracking, contactless payments and text messages straight to your wrist. It has a domed sapphire crystal lens for durability, while the dual AMOLED colour displays only appear when you need them.
£479, garmin.com

3
BEATS STUDIO PRO
Now in their fourth iteration, Beat's iconic, top-of-the-line wireless headphones feature fully-adaptive Active Noise Cancellation and Transparency modes, personalised Spatial Audio with dynamic head tracking, 40 hours of battery life, improved call performance and a whole lot more. Available in four colourways, they also feature UltraPlush leather cushions for longer listening comfort.
£349, beatsbydre.com

4
ADIDAS STAN SMITH LUX SHOES
Smart enough for the office but relaxed enough to slip on for visits to the pub, you can't go wrong with a pair of classic sneakers. These uber-wearable, court-inspired Stan Smith shoes made from buttery-soft leather are no exception, boasting a streamlined silhouette that will work with just about everything in your wardrobe, plus low-abrasion rubber outsoles to stand up to daily demands.
£100, adidas.co.uk