Feeling Good

At Ease
Say goodbye to twinges and tenderness with these head-to-toe pain relievers.

**STAND AND DELIVER**
If you’re on your feet all day, this ergonomic mat has got your back—and hips and knees. Made with a patented gel-foam combo, it’s cushy enough to allay all-over soreness and classy enough for your recently remodeled kitchen. (Elite comfort floor mats, from $120 each; gelpro.com)

**HERE’S THE RUB**
This versatile velvety cream—with ingredients like anti-inflammatory cannabidiol, antibacterial manuka honey, and shea butter—can soothe cracked hands, calm sore elbows, and reduce redness. (CBD Healing Skin Balm, $58; cannuka.com)

**POTENT POTABLE**
Ginger? Roger. This spicy potion—drink it straight or tossed in a hot toddy—blends the restorative root with lemon, honey, and berry tea to ward off cold symptoms and body aches. ($66 for six-pack;anniesgingerelixir.com)

**NEED A LIFT?**
Meet the Bentley of sports bras, with foam underwire, padded straps, full-coverage cups, and sizes up to 42G. (High-impact convertible sports bra, $72; chantelle.com)

**MAIN SQUEEZE**
Step right up and into these nonbunching (and non-clinical-looking) compression socks, which can help reduce pain and pressure in swollen legs by increasing circulation. (Compression socks in cosmic purple, $30; drsegals.com)

**GOOD VIBRATIONS**
A three-speed pulsating foam roller can stimulate and destiffen muscles faster than a stationary one. Wake and shake! (Vyper 2.0 foam roller in green, $210; hyperice.com)