

## HEALTH & WELLNESS



### Spire Stone | \$129.95

Spire Stone discreetly measures your breath all-day to keep you in sync with your physical and emotional health. It is the only activity tracker that measures breathing patterns that indicate periods of tension, relaxation, and focus. It provides push notifications and real-time activity recommendations to help users have a balanced day.

***Spire.io***

### Yogi Wear Floral Leggings With Slit Back Tank Matching Set | \$60



**Lotus Look Yoga Pant** - Form fitting light Weight Fabric.

**Cool Breeze Tank Top** - Great for the gym or around town. Stays cool during exercise.

Available in various styles, colors and sizes.  
***YogiWear.com***

### Gem-Water by Vitajuwel Wellness Gem-Water Bottle | \$78



In the natural healing arts this blend of amethyst, rose quartz, and clear quartz is said to stimulate and soothe the mind and emotions, foster tranquility, and support healthy and radiant skin.

***Gem-Water.com***