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GIFTS

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16 Self-Care Gifts to Get Yourself for Valentine's Day

Because it's really about honoring the relationship with yourself



A silk pillowcase, a throw blanket, CBD-infused bath bombs and a scented candle are some of our experts' favorite self-care items. PHOTO: Jeff Westbrook for Buy Side from WSJ. STYLING: Miako Katoh for Buy Side from WSJ.

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Slip
Pure Silk Pillowcase
\$89+

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Pot Pourri Bag
\$35

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Santa Maria Novella
Firenze 1221 Edition Pot
Pourri Liquid Soap
\$65

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Jan. 19, 2023 10:10 am ET
By Michelle Vartan

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You probably spend time thinking about others, yet the one relationship we can always count on as a constant is the one with ourselves. So this season we celebrate self-love—the true foundation of any healthy relationship—with some self-care. Whether you're single looking to take care of yourself this Valentine's Day or you're in a relationship and want an extra boost to feel good, there's something in here for you.

Sleek silk pillowcase



SLIP
Pure Silk Pillowcase

**\$89+ AT
NORDSTROM**

\$89 AT SEPHORA

Better sleep will help you in practically every area of your life, so maximize the benefits by sleeping on silk, suggests New York City-based dermatologist **Whitney Bowe, M.D.** Her self-care practice includes using a **Slip silk pillowcase** for a luxurious experience that she says also boosts her skin's look and feel. "I see a visible difference in my skin health when I regularly use my Slip silk pillowcases," says the dermatologist. Compared to cotton, silk creates a smoother surface with less friction to minimize pillow lines on the skin. Silk pillowcases also don't absorb moisture, allowing your skin to stay hydrated, Dr. Bowe says. "Creating a peaceful, luxurious and relaxing sleep environment that benefits my skin is an act of self-care for myself and one that I recommend to my patients."

Home scents





SANTA MARIA NOVELLA
Pot Pourri Bag

\$35 AT SAKS FIFTH AVENUE



SANTA MARIA NOVELLA
Firenze 1221 Edition Pot Pourri
Liquid Soap

\$65 AT SAKS FIFTH AVENUE

Adding a rich, luxurious scent to your home is another way to take care of your space (and yourself). “My absolute favorite gift to buy for myself that instantly makes me take a deep breath is the intoxicating smell of Santa Maria Novella’s **potpourri** and **hand soap**,” says Los Angeles-based interior designer **Katrina Hernandez**. “The scent fully infuses a space with a rich aroma of cedarwood, patchouli and balsam,” which she says guests always compliment when they visit. To extend the aromatic experience, Hernandez even tucks the **wax tablets** in the door of her car.

Cozy throw blanket



SEIN + CO
Nube Handwoven Throw

\$470 AT GOOP

Hernandez fell for Sien + Co’s textured, neutral **throw blankets** for their ability to mix into any home décor scheme, as well as their cozy feel. “In colder weather I love wrapping myself in their blankets,” she says of the 100% Highland sheep wool throws. “They feel good against my skin and because of their weight, [they] make me feel grounded.”

CBD-infused bath bombs



PELLEQR
CBD Bath Bomb 4-Piece Set

\$80 AT SAKS FIFTH AVENUE

To get his body ready for bed, Los Angeles-based **Joey Mattina, D.C.**, plunges in a warm bath with **Pelleqr bath bombs** enhanced with CBD for ultimate relaxation. “The bath bombs really help soothe me with their uniquely chosen ingredients, which get my nervous system and mindset ready to relax,” says Dr. Mattina, whose doctorate is in chiropractic, adding that he believes they aid in his muscle recovery. To begin his mental shift towards bedtime, he takes his bath in the dark and lights the brand’s **wood and teak-scented candle**. “Doing this of course takes longer than a quick shower but it is an investment in myself I make to aid in my self-care that really changes my sleep quality, and therefore my day.”

At-home sauna blanket



HIGHER DOSE
Infrared Sauna Blanket

\$599 AT HIGHER DOSE

\$599 AT REVOLVE

Dr. Mattina also praises saunas for self-care, and he credits them with skin improvement, higher quality sleep and recovery after workouts. For most people, a sauna may not be possible in your budget or floorplan, so Higher Dose makes a **sauna blanket** that uses far infrared heat and charcoal, clay and magnetic layers encased in a leather top layer to provide some of the same benefits of a sauna in a much smaller space. “I also like to meditate in the sauna, which makes that time really productive and beneficial,” he says of his self-care practice.

Emerald & evil eye-adorned necklace



KARMA AND LUCK

Devote & Achieve - Emerald Evil Eye May Birthstone Necklace

\$149 AT KARMA AND LUCK

One side of **this necklace** has a striking emerald stone, which San Francisco-based author and life coach **Angela Marie Christian** says assists in increasing energy, while the other features an evil eye charm, which is meant to release what doesn't serve you. "I can certainly feel the difference when I'm wearing my necklace and I'll catch myself twirling it when I'm needing a little energy boost," she says. And if a different gemstone calls to you, the brand offers a wide selection of jewels with descriptions of different intentions and energies.

Incense sticks



SHAMANS MARKET

Palo Santo Incense Sticks

\$11 AT SHAMANS MARKET

If you enjoy rituals, you might try the ancient ritual of burning incense. "During my Shamanic studies, I learned that the Incas and indigenous people of the Andes had been using this wood incense for centuries during sacred plant-spirit ceremonies," says Christian, who recommends these **Palo Santo incense sticks**. You could simply burn them and enjoy the warm, woody scent, or you could also place a positive intention into the smoke. "You'll be surprised at how clear-headed and uplifted you'll start to feel," she says.

Evergreen-scented candle



MO MI

Forest Bath and Moss Agate Candle

\$45 AT MO MI

New York City-based interior architect and feng shui educator **Anjie Cho** loves the **Mo Mi Forest Bath and Moss Agate Candle** for its soothing scent, invigorating teal color and the fact that evergreens in feng shui represent longevity, endurance and grounding. If you're looking to strengthen your relationship with yourself or with a partner, she advises placing the candle in the far right corner of your room (from the perspective of your doorway). She also recommends lighting a candle with the "intention that you want to cultivate self-love and self-care with growth and healing."

Luxe linen sheets



COYUCHI

Organic Relaxed Linen Sheet Set

\$538+ AT COYUCHI

One of Cho's favorite self-care investments is breathable linen sheets, as she believes that quality bedding "makes a difference physically, emotionally and energetically. She especially likes Coyuchi, as she notes its ethically sourced and organic materials. For Cho, sleeping is her time to relax, rejuvenate and replenish, so soft sheets, like **this linen set**, are important.

Intimacy oils



FORIA WELLNESS

The Teaser

\$38 AT FORIA WELLNESS

One symptom of pandemic loneliness is feeling “touch-starved,” the lack of physical contact, says **Shadeen Francis**, a licensed marriage and family therapist based in Philadelphia. She recommends **Foria's Intimacy Bundle**, which includes two oils, as an invitation to touch yourself. “Having a luxurious oil-based product for self touch (whether that's masturbation or a sensual massage) is a way to reconnect with your body and offer yourself some pleasurable attention,” she says. The products are formulated without fragrances or synthetic additives and use organic CBD to promote blood flow, relax muscles and ease tension, according to the brand.

Self-love journal



SWITCH RESEARCH

91-Day Self-Love Journal

\$48 AT AMAZON

Using a self-love journal is one way Rochester, N.Y.-based mindset coach **Meg Burton Tudman** recommends her clients take care of themselves. She likes **this one from Switch Research** for its insightful questions and prompts that ask journal users to “write down four things you are worthy of” and “think of ways you can assume the best of people in the future.” After using the journal, “I felt inspired to dig deeper into my routine thoughts and habitual actions,” she says.

Versatile vibrator



DAME

Pom Flexible Vibrator

\$95 AT DAME

Francis recommends the **Pom vibrator** from Dame for its versatility and personalization—the key to gratification. “The egg shape allows you to choose between broad or targeted stimulation and its powerful rumbly motor has five patterns and intensities for you to find the right setting for your pleasure,” she says. Plus its compact size (it fits snugly in the palm of your hand) makes for a low profile vibe.

Light-blocking sleep mask



MANTA SLEEP

Light Blocking Eye Mask

\$35 AT AMAZON

Manhattan Beach, Calif.-based **Michael Breus, PhD**, is known as the Sleep Doctor, so it's no surprise that he has advice on how to enjoy a better night's rest. While he admits that using a sleep mask is nothing new, he advocates for a certain type of mask “I'm not talking about the flimsy silk ones you get on an airplane, I like the ones that are substantial,” he remarks. Breus recommends the Manta Sleep Mask for its moveable eye cups (so your eyelashes don't rub against the mask) and sturdy feel that stays in place. You can also add on **heating** and **cooling eye cups** for a more soothing experience. Plus he says it keeps 100% of the light out. “It makes it dark when I sleep, [even] when my wife is watching TV.”

Lightweight yoga mat

MANDUKA



PRO Lite Yoga Mat

\$86 AT AMAZON
~~\$99~~ Save \$13

This Manduka yoga mat is a great option for people who want a sturdy yet portable option, according to Athens, Ga.-based registered dietitian and body image coach **Courtney Vickery**. Yoga “is my ‘me time,’” she says. “I don’t get that very often and it’s the one time that I can only answer to myself and no one else.” She believes that a good mat can make a difference in your experience with your yoga practice. “A lot of yoga mats at gyms are thin, flimsy and slippery; this mat is very sturdy and once broken in, has the perfect amount of grip.”

Soothing epsom salts



DR. TEAL'S

Epsom Salt Bath Gift Set (Eucalyptus and Lavender 2 Pack)

\$24 AT AMAZON

As an integrative psychiatrist and sleep medicine specialist, **Nishi Bhopal, M.D.**, who is based in San Francisco, recommends bathing with epsom salts to all her clients. “A warm bath before bedtime relaxes and reduces the core body temperature,” she says, which helps with falling asleep. Her own form of self-care is an epsom salt soak after a busy day of work. “It’s a way to disconnect from technology, slow down and take a moment for myself in a way that feels nourishing and restorative.” **Dr. Teal's Epsom Salts** come in a variety of blends, such as lavender for sleep or eucalyptus and spearmint for relaxation.

Ultra-soft socks



GOBI

Cashmere Socks

\$48 AT GOBI
~~\$69~~ Save \$21

When **Nancy Colier** wants to make a small gesture of kindness towards herself, she slips on her **Gobi cashmere socks**. “They feel warm, soft and just plain yummy on your feet,” says Colier, a New York City-based psychotherapist, interfaith minister and author of “The Emotionally Exhausted Woman: Why You’re Feeling Depleted and How to Get What You Need.” “Giving yourself a lovely experience for no reason other than the fact that you want it? This is self-care.”

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