

Gift Guide 2022:

50 holistic gift ideas for the woman who already has everything she needs.

- Stasher Pack
- Pillow cases, preferably satin or silk or any natural material
- Zero waste bar hand soaps(locally made) and bamboo or wood dish
- Market Baskets
- DIY lids for mason jars for handsoaps, spray bottles and lotions (reCap)
- An aromatherapy book (suggestions in the full guide)
- Cute reusable grocery and produce bags
- Infinity scarf
- Cute, cozy sweatshirt with fun saying (something that really suits her personality)
- Personalized gift (something with a picture of her family, pet or cute saying or quote)
- Sari Patchwork Apron
- Steel straws and new Yeti tumbler
- Gift card: DIY workshop at local shop
- Gift card: Massage
- Gift card: Private yoga class with her yoga teacher
- Gift card: Pedicure + comfy socks
- Cozy, soft pj's
- Blanket or quilt, (preferably from a local maker)
- Journal and colorful pens
- Year subscription: Meditation app (suggestions in the full guide)
- Twinkling tree light for their yoga or meditation space
- Mala, (from a local maker)
- Year subscription: Yoga Journal
- Year subscription: Willow & Sage (diy essential oils magazine)
- Home bath and body basket (from local makers)
- A holiday inspired essential oil blend
- Beeswax candles
- Plant based cookbook
- Yearly subscription: fresh flowers

- Cozy slippers
- Salt lamp
- Yoga mat
- Yoga blocks and bolster or meditation cushion
- Yoga blanket
- Diffuser
- Home facial spa basket
- Self Care Book
- Home Foot Spa
- Stove top popcorn maker
- Macrame art or plant hanger (from local maker)
- Zen-like or fun wall art for her private space or bedroom
- Massage gun
- Comfy romper
- Sustainable, Canadian made hoodie or track suit (recommendation in full guide)
- Shampoo and conditioner bar
- Adult colouring book
- Blume Superfood Latte and frother
- Year Subscription for tea: Sama Tea
- New sheets
- Bamboo bath caddy

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whenever you need it :)

