

The Best Self-Care Gifts for a Calmer 2022

We'll take them all, thanks!

BY [NIKOLINA ILIC](#) | NOV 25, 2021



Between packed social calendars, work deadlines, constant news alerts, and, you know, the stress of living through a pandemic, it's a safe bet everyone you know needs some time to unwind (yes, you too!). One easy strategy for resetting a stressed-out body and brain is engaging the senses. Doing simple things like breathing in a scented candle you love, sipping from a steaming cup of herbal tea, or savoring the feel of a plush fabric against your skin has a way of making you feel like *you* again.

And there's no better time than the transition from one year to the next to put self-care at the very top of the

\$149, cawlife.com.



In Essence Home Ambience Limited Edition Diffuser Pack

Sometimes the best way to wind down is to turn up the senses. This diffuser from In Essenc will not only make their space smell spectacular by emitting just the right amount of the relaxing essential oil of their choice, but the black vessel also looks great on a mantel or bedside table.

\$89.95, inessence.com.au.



T.House Room & Linen spray

This spray is a game-changer. Created exclusively for T.House this warm, spicy and exotic fragrance will add freshness to your interiors and household linens, and have you feeling relaxed wherever you go.

\$49.00, thouse.com.au.