

FOOD

- [Brightland](#) - Aishwarya Iyer's sun-drenched California olive oils are the ones I reach for when I want a burst of brightness — and her flavored oils are so well-balanced and punchy. She just released a new jalapeno-kissed Pizza Oil that I'll be reaching for whenever we order in.
- [Diaspora Co.](#) - These spices, sourced directly from family farms in India and Sri Lanka, aren't just good for you, they're *good*. Founder Sana Javeri Kadri sells her spices the same year they're harvested, which means they're way more flavorful than anything you'll find at the grocery store.
- [Health-Ade Kombucha](#) - One of the biggest kombucha brands in the biz, Health-Ade was started by Vanessa Dew and her friends Daina and Justin Trout. I love all of the line's flavors, like Ginger Lemon and Pink Lady Apple, and that it comes in cans so you can get your fizzy probiotic fix on the go.
- [Methodology](#) - I'm all for anything that makes life easier. And while most meal prep plans feel a little "meh," Methodology was started by Julie Nguyen with the philosophy that food can be medicine. Translation: bright, vibrant, nourishing, personalized meals that are delivered to your door and only need a quick reheat to be ready.

HOUSEHOLD

- [Hey Dewy](#) - One thing about living in Los Angeles and being a 50something woman is that it is DRY. Cindy Kang's line of portable humidifiers is genius. Not only are they chic, but they're designed to help your skin stay hydrated and glowing, whether you're in an air conditioned office or just living life as an Angeleno.
- [Blueland](#) - Being more mindful of the products we use every day has had me rethinking cleaning products and how harmful they can be. Sarah Paiji Yoo's line Blueland is designed to help eliminate single-use plastic bottles by making refills a snap. Win-win for your home, and the planet.
- [Silk + Sonder](#) - Who doesn't love a journaling moment? This lady does, when I have time. Meha Agrawal's company Silk + Sonder makes monthly wellness journals that are both beautiful and functional, and designed to help users meet their goals with trackers, layouts, and prompts.

BEAUTY

- [Apothekary](#) - Former Wall Street exec and wellness entrepreneur Shizu Okusa started this line of supplements and tinctures with the idea that health problems can be addressed by Mother Nature, not pills and like. We're talking stuff like Take the Edge Off,

a white wine alternative designed to lower stress, a turmeric based golden blend called Follow Your Gut, and more.

- [No. 8](#) - The gummy craze continues, y'all (although these aren't of the weed variety). Founders Trina Chang and Kaling Lim worked with neuroscientists to develop sleep gummies designed to combat jet lag, or anytime your sleep schedule needs a little extra love.
- [Pink Moon](#) - This sustainable beauty company, founded by Lin Chen, is based in ancient practices like Traditional Chinese Medicine, astrology, aromatherapy, and more. That translates to products like a star sign-inspired skincare collection and gua sha tools, oils, and accessories.
- [Wellness East](#) - I love a ritual, and Jisah Oh's line is founded on eastern principals and the idea that starting your day with a ritual is essential for health, beauty, and wellness. I'm obsessed with the Alpinia Shell Ginger Glow Oil, which helps keeps my hands soft after hours in the kitchen.