

GIFT GUIDE

Gift Guide: Gifts To Give Yourself for Valentine's Day

These gifts to give yourself for Valentine's Day all center around different forms of self-love and self-care.



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Splurge Like You Deserve It



If you'd really like to go all out for yourself this year, consider splurging on your Valentine's Day gift to yourself. Light therapy is all the rage for cellular regeneration, skin health, and recovery. [JOOVV](#) makes little machines you can use at home to feel just like an Olympic athlete, while this [light therapy device](#) applies the same technique to directly targeting

pain, and really did help my headache when I tried it. If you prefer more traditional tech splurges, the [Google Pixel 3](#) has probably the best smartphone camera on the market and makes a great gift for those who derive much joy from selfies.

Personally, travel is my favorite thing to treat myself to, and lots of hotels have [special packages for Valentine's Day](#) you can indulge in. [Hotel Zetta's Well +Away Rooms](#) feature an indoor bicycle, air purifiers, and other healthy self-care touches; [Le Parc Suite Hotel](#) offers a more affordable-but-still luxurious V-Day package, complete with Prosecco and chocolates; while the [Hotel Palomar Los Angeles-Beverly Hills](#) offers an R&R package designed especially to pamper you with a VIP fitting with a stylist, a massage, and several other luxurious treats that will let you feel like royalty for a day. Go ahead, love yourself.

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