

[Gadgets and Gizmos]



Take spring head on WITH A LITTLE HELP FROM OUR FRIENDS

Spring can be tough trudging (especially through the leftover slush). Get equipped for these challenges of spring with an armada of health-centric tech at your side! This mish mash of technology will help you reach Zen mode 9000, shock the pain away, and stock up on the nutrients that keep you feeling spunky.



Muse

Imagine a lush, green forest with wildlife scattering about and birds singing peacefully. It's raining, but the drops just kiss the leaves above you. Your breath steadies and your muscles untangle. Now imagine your mind wanders and the weather adapts, sending torrential rain from above. The only way to regenerate the serenity of the forest is to refocus on your breath. Now you have an idea of what it's like to meditate with the Muse brain-sensing headband, which reads your level of calmness during sessions and changes the soundscape playback in real time according to your EEG brainwaves. A companion app delivers comprehensive reports of your brain activity and fun challenges to help you improve your meditation game. // muse.com

Brookstone

You know your favorite chair? The one with the perfectly broken-in leather and lounging position that not even the dog can boot you from? Well, forget about it. The React Shiatsu Massage Chair will win you over in a single massage cycle. Target specific areas with surgical efficacy (in true Japanese Shiatsu fashion), or light up your whole body for a shoulder-to-thigh euphoric effect. And you can be lazy while you soothe your soreness—the easy access control panel and removable, supportive neck pillow make sure of that. // brookstone.com



ESSIO Shower Aromatherapy

Today's always-on culture offers unmatched productivity gains and allows us to stay connected to friends and family without skipping a beat. Yet sometimes it feels like a beat should be skipped and time should be spent on yourself to simply breathe and unwind. ESSIO blends the luxuries of a spa with the comfort of your home with a simple shower attachment that dispenses opulent essential oils into the water stream. Breathe, Passion, and Unwind are graceful aromas that relax and recharge the body with ease. // essioshower.com

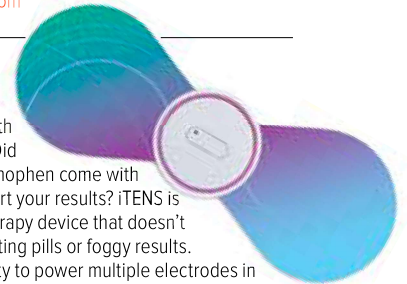
Fitlosophy

Living large can be a blast, unless you're doing it in the literal sense, in which case it can be a drag. Why not do something about it by regulating portion sizes using the Live Life Fit digital food scale? The large digital readout and convenient tare functionality allow you to weigh ounces to lose pounds. And if you're really into setting goals to lose weight, try the comprehensive Fitlosophy program, which adds useful tools like a sectioned portion plate and fitness planner to keep you focused on the prize. // fitlosophy.com



iTENS

Is your ice pack Bluetooth connected? Did your acetaminophen come with an app to chart your results? iTENS is an electrotherapy device that doesn't involve ingesting pills or foggy results. With the ability to power multiple electrodes in different areas of the body, you'll be able to recover in no time, whether you took a spill in the driveway or just sat at the computer for too long. The electrical current is so smooth, you won't be convulsing from prickly shocks anytime soon. // itens.com



Dminder

It's 4 p.m. on a Saturday and the sun is still high in the sky, so it sounds nice to sit by the window and soak up the vitamin D with a good book, right? Wrong. Vitamin D is only available during certain times of the day, and can't pass through glass. To know exactly when the sunshine vitamin is available and how much sun you'll need to be D'd up from the feet up, you'll need a trusty vitamin sidekick. Dminder for android and iOS is here to fill the role and lift you out of the one in 10 Americans who are vitamin D deficient.

// dminder.ontometrics.com