The 2026 Super Age Longevity Gift Guide

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BY DREW GREEN

From wearables that read your recovery to tools that sculpt sleep, build strength, and cultivate a sense of awe, each item in this guide has one thing in common: it helps you live better, longer, and with more intention.

This season, give a gift that says, â??I want you to live a long, healthy life!â?•

This holiday:

MOVE
NOURISH
SLEEP
FOCUS
RESTORE

IMMERSE

SHOP NOW

MOVE

Strength, stability, and the capacity to keep doing what you love

Pvolve Signature Bundle

- **Why it’s Special**
- **Super Power**
- **Best For**

Low-impact resistance training built around functional movement: the way you actually reach, rotate, squat, and balance in real life. Patented equipment, 1,800+ on-demand classes, and a 1:1 trainer consult to build a personal program.

In a randomized 12-week trial at the University of Exeter, women ages 40 to 60 who followed the Pvolve method increased hip strength by about 19 to 20 percent, dynamic balance by 12 to 13 percent, flexibility by 21 percent, and lean mass, with no drop-off in results across pre-, peri-, and post-menopause. **Read the study**

The woman who has been told to â??lift heavyâ?• and wants a method that meets her where her joints are.

From $174 at PVOLVE

GORUCK Rucker 5.0

- **Why it’s Special**
- **Super Power**
- **Best For**

The trend item of the year: a purpose-built backpack that turns a walk into strength and cardio at once.

Weighted vest sales jumped more than 50 percent in the year ending May 2025, and GORUCK reported a 40 percent sales increase.

A five-year study of postmenopausal women found that weighted-vest exercise three times a week maintained hip bone density while a matched control group lost 3 to 4 percent at every hip site measured. **Read the study**

The walker who wants bone-building resistance without ever setting foot in a weight room.

From $265 at GORUCK

Apple Watch Series 12

- Why it’s Special
- Super Power
- Best For

Announced September 9 with an all-new Health Sensing System: heart rate every five seconds, HRV every five minutes, a readiness score, and longevity insights in a redesigned Health app. Same price as last year, meaningfully more useful.

Cardiorespiratory fitness is the number Apple Watch estimates as VO2 max, and it is one of the strongest predictors of how long you live. In 122,000 adults who completed a treadmill test, low fitness raised mortality risk more than smoking, diabetes, or heart disease, with no upper limit to the benefit. **Read the study**

The person who says they are getting serious about health, and finally means it.

$399 at APPLE

REP Kettlebells

- Why it’s Special
- Super Power
- Best For

A single cast-iron bell covers swings, goblet squats, presses, carries, and Turkish get-ups, which makes it a full strength workout that fits in a corner. REPâ??s version is gravity die-cast with a flat base, a smooth handle, and a textured coating that holds chalk. Every bell is marked in both kilograms and pounds, and the handles follow the international color code.

A 2022 meta-analysis of 16 prospective cohort studies found that adults who did muscle-strengthening activities had a 10 to 17 percent lower risk of dying from any cause. The benefit peaked at about 30 to 60 minutes a week, which is two or three short kettlebell sessions. **Read the study**

The friend who keeps meaning to start strength training but wonâ??t join a gym, or anyone who wants one piece of equipment that earns its floor space.

From $74.99 at REP

ALTRA Torin

- Why it’s Special
- Super Power
- Best For

Altraâ??s flagship road shoe has 30 millimeters of EGO MAX cushion, a zero-drop platform that keeps heel and forefoot level, and the signature FootShape toe box that lets your toes spread and push off the way theyâ??re built to. Firm enough to feel stable, soft enough for a long walk.

Your toes are a balance organ, and most shoes donâ??t let them do their job. Up to 72 percent of adults wear shoes too narrow for their feet, and in a year-long study of 312 adults over 60, people with weaker toes and bunions were significantly more likely to fall. A toe box with room to move supports the foot strength and stability that fall prevention depends on. **Read the study**

The daily walker, the treadmill regular, or anyone whose pinky toes have been filing complaints.

Shop at ALTRA

NOURISH

Food, water, and the tools that make cooking at home the easy choice

PUR PLUS 30-Cup Water Dispenser

- **Why it’s Special**
- **Super Power**
- **Best For**

A slim 30-cup dispenser that sits in the fridge or on the counter with a pull-down spout. It uses PURâ??s PLUS filter, NSF certified to reduce microplastics and WQA certified to reduce lead, along with 20-plus other substances. The lowest-effort, lowest-cost upgrade in the guide, and the one everyone will actually use.

Microplastics are now showing up inside human arteries. In a prospective study of 257 patients who had carotid plaque removed, more than half had polyethylene particles in the plaque, and those patients had a 4.5-fold higher risk of heart attack, stroke, or death over the next 34 months than patients whose plaque was plastic-free.

Anyone looking to level up their hydration game in a sustainable way.

$45 at AMAZON

ButcherBox Membership

- **Why it’s Special**
- **Super Power**
- **Best For**

Itâ??s like having a neighborhood butcher who knows your order. Each box is packed with 100% grass-fed, grass-finished beef, free-range chicken, and wild-caught seafood. That means ribeyes, chuck roasts, thighs, and salmon chosen for flavor and how they were raised, then frozen at peak and delivered when you want them. Thereâ??s no picked-over meat case and no guessing where it came from, just a freezer stocked with cuts worth cooking.

A well-stocked freezer turns â??whatâ??s for dinner?â?• into a plan. Cooking at home matters: in a national cohort of more than 35,000 adults, people who ate meals prepared away from home two or more times a day had a 49 percent higher risk of death from any cause than those who rarely did. The person whoâ??d cook more if great meat was already in the house, and anyone whoâ??d rather have a butcher on call than a delivery app.

From $179 at BUTCHERBOX

MUD\WTR :rise Cacao Starter Kit

- Why it’s Special
- Super Power
- Best For

A morning ritual with the depth of coffee and a seventh of the caffeine: organic cacao, masala chai, and functional mushrooms in a mug you will actually look forward to.

Caffeine timing matters more than most people think. In a controlled trial, 400 mg of caffeine taken even six hours before bed still cut objectively measured total sleep time by more than an hour, so a lower-caffeine afternoon habit is a direct sleep intervention.

The person whose 3 p.m. coffee is quietly wrecking their 11 p.m.

$60 at MUD\WTR

Dandelion Chocolate Subscription

- Why it’s Special
- Super Power
- Best For

A San Francisco bean-to-bar maker that sources its cocoa through direct trade. Every bar is just cocoa beans and organic cane sugar, so each origin keeps its own flavor. Start with the $42 70% Three-Bar Gift Set, or the subscriptionâ??s six bars a month.

In three large Harvard cohorts followed for decades, people who ate five or more servings of dark chocolate a week had a 21 percent lower risk of type 2 diabetes, one of the major chronic diseases of aging. Each extra weekly serving was linked to about 3 percent lower risk, while milk chocolate showed no protection and was tied to long-term weight gain. That makes a few squares of these bars several times a week the habit to aim for.

The friend who treats a good bar of chocolate like a fine wine and would love tasting their way through a new cocoa origin every month.

From $42 at DANDELION

Shun Classic 7-inch Santoku

- Why it’s Special
- Super Power
- Best For

Sixty-eight layers of Damascus steel around a VG-MAX core, hand-finished in Seki, Japan, with a lifetime free sharpening program. One knife, kept forever.

Having a knife you love lowers the friction on cooking at home, and home cooking is the habit the mortality data keeps pointing back to: frequent away-from-home meals were linked to a 49 percent higher risk of death from any cause in a national cohort.

The culinary minimalist who reveres tools built to last a lifetime.

$170 at SHUN

SLEEP

Regularity, temperature, and the quiet science of a better night

SPONSORED

Eight Sleep Pod 6

- Why it’s Special
- Super Power
- Best For

The Pod is a smart mattress cover that goes on top of any mattress. It cools or heats each side of the bed independently, from 55Â°F to 110Â°F, and tracks your sleep passively from the Cover itself. Pod 6, the newest generation, pairs this with Autopilot, Eight Sleepâ??s AI, which pre-adjusts your side of the bed each night based on your workouts, HRV, and local weather. No wearable required. And now itâ??s up to $400 off with our code for Black Friday from Nov 9-30!

Deep sleep is when overnight cellular repair happens. Pod members report up to 34% more deep sleep and up to 60% more REM sleep. Resting heart rate drops by 2.3 BPM on average and HRV improves by 13% on average, each a measured marker of cardiovascular recovery. *Individual results may vary. The Pod is not a medical device and should not be used as a substitute for professional medical advice, diagnosis, or treatment.*

Health optimizers, hot sleepers, and couples with different temperature preferences who want to turn their bed into an active recovery tool.

From $1,999 at EIGHT SLEEP

WHOOP MG with Life Membership

- **Why it’s Special**
- **Super Power**
- **Best For**

The screenless wearable that treats sleep as the foundation of everything else, now with an FDA-cleared ECG heart screener, on-demand AFib detection, Healthspan and Pace of Aging scores, and 14-day battery life.

Consistency beats duration. In more than 60,000 UK Biobank participants tracked by accelerometer, people with the most regular sleep-wake timing had a 20 to 48 percent lower risk of death from any cause than the least regular, and regularity predicted mortality more strongly than how long they slept.

The self-optimizer who understands that recovery is training.

$359/year at WHOOP

Hatch Restore 3

- Why it’s Special
- Super Power
- Best For

A sunrise alarm, sound machine, and wind-down routine in one bedside object, with phone-free controls so the last thing you touch at night is not a screen.

Dawn simulation has trial support: in a controlled study of 77 participants, a simulated dawn improved subjective sleep quality within six days of consistent use.

The person who wakes before the sun, or under blackout curtains, and hates the jolt of a phone alarm.

$199 at HATCH

Ozlo Sleepbuds 2

- Why it’s Special
- Super Power

Best For

Ultra-comfortable, micro-sized earbuds designed specifically for sleep. Unlike standard earbuds, they combine passive noise-blocking, sound masking, and personal audio streaming in a profile flat enough for side sleepers.

Defends your sleep architecture against environmental disruptions. By masking jarring noises like snoring or city traffic, they preserve the uninterrupted deep and REM sleep cycles essential for daily cellular and cognitive repair.

Side sleepers, light sleepers with snoring partners, and frequent flyers who need a controlled auditory environment to fall and stay asleep.

$249 at OZLO

Exclusive SuperAge Offer: Save $30 on Ozlo Sleepbuds 2 with code SUPERAGE and pay just $249 (regularly $279).

Cozy Earth Bamboo Sheet Set

- Why it’s Special
- Super Power
- Best For

Viscose-from-bamboo sheets that wick heat and moisture and get softer with every wash. The unglamorous truth is that bedding temperature moves sleep more than most gadgets.

Core body temperature drops about 1 to 2 degrees Celsius in the evening as a biological signal for sleep onset, and a sleeping environment that is too warm disrupts that cycle. Cooler bedding supports the drop instead of fighting it.

The hot sleeper who has tried every pillow and never questioned the sheets.

From $269 at COZY EARTH

FOCUS

Attention, calm, and the habits that keep the mind sharp

Intelligent Longevity: A Live Six-Week

Cohort with David Stewart

- Why it’s Special
- Super Power
- Best For

Six live 90-minute Zoom sessions with Super Age founder David Stewart, capped at 14 people, starting January 2027. Youâ??ll learn to judge any longevity claim and leave with your own protocol for body, brain, purpose, and connection. â??He can tell the difference between whatâ??s promising and whatâ??s noise,â?• says Jen Wagner, MD, of Canyon Ranch.

The decisions you make about your next 25 years are a longevity intervention in themselves, and so is knowing what theyâ??re for. In a national cohort of nearly 7,000 adults over 50, people with the weakest sense of purpose in life were 2.4 times more likely to die over the follow-up period than those with the strongest, with the sharpest difference in deaths from heart and circulatory disease. Week five is built around that finding.

The person who has the doctor, the data, and the drive, and wants the judgment to go with them. A gift for a partner, a parent, or yourself.

$3,495 at SUPER AGE

The Five Minute Journal

- **Why it’s Special**
- **Super Power**
- **Best For**

Three things you are grateful for in the morning, three that went well at night. The lowest-effort mindset practice with the longest track record. Undated and bound in linen, it holds six months of entries, with a quote atop every page and a weekly challenge to push past your comfort zone. Daily gratitude practice rewires your brain for resilience, increases life satisfaction, and supports immune and heart health. Researchers call gratitude â??social glueâ?• because it fortifies relationships. The high-performer who wants to super-charge their life.

$32 at INTELLIGENT CHANGE

Babbel Lifetime Subscription

- Why it’s Special
- Super Power
- Best For

Fourteen languages, lessons built by real linguists, and no expiration date. Lessons take 10 to 15 minutes, with speech recognition to sharpen pronunciation and review sessions that bring back what youâ??ve learned. The gift that keeps getting harder, in a good way.

In a review of 648 dementia patients, people who spoke two languages developed dementia 4.5 years later than monolingual patients, an effect that held across Alzheimerâ??s, frontotemporal, and vascular dementia and was independent of education.

The retiree planning the trip, or the lifelong learner who wants a challenge with a passport attached.

$599 at BABBEL

Apollo Neuro

- Why it’s Special
- Super Power
- Best For

A sleek wearable for the wrist or ankle that uses gentle, low-frequency vibration to nudge the nervous system toward calm, recovery, or focus. Seven modes, from Energy and Wake Up to Sleep and Renew, are set from your phone.

Chronic stress is linked to accelerated cellular aging; tools that reliably shift the body out of a stress response are worth building into a daily rhythm.

Anyone dealing with chronic stress and looking for some calm.

$448 at APOLLO

NeuroTracker

- Why it’s Special
- Super Power
- Best For

Developed over two decades at UniversitÃ© de MontrÃ©al and used by pro sports teams and the military, NeuroTracker trains the brainâ??s dynamic attention, the skill of keeping several moving targets in mind at once, the same skill you use to cross a busy street, follow a fast conversation, or merge into traffic.

The ability to track whatâ??s moving around you, in traffic, in a crowd, on a trail, is one of the first things aging dulls, and one of the few that trains. In a Montreal study, healthy older adults who trained on 3D multiple-object tracking improved at the same rate as people in their twenties, closing much of the age gap. A small randomized trial found ten sessions improved attention, processing speed, and working memory, with measurable changes on EEG.

The friend whoâ??s noticed the crossword getting easier and the parking lot getting harder.

From $30/mo at NEUROTRACKER

RESTORE

Muscle, skin, and heat: the repair work that pays off for decades

Momentous Creatine

- **Why it’s Special**
- **Super Power**
- **Best For**

Ninety servings of creatine monohydrate at the dose the research uses, NSF Certified for Sport, with no flavors or fillers. The supplement story of 2026, and the rare one that has earned it.

A meta-analysis of 22 randomized trials in adults ages 57 to 70 found that creatine taken during resistance training added about 1.4 kilograms more lean tissue and greater upper- and lower-body strength than placebo.

The lifter over 50 who is finally taking muscle as seriously as cardio.

$43 at MOMENTOUS

SPONSORED

OneSkin Longevity Protocol Discovery Set

- Why it’s Special
- Super Power
- Best For

A head-to-toe skin longevity system. Powered by the OS-01 Peptideâ?¢, the first ingredient scientifically proven to target senescent â??zombieâ?• cells, one of the root causes of skin aging, this four-piece routine keeps skin firm, hydrated, and resilient anywhere you go.

Delivers clinically-backed results across the entire body, including a 130% boost in collagen production, a 41% increase in barrier resilience, and visibly improved firmness after 12 weeks.

Anyone wanting an uncompromising, science-backed skincare routine, or anyone whoâ??d like to test-drive the protocol before buying full sizes.

$145 at ONESKIN

Exclusive: Save 15% with code: SUPERAGE

SPONSORED

iRESTORE Elite Laser Hair Growth System

- **Why it’s Special**

- **Super Power**
- **Best For**

The most powerful laser hair device you can use at home: 500 medical-grade lasers and LEDs across three red wavelengths and a diode layout that reaches the spots caps miss, including the temples, hairline, sides, and lower crown. Twelve hands-free minutes a day, while you read, work, or watch TV. FDA-cleared for men and women with pattern thinning, HSA/FSA eligible, and the closest thing to a dermatologistâ??s in-office light treatment without the appointment.

Low-level laser therapy is one of the few non-drug hair treatments with randomized evidence behind it, and iRESTOREâ??s own 16-week double-blind, sham-controlled study delivered: users grew 43 percent more terminal hairs at a tattooed crown site versus 6 percent in the sham group, with no side effects reported.

The friend whoâ??s started checking the drain, or anyone whose ponytail isnâ??t what it used to be.

$1,799 at iRESTORE

Black Friday: $1,799 (save $900 off a $2,699 total value), plus a free Max Growth Kit ($170 value) with Hair Growth Formula, Growth Activator Serum, Thickening Shampoo and Thickening Conditioner.

SPONSORED

The Beckham Stack: IM8 Daily Ultimate Essentials Pro + Daily Ultimate Longevity

- **Why it’s Special**
- **Super Power**
- **Best For**

Two scoops, one morning ritual. Essentials Pro is a 90-ingredient daily foundation: vitamins and minerals in their bioactive forms, a four-tier gut complex, 100 mg CoQ10, 1,500 mg MSM, and electrolytes. The Longevity powder adds the compounds longevity researchers actually study, including 600 mg NMN, spermidine, fisetin, quercetin, and berberine. Co-founded by David Beckham with a scientific advisory board drawn from Mayo Clinic, Cedars-Sinai, and NASA, and NSF Certified for Sport, so whatâ??s on the label is whatâ??s in the jar.

In the COSMOS trial of more than 21,000 adults over 60, a daily multivitamin-mineral slowed cognitive aging by the equivalent of about two years across three substudies. And the NMN dose in the Longevity formula matches the one that worked in a 60-day randomized trial: 600 mg a day raised blood NAD+ levels and improved six-minute walking distance in healthy middle-aged adults compared with placebo.

The person with a supplement graveyard who wants one thing theyâ??ll actually take.

From $183/mo at IM8

Dr. Dennis Gross DRx SpectraLite FaceWare Pro

- Why it’s Special
- Super Power
- Best For

An FDA-cleared, hands-free LED mask that shapes to the face and shuts itself off after three minutes. Red light supports collagen and softens fine lines, blue light targets the bacteria behind breakouts, and a combined setting does both at once. Forbes Vettedâ??s top LED mask pick for 2026.

In a randomized controlled trial of 136 volunteers, 30 sessions of red and near-infrared light produced significant improvements in skin roughness, complexion, and ultrasound-measured collagen density compared with untreated controls.

Anyone looking for a glow-up in 2027.

$455 at DR. DENNIS GROSS

IMMERSE

Awe, nature, art, and music: the experiences that make a long life worth it

Canyon Ranch LONGEVITY8

- **Why it’s Special**
- **Super Power**
- **Best For**

Eighteen specialists, 200-plus biomarkers, VO2 max, cancer screening, genetic testing, and a sleep study, reviewed together over four days in the Sonoran Desert. Super Age founder David Stewart has called it the most comprehensive longevity program he has seen.

VO2 max is the number worth knowing. In 122,000 adults who did a treadmill test at the Cleveland Clinic, low cardiorespiratory fitness raised mortality risk more than smoking, diabetes, or heart disease, and there was no upper limit to the benefit of being fit. **Read the study**

The person who has done the work and wants to know, precisely, where they stand.

Explore at CANYON RANCH

America the Beautiful National Parks

Pass

- Why it’s Special
- Super Power
- Best For

A single pass to more than 2,000 federal recreation sites, the worldâ??s best longevity lab. For a full year it covers entrance and day-use fees at national parks, wildlife refuges, national forests, and more, for everyone in one private vehicle, or up to four adults where fees are charged per person.

Regular exposure to natural landscapes is linked to lower cardiovascular risk and increased life expectancy, and 120 minutes a week appears to be the threshold where the benefit shows up.

The explorer who believes adventure is the best longevity treatment.

$80 at USGS STORE

Almost Heaven Pinnacle 4-Person Barrel Sauna

- Why it’s Special
- Super Power
- Best For

A true Finnish sauna for the backyard, handcrafted in West Virginia from Western red cedar with ball-and-socket joinery and no glue. A 6 kW Harvia stone heater takes it to 195 degrees and welcomes water on the rocks for real lÃ¶yly steam. Two benches seat four, with a limited lifetime warranty on the room and five years on the heater.

In a 20-year study of more than 2,300 Finnish men, those who took a sauna four to seven times a week had a 40 percent lower risk of death from any cause than once-a-week users, and a 63 percent lower risk of sudden cardiac death. Sessions longer than 19 minutes carried the strongest protection. This is the one gift in the guide where the research and the product are the same thing. The person who has already done the cold plunge, the blanket, and the gym sauna, and is ready to make heat a household ritual.

From $5,300 at ALMOST HEAVEN

Bose QuietComfort Ultra Headphones (2nd Gen)

- Why it’s Special
- Super Power
- Best For

Boseâ??s best noise cancelling yet, with CustomTune that calibrates the sound to the shape of your ears, spatialized Immersive Audio, a new Cinema Mode, and up to 30 hours of battery. Plush enough to forget you are wearing them on a long flight or a long walk.

Hearing is a brain-health issue. The 2024 Lancet Commission on dementia lists untreated hearing loss as the single largest modifiable risk factor for dementia, accounting for an estimated 7 percent of cases worldwide. Noise cancelling lets you listen at lower volumes, which is the simplest way to protect hearing over a lifetime of headphone use.

The commuter, the traveler, or the person who listens to podcasts at full volume to drown out the train.

$449 at BOSE

KODAK Charmera Keychain Digital Camera

- Why it’s Special
- Super Power
- Best For

A working digital camera the size of your thumb, modeled on Kodakâ??s first single-use camera from 1987, that clips to your keys or bag. The 1.6-megapixel photos look like they came out of a 1999 digicam, which is the whole point: a little lo-fi, a little nostalgic, and completely free of notifications. Sold in blind boxes, so the color is a surprise, with seven retro designs to collect. Paying attention is a longevity skill, and this is a tool for practicing it. Across nine experiments, researchers found that taking photos increased peopleâ??s enjoyment of positive experiences, because it pulled their attention more deeply into the moment. Unlike a phone, this camera does nothing else, so the attention stays where you pointed it.

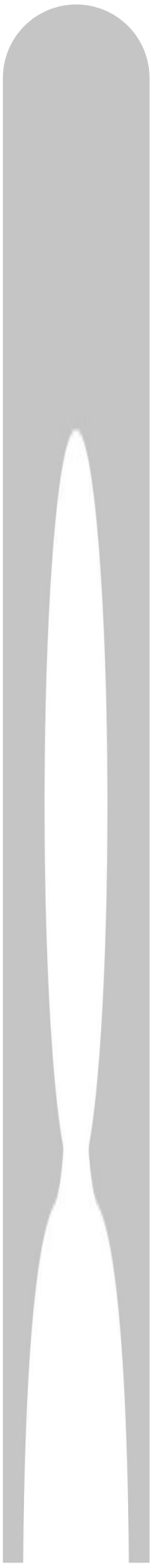
The friend whoâ??s trying to use their phone less but doesnâ??t want to miss the shot, or anyone who remembers the thrill of a fresh roll of film.

$30 at KODAK

Send this to someone who you want to live longer.

SHARE THE GUIDE

WRITTEN BY:



Drew Green