

Wellness

7 Wellness Trends for 2022

Improve your physical and mental well-being this year with these must-try health trends, from micro-workouts to next-level facial tools.

By D'Lorraine Miranda

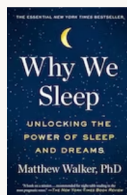


A new year is a fresh start and a time for dreaming big and setting new goals. Living healthfully is more important than ever, whether that means managing stress, getting more exercise, or enriching your diet. This year's wellness trends will help you live your best life in 2022.

Sleep Hygiene

When was the last time you woke up feeling refreshed? Enter sleep hygiene, the practice of setting yourself up for a good night's rest, which is key to improving your overall physical and mental wellbeing. That means sticking to a fixed sleep schedule, avoiding long naps throughout the day, and finding a calming bedtime routine that works for you, whether it be unwinding with **soothing scents** or slipping into **dreamy bedding** and trading in your phone for a great read instead.

Shop the Items



WHY WE
SLEEP:...

by **Matthew Walker**

\$25.00

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Manifestation and Vision Boards

Manifestation was a huge buzzword in 2021, thanks to authors like **Jay Shetty**, and creating a vision board helps you manifest your goals and dreams. Instead of writing out a list of resolutions for 2022, put together a vision board. You'll need a cork or magnetic board, cut-out images and phrases that align with your goals, and positive energy. Place the board in a spot where you see it frequently throughout the day, and manifest away.

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Skinimalism

Skinimalism, the idea of embracing slow beauty, allowing your natural skin to take centre stage, and simplifying your skincare routine is a big beauty trend going into the new year. Master the art of skinimalism in 2022 by editing your collection down to a few highly effective, multi-tasking products. It's all about finding *your glow*.

Shop the Items



NOURISHING JELLY...

by **Detox Mode**

\$49.00

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ESSENTIAL FACE CREAM

by **Rocky Mountain Soap
Co.**

\$43.00

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Next-Level Facial Tools

While **gua sha stones** and **jade rollers** continue to be fan favourites, this year derm-inspired facial tools are taking at-home skincare to the next level. Think amped-up devices, like LED Light Therapy masks, which boost collagen production and keep acne at bay, or a vibrating T-bar to stimulate circulation. Not only do they boost radiance, but they also offer a mini spa moment whenever you need it (hello, self-care).

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VIBRATING AND....

by **Solaris Laboratories**

\$52.00

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L.E.D. LIGHT THERAPY MASK

by **Auria**

\$39.99 ~~\$79.50~~

Out of stock online

Prioritizing Pleasure

A key part of self-care is prioritizing pleasure—and it's been gaining momentum thanks to advocates like Canadian OB/GYN and author **Dr. Jen Gunter**, who are driving the conversation about women's sexual wellness. And the growing lineup of female-led brands destigmatizing pleasure, like Dame, Maude, and Unbound, prove this is more than a moment. Whether for solo pleasure or partner play, vibrators and massage oils are buzz-worthy this year.

Shop the Items



AER VIBRATOR,
LAVENDER

by **Dame**

\$120.00

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THE TENNIS
PRO VIBRATOR

by **Smile Makers**

\$75.00

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Micro-Workouts

Born out of the rise of **at-home fitness**, micro-workouts are the new way to exercise. These bite-sized workouts consist of several two- to 10-minute sessions throughout the day and are said to be just as effective as a 30- or 60-minute workout. (Bonus: they're also less daunting!) Try a non-stop two-minute jump rope break in between meetings or taking 10 to power through a quick cardio circuit.

Shop the Items



THE POWER
RING, ...

by **Bala**

\$99.99

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SMART
SKIPPING...

by **Tangram Factory**

~~\$109.95~~
\$55.00

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Discover all our wellness essentials for 2022