# Hello!

# Its Amazon Prime Days and time to take advantage of Aging Well Products!

# This list contains affiliate link products I have tried/used and found to be very helpful to aging and general well-being for me. You will see that I list several times to check with your Dr. first before using the endorsed product. I want you to know NONE of these have caused problems for me…but we are different. I can’t say if you might experience something adverse. So, use any of them at your own free-will and decision.

# If you do use a product from the list and like it, please let the company know by offering a positive, online review for them. It makes all the difference for small business owners and for others wondering about a product.

# Enjoy looking through the list. I appreciate you taking the time. If you find something you like, let me know. If there are products you recommend, by all means share that as well! We are stronger together!

# Age well,

# Kim

# \*\*This product is something to use for ANY spot removing. I have tried it on all stains and have never been disappointed in the results. Let’s be honest…spilling on our shirts may be happening more often. Why? Not sure…but I have said I should start wearing bibs more often than not. I know I am not alone!

# The Laundress New York Stain Solution, Unscented, Clothing Stain Remover, Baby Stains and Blood Spots on Laundry, Liquid Spot Remover, Laundry Stain Remover

<https://amzn.to/3c5LV2S>

# \*\*Looking for a comfortable yet supportive bra? Look no further! This bra helps with comfort and has NO LINES OR WIRES. Very helpful for skin irritations or sensitivity. The sizes run true. I would recommend washing in a linen bag with a very soft detergent and hang to dry. No more awkward attempts at hooking our bras!

# PRETTYWELL Sleep Bras, Thin Soft Comfy Daily Bras, Seamless Leisure Bras for Women, A to D Cup, with Removable Pads

<https://amzn.to/3Ix4okM>

# \*\*I cannot say enough about these super absorbent and soft liners. You wear them under your bra line underneath breasts to capture moisture. I mean…who doesn’t want to curb moisture under our breasts! This comes in a pack of three. Don’t waste any more days wishing you would have ordered this product!!

# Bamboo Cotton Bra Liners (XL) - No Tags and Discomfort No Tags and Discomfort

<https://amzn.to/3PbSQWE>

# \*\*Well, along with spills I seem to be scraping myself more. Again, not sure why, but definitely happening. A friend recommended this product for fast and therapeutic healing. Used it a few times and am amazed at the healing properties and how fast scraps heal. PLEASE see a Dr. for advice. I worry this endorsement could be misunderstood and I don’t want that for you or me.

# Improved Medihoney Gel Wound and & Burn Dressing from Derma Sciences, 0.5 oz

<https://amzn.to/3IwNQJH>

# \*\*This product had me at Hello! I love how gentle this face cleanser wipe is. The scent is soft and it doesn’t irritate my eyes when trying to get stubborn mascara off. This product link comes in a pack of three. This is cost saving. Which I appreciate and look for these days!

# Olay Gentle Facial Cleansing Cloths with Rose Water, 30 count - Pack of 3

<https://amzn.to/3RnrYoh>

# \*\*Ok…this is probably the best product I can endorse on this list. It is an over the head, lightweight, hanging fan that has three speeds and is as quiet as a church mouse. I wear this almost every day in the summer (maybe fall, not really in winter, but a little in spring). When I wear this portable fan every woman who sees it asks to try it and hands the fan back saying: “I am going to order one of these when I get home!” Don’t worry about how it looks (which isn’t that bad actually). As soon as more women find out about this fan, there will be more wearing them than not! Order yours today before they are gone!

# Portable Hanging Neck Fan Wearable Personal Fan Battery Operated USB Rechargeable 3 Speed Mini Handheld Air Conditioning Cooling Refrigeration Necklace Fan for Women

<https://amzn.to/3AIKfXq>

# \*\*It is not always comfortable to speak of foot calluses…but we all have them. I am not a fan of my feet as they seem to show the wear and literal tear of life, but I do try to keep them somewhat presentable. This product helps with this. I would love to say I am going to get pedicures regularly, but alas; I am not. I believe the next best thing is a home pedicure…or something like a pedicure. Plus, I decide how hard to scrap my feet.

# Lee Beauty Professional Callus Remover Extra Strength Gel for Feet, at Home Pedicure Results, 8 Oz

<https://amzn.to/3OY6oFb>

# \*\*Along with calluses, we do have other foot issues. I was hobbling along one day when I realized I bet I can find some shoes to wear around the house or for a quick run to the store that are attractive AND helpful. I was right! Check out these shoes and if looking for an endorsement, look no further. I love these shoes!

# OrthoComfoot Women's Arch Support Shoes, Plantar Fasciitis, Foot and Heel Pain Relief, Orthopedic Boat Shoes for Diabetic Bunions

<https://amzn.to/3nRy6HS>

# \*\*I love to read. I find this is a good habit in the middle of the night when I cannot sleep! I have many books on my e-reader, but there are times when a good old-fashioned book in the hands is the way to go. However, in the middle of the night or possible other situations, a good reading light is a must. I found this one to be a perfect size, has three levels of light and is pretty cute in pink.

# Vekkia Rechargeable Book Light for Reading in Bed, 3 Color x 3 Brightness, Lightweight Reading Light, Up to 70 Hours Lighting, Perfect for Readers, Kids & Travel

# <https://amzn.to/3uFZYT0>

# \*\*Ever ask someone: “What day is it?” Or, “What time is it? I can’t see the clock.” YOU are not alone. So often I have to say out loud, “Ok, I remember last Thursday was (fill in the blank), so that means today is (fill in the blank). It can be so frustrating to look for something, anything, to tell me what the date is! Not anymore! This large screen clock tells me everything I need to know each day; including a mount to keep on a counter.

# Digital Calendar Alarm Day Clock - with 8" Large Screen Display, am pm, 5 Alarm, for Extra Large Impaired Vision People, The Aged Seniors, The Dementia, for Desk, Wall Mounted, White

<https://amzn.to/3AFU5sV>

# \*\*Not always something we talk about, or want to talk about, but should talk about, is ear wax build up. I know kind of gross! But…built up ear wax can become a problem for our hearing, sense of balance, possible breeding ground for infections and perhaps can become an eyesore if we begin to have drainage. We don’t always have an extra Q-tip available…So…maybe it is time to get a reusable, small portable ear cleaner! This cleaner is not made of any fabric so nothing will be left behind like cotton swabs can do. This swab is easy to clean and very portable for traveling.

# LastSwab® Reusable Cotton Swabs for Ear Cleaning by LastObject® - Eco Friendly Q tips for Ears in Blue - 1 Reusable Q-tips is equivalent of 1000 common Cotton Swab - Zero Waste Products - Easy to Clean

<https://amzn.to/3nVoDiU>

# \*\*True confession: I have dry skin. I blame it on aging, but I tend to blame everything on aging these days. Nonetheless, I will offer this spray oil is just what I needed to help with my aging, dry skin. I am in love with the scent, and I know you will be too. It is not too sweet or over-done. It is subtle and perfect. I often will mix this spray oil with my regular body lotion. The two together make the best lotion for those extra dry skin days.

# Nuxe Huile Prodigieuse Florale Multi-Purpose Dry Oil

<https://amzn.to/3P23mje>

# \*\*For years my husband has struggled with calf muscle spasms. After said years and much reading, we discovered this spray. He has found relief by spraying this directly on the spot of the spasm and rubbing it in. Now, we are NOT Dr.’s and want you to check with your Dr. BEFORE you try this. We do not want this to cause any problems for you or us.

# Ancient Minerals Magnesium Oil Spray Bottle, high Concentration Topical Genuine Zechstein Magnesium Chloride Topical Magnesium (4fl oz)

<https://amzn.to/3AKJ4Xg>

# \*\*Drinking enough water is hard. I am not really a fan of plain water. However, in a cute bottle with motivational words to drink more water written on the side…I am in! Packaging really does matter. I will offer I have been drinking waaaay more water since purchasing this bottle. Add some lemon and ice and it almost tastes good lol!

# Elvira 32oz Large Water Bottle with Motivational Time Marker & Removable Strainer, Fast Flow BPA Free Non-Toxic for Fitness, Gym and Outdoor Sports

<https://amzn.to/3yXO8qb>

# \*\*Dry air equals dry skin, eyes and hair! This portable, easy to use humidifier is awesome! It fits on the top of a water bottle and sits on any flat service! Instant humidly!

# Mini Portable Bottle Cap Air Humidifier with USB Cable for Office Home, White

<https://amzn.to/3Rlaklf>

# \*\*This bottle of fractionated coconut oil is the best for those sore muscles getting a good rub down. It is great for all over dry skin use, nails and feet. One of the reasons this is such a good oil is the bottle comes with a pump and has no unpleasant odor. Mix it with your other skincare products for a creamier result. Then sit in front of your portable humidifier…your skin will be so happy!

# Fractionated Coconut Oil - Pure USA Expeller Cold Pressed & Hexane Free - Best Therapeutic Grade Carrier Oil for Essential Oils Aromatherapy & Massage - Food Grade MCT - 12 Ellie's Recipes (16 oz)

<https://amzn.to/3ywyQah>

# \*\*It is becoming pretty clear I do not like to be hot. In keeping with this theme, I purchased these neck gaiters in order to place cooling packs inside of them. Let me tell you, when taking a walk or bike ride or even walking to get the mail…these will help keep you cool! Imagine yourself on a hot, humid summer day with your cooling neck gaiter, portable fan and cooling bra liners…no more sweating for you. Ok, you will still sweat, but it will help to manage your heat and red face!

# 2 Pack Neck Gaiter Face Mask Reusable, Cooling Balaclava Bandana with Face Cover for Women Men Outdoor Sports

# <https://amzn.to/3Rsd1RI>

# \*\*It’s important to name the issue: Neck Wrinkles! They say people who guess other’s ages always look at the hands and neck to give the best guess. Don’t want to give away the answer too easily? Try this product for your neck and wear gloves for your hands! Seriously, I can’t say enough about this product or the entire line of products.

# Womaness Let's Neck - Neck Moisturizer for Women with Pepha-Tight & Hyaluronic Acid - Hydrate & Lift the Look of Thinning, Dry Skin During Menopause - Neck Wrinkle Cream & Massaging Roller (1.7 Fl Oz)

<https://amzn.to/3IBT0o4>

# \*\*Some say wrinkles tell the story of our lives. I say, sure BUT they tend to story of aging! While no product completely erases wrinkles, this serum sure seems to work some miracles. The application tip has small, metal roller balls that offer a cooling sensation while being applied. So-so nice!

# Womaness Plump It Up - Gentle Retinol Serum for Face to Hydrate Skin with Hyaluronic Acid, Ceramide NG & Retinol - Hydrating Face Serum for Women to Reduce the Appearance of Wrinkles (1 Fl Oz)

<https://amzn.to/3yZcJuJ>

# \*\*I get enough sleep. I don’t over imbibe before bed. And I am not allergic to shellfish…and still I have puffy under-eyes! I tried this product with its cooling metal tipped applicator, and voile…puffiness be gone! Great way to wake the eyes in the morning! You will not be disappointed

# Womaness Eye Opener Eye Cream - Anti Aging Under Eye Cream with Hyaluronic Acid & Bakuchiol (Gentler Retinol Alternative) to Help the Look of Puffiness, Dark Circles & Wrinkles - Vegan (0.5 Oz)

<https://amzn.to/3nQoNrM>

# \*\*Hot Girls? Well try cooling down with these wonderful cooling inserts. These bra inserts provide an instant cooling relief for our under, or on top, breast area. It is amazing how much heat is kept inside our bras… And not in a good way! Try this product with your new seamless bra, new cute water jug, portable fan and you are set to watch a parade on pavement in the sun! Summer heat be damned…I’m looking at you DEWPOINT!

# Opal Cool Gal Pals - Breeze; Cool Pack Therapy; Set of 4 Refrigerated Bra Inserts

# <https://amzn.to/3yWROIz>

# \*\*Have a few spots on your back that need a little pressure applied? Experiencing more aches and pains and all you did was get out of bed? Well, this product is for YOU! It is a hand-held pressure point ‘Hook’ that really gives you relief when you need it…where you need it. Consider hanging it on your nightstand for instant relief before and after bedtime!

# LiBa Back and Neck Massager - Blue - for Trigger Point Fibromyalgia Pain Relief and Self Massage Hook Cane Therapy

<https://amzn.to/3NYnfqh>

# \*\*\*Lions and Tigers and Hair, Oh My! What the heck happens to our hair as we age??? Seriously, I am wondering if I should start saving the hair lost in the shower in a baggie to glue on my head at the end of each week! It’s really hard to lose your hair. Sheesh…isn’t it enough to have more hair on our face?! In my attempt to help with my thinning hair issue, I found these products. I really have seen a positive difference in weight, amount and condition of my hair…on my head. The face stuff needs its own products!

# Luseta Biotin & Collagen Shampoo & Conditioner Set 2 x 16.9oz - Thickening for Hair Loss & Fast Hair Growth - Infused with Argan Oil to Repair Damaged Dry Hair - Sulfate Free Paraben Free

<https://amzn.to/3yz6UCL>

# Luseta Biotin Hair Growth Serum, Hair Growth Oil for Thin & Dry Hair, Biotin & Collagen Oil for Thickening of Hair and Nourishing of Scalp 3.38 oz

<https://amzn.to/3P3mtK2>

# Luseta Biotin Collagen Hair Mask for Dry & Damaged Hair 16.9 Oz, Strengthening & Thickening Treatment for Hair Growth, Deep Conditioning Hair Treatment

<https://amzn.to/3AOKNe2>

# \*\*Well, well, well, we saved the bum for last! I know I am not alone is having bum fatigue and soreness from sitting too long in any one chair. After online everything during COVID, I needed to find something for bum relief. This chair pillow did the trick! Looking to feel bum better after sitting? This is YOUR product to get!

# Seat Cushion Pillow for Office Chair - Memory Foam Firm Coccyx Pad - Tailbone, Sciatica, Lower Back Pain Relief - Contoured Posture Corrector for Car, Wheelchair, Computer and Desk Chair

<https://amzn.to/3RpSz48>