

Women's Health

**THIS
WORKOUT
DOES
IT ALL**

**Ultimate
Arm
Sculptor**

**5 TURBO
CIRCUITS**

**Best.
Night.
Ever.**

SLEEP
REMEDIES
THAT
REALLY
WORK

**LIVE IT UP!
EASY WAYS TO
FEEL HAPPIER
TODAY**

HOW THE NEW
MOM AND
ACTRESS
**GABRIELLE
UNION**
STAYS ON TOP
OF HER GAME

health

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LONGEVA DREAMKIT

\$199 for WH readers with code
beautysleep, shoplongeva
.com/womenshealth

ABBY CUFFEY,
executive editor

Ingredients like bergamot have been shown to have a calming effect on the brain; valerian root may help you fall asleep faster.

A relaxing ritual, like the scents, sounds, and repetitive movements offered in this kit, can trigger your brain to get sleepy.

Over the past year, my phone use has crept closer and closer to the minute I shut my eyes. Which is why the bedtime bliss this spa-like kit promises was much needed. It comes with a gloriously old-school pamphlet that walks you through a routine of stretches, breathing, and **botanical product application**.

The process felt almost criminally indulgent at first—and evoked some side-eyes from my husband as I turned our bedroom into a makeshift beauty-rest command center featuring a yoga mat and research-backed Zen tunes. I eventually condensed the routine into six minutes, and that short time has given me the **reset** I need between the chaos of the day and my Zs. Now I wake up with a bit more pep in my step, not to mention awesomely dewy skin!

