Head to Toe

Our latest favorite products to help you look and feel your best

September 17, 2018 By Meave Gallagher

FLAT: Reclaiming My Body From Breast Cancer

In FLAT: Reclaiming My Body From Breast Cancer (Skyhorse, $24.99), journalist Catherine Guthrie recounts her two bouts with the disease and her treatments, including a double mastectomy. (Click here to read an excerpt.) After 20 years of covering women's health, Guthrie thought she understood breast cancer, but after her first diagnosis, "I realized I knew nothing." FLAT is about "finding the strength to forge an unconventional path—one of listening to my body." Click here to buy it on Amazon.

Peony Front-Fastening Post-Surgery Bra with Medium Support

Made in consultation with breast cancer patients, Theya bras are gentle on sensitive post-surgery skin. The Peony Front-Fastening Post-Surgery Bra With Medium Support (sizes XS to XL, $60) is made of hypoallergenic bamboo and has no irritating seams, wires or tags. The bra's light pads can be replaced with prostheses.

Sephora StandsCourtesy of Sephora

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Sephora offers a free “Brave Beauty in the Face of Cancer” course as part of its Classes for Confidence program. “Brave Beauty” is a 90-minute class for people whose appearance has been

affected by cancer treatment. Participants receive personalized skin care tips and learn about techniques and products to enhance their complexion, brows and eyes. Register at sephorastands.com for an event at a participating store.

Ultra-Soft Antimicrobial PICC line cover

After seeing a friend experience chemotherapy with a peripherally inserted central catheter (PICC) line, Care+Wear founders Chaitenya Razdan and Susan Jones decided to create a better line cover than the tube sock their friend was using. Their Ultra-Soft Antimicrobial PICC Line Cover ($30, eight sizes) is available in a rainbow of colors and features a mesh window for easy monitoring. Plus, it may be eligible for flexible spending and health savings accounts. Click here to buy it on Amazon.

Marjorie Newman created Recovery Skin Relief after her skin suffered during radiation therapy for breast cancer. Made for deep hydration, Radiation Ultimate Soothing Cream (3.75 oz., $14.99) relieves burning, itching skin with ingredients including mineral oil, silicone oil and salicylic acid.

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