

PHYSICAL TOUCH

Couples Split Blanket

<https://www.uncommongoods.com/product/couples-split-blanket-sheet-set>



For when you're done cuddling and you just want your own blanket!

Saje Pocket Pharmacy Physical Edition

<https://www.saje.com/product/pocket-pharmacy-physical-edition-704166.html>

Ease aches/pains and awaken your senses with their essential oil roll ons.



60 Days Til Summer Challenge

<https://www.abbyenglandwellness.com/60-days-til-summer-challenge/>



Let's get physical! In this challenge we'll talk about the importance of incorporating daily, active movement to help you reach your health goals.