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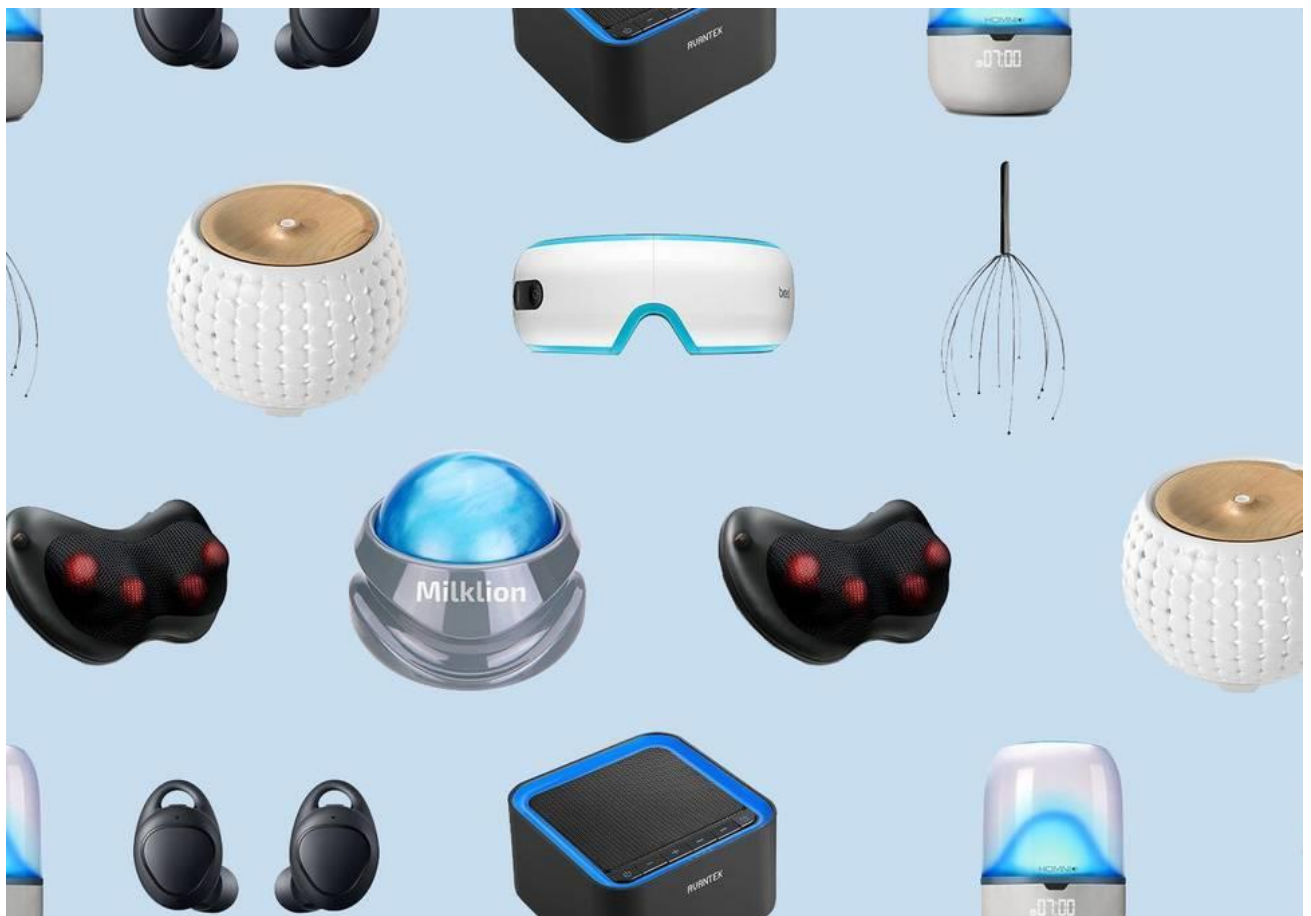
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Best relaxation gadgets to help you unwind

To mark Stress Awareness Month, we have gathered the best relaxation gadgets to make your life that extra bit stress-free

ELLIE DAVIS | 3 days ago



Stress Awareness Month gives us the perfect opportunity to take a step back, reflect and think about ways to make our lives a little less stressful.

Research from [Mintel](#) revealed that stress is a common part of life for most people with a whopping 85% of us in the UK suffering from anxiety or stress at least sometimes.

Dr. Marilyn Glenville confirms this, adding that “stress can give you a number of symptoms including moods swings, anxiety, irritability, nervousness, fatigue, forgetfulness, and more. But while you may not be able to control the stress, you can control how it affects you physically and also make sure you are not making it worse .” This emphasises the importance in looking after yourself both inside and out - and there are simple ways to do this.

From scented diffusers, to sleep machines, we’ve gathered the best relaxation gadgets.



Ellia Gather – Ultrasonic Aroma Diffuser

Essential oils are the simplest and oldest method of reducing stress and improving wellbeing. Whether you opt for rose geranium oil to calm anxiety, lavender oil to encourage sleep or mandarin oil to uplift you, you can create a calming environment with a diffuser. This Ellia Gather ultrasonic option is composed of ceramic and natural wood in a basket weave design.

Combining the soothing powers of oils and light, lie down, turn on the diffuser and relax.



£109.99 | Amazon | [Buy it now](#)

AVANTEK Sleep White Noise Machine

It is widely known that a good night's sleep is crucial to stress relief. There's nothing like a long sleep to give you a new lease of life and leave you feeling utterly refreshed. This white noise machine will help you achieve this. With 20 soothing sounds on offer, from waves and rain, to birds and wind sounds, you will be sure to sleep through the whole night with all the disruptive background noises blocked out. Available in black and white to match your décor, there is a sleep timer setting and it is compact enough that it can accompany you on your travels.



£29.99 | Amazon | [Buy it now](#)

Terraillon Homni Smart Lamp

This is not an ordinary lamp. Developed in collaboration with the European Sleep Centre, this lamp analyses our environment with motion sensors and monitors your sleep. Connect your smartphone so you can review the data or play music through the lamp, which doubles as a speaker. The lamp has both wake-up and sleep programs that use stimulated sunset and sunrises to ensure a natural and gentle wake up. There are also different relaxation programs such as the cardio coherence program to help you de-stress.



£119.99 | Amazon | [Buy it now](#)

Milkion Massage Roller Ball

While its original purpose is to relieve tight and sore muscles, the massage roller ball also promotes relaxation. Measuring at just the size of your palm, the ball is an easy one hand control and can be used wherever you feel a build-up of stress. There is no electricity or batteries needed, the amount of pressure is controlled by how much you exert. Therefore, if you want a deeper massage, you just have to press harder. There is also a hole in the bottom to fill the ball with massage oil or cream and the compact size makes it easy to pop in your hand luggage when travelling.



£6.48 | Amazon | [Buy it now](#)

Head Massager

An ideal gift for family and loved ones needing a quick stress relief; the head massager is the simplest way to relaxation. Don't underestimate the power of this little device that will leave you with goose bumps all over. There are also back scratcher variation available too.



£4.30 | Amazon | [Buy it now](#)

This neck and back massager will become your new best friend. It has four settings to a truly deep-kneading shiatsu massage to relax and relieve muscle tension. But it is not just limited to the neck and back, you can also use the massager on your shoulder, lumbar, waist, leg, calf, foot or anywhere that needs it due to its versatile shape. With heat and no heat options, it has a car adapter included so that you can use it on long car journeys.



£24.99 | Amazon | [Buy it now](#)

Samsung Gear IconX Wireless Earphones

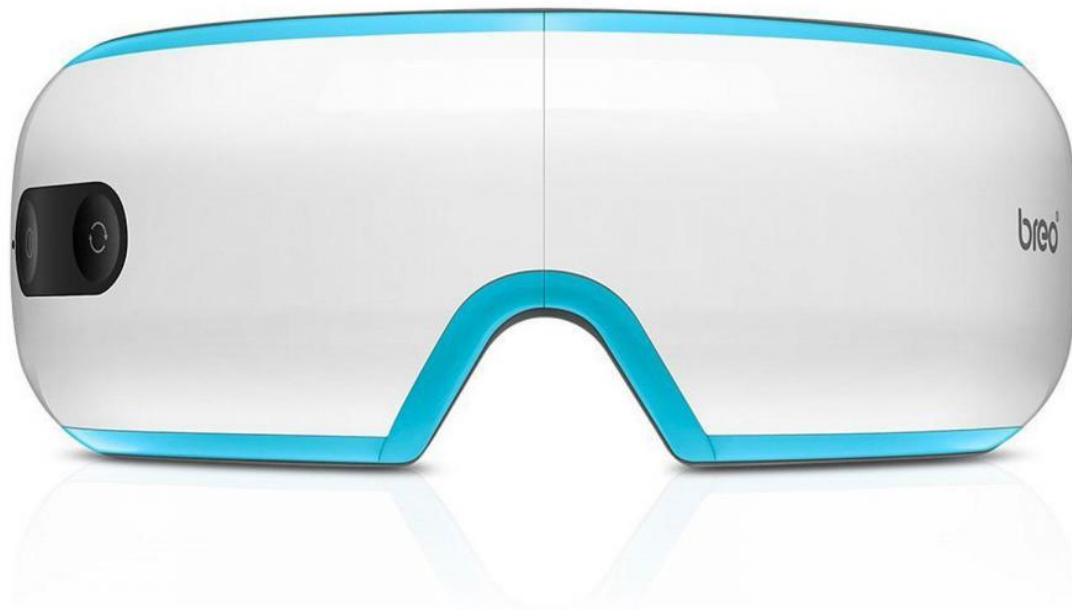
A handy running and workout companion, these Samsung earphones have an auto-tracking mode that detects what activity you are doing and logs your time, distance, and calories burnt. You can upload music from your phone directly to the earphones that features interactive taps to change the settings for that crucial phone-free zen time. Just plug in and zone out to the world.



£199 | Samsung | [Buy it now](#)

Samesay Breo iSee 3S Electric Eye Massager Mask

This stress therapy relief machine particularly targets headaches. There are three modes of air pressure; circulation, medium and hard that stimulate blood circulation around your face and eyes and reduces puffiness and dark circles. With 40 degrees of heat compression and cushion around nose for added comfort, you will not be able to get enough of this star product. It also has a built-in speaker for soothing music, it folds into a compact size and it is rechargeable with a USB cable.



£79.99 | Amazon | [Buy it now](#)

Verdict:

While gadgets like the **Terraillon Homni Smart Lamp** and the **AVANTEK Sleep White Noise Machine** will enable you to sleep better and therefore feel less stressed, don't underestimate the power of essential oils and a diffuser, particularly the **Ellia Gather – Ultrasonic Aroma Diffuser** to make you feel refreshed and invigorated.