A Summer Basket

Head into the hot season with cool, nourishing, soothing products—and a good book.

June 15, 2020 By Meave Gallagher

Kelo-Cote Scar Gel UV With SPF 30

Heal scars and protect them from the sun with Kelo-Cote Scar Gel UV With SPF 30 (.53 oz., $34.50), based on the clinically proven Kelo-Cote Scar Gel but with added protection for when you want to spend time in the sun. All Kelo-Cote products are also waterproof. The dermatologist-recommended, silicone-based formula relieves itching from burns and scars that can result from radiation treatment and is gentle enough for use on children and others with sensitive skin.

Chillow Cooling Pillow

Ease night sweats from treatment side effects, or just cool off during hot weather, with the Chillow Cooling Pillow ($50.99). Just fill the inner lining with cool water, slip it into its extra-soft, washable cover and place it over your regular pillow, or use it alone to cool off comfortably during the day or night. Studies show the Chillow helps people fall asleep faster and spend more time in restorative, rejuvenating REM sleep.

Lucky Iron Fish

People in treatment for cancer often experience lower levels of iron. A safe, easy way to increase your iron intake without hard-to-digest supplements is to cook with a Lucky Iron Fish ($35). Add to a broth or sauce that includes a few drops of an acid such as lemon juice or vinegar (it works especially well with tomato-based sauces). After 10 minutes, the fish will have released 6 to 8 milligrams of easily absorbable iron. (The adult requirement for people 51 and over is 8 mg daily.) Lucky Iron Fish (which also comes in a leaf design) has been clinically tested and is reusable daily for up to five years.

Soothing Chemotherapy Gift Set (

Give relief when it’s really needed with a Soothing Chemotherapy Gift Set ($65) from Choose Hope. Packed with gentle skin care products, warm slipper socks, and tea and drops to combat nausea and dry mouth, this box comes wrapped and ready to give or send to whoever needs it. For a bolder statement, customize a Chemotherapy Gift Tote (from $20) with inspirational—and useful!—accessories available in the ribbon color of your choice.

In Better Off Bald: A Life in 147 Days (Build Your BLISSS, $14.99), Andrea Wilson Woods writes movingly about life with her 15-year-old sister, Adrienne, who was diagnosed with Stage IV hepatocellular carcinoma. Woods chronicles the fear, anxiety and seeming absurdity of a teenager receiving such a serious diagnosis as well as the joy she and Adrienne find amid the pain. Woods's work didn't stop after Adrienne's death; in 2002, she formed Blue Faery, a foundation whose goal is to "prevent, treat and cure primary liver cancer…through research, education and advocacy."

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