

healthy holiday gift guide



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ACUPUNCTURE

Healthy gifts for everyone on your holiday list!



Not sure what to gift your favorite wellness enthusiasts?

Or maybe you're not sure what YOU want this year to help boost your fitness or wellness to the next level.



Either way, this guide is packed with great ideas, fun finds, and little extras that will help take anyone's wellness journey to the next level.

And if you're looking for a special gift with a more personal touch, I've also got a full range of gift cards ideas waiting for you.



I appreciate you and your support and hope you have a happy and healthy holiday!

Angie Sarva

Stocking Stuffers

Surprise your friends, Secret Santa recipients and family with these fun-sized gifts.

HAIR GOALS

HAIR RINGS

The struggle is real when it comes to quality ponytail (and bun!) holders that don't cause headaches, damage and hair kink.

A pack of sturdy hair holders like the invisibobble hair rings is guaranteed to be hit.

POSITIVITY CARDS

Motivational card decks are growing in popularity because they offer a daily dose of inspiration and positivity.

Check out Gabby Bernstein's decks, which offer mottos like "Joy is the Ultimate Creator," or Louise Hay's classic Power Thought Cards!

DRY SHAMPOO

Because who has the time or energy to shampoo & dry their hair every day?



YOGA/MALA BEADS

Make their meditation practice even more focused with a necklace or bracelet.

UPGRADED DENTAL FLOSS

New flosses like those from Georganics and Eco Floss are free from toxic ingredients like petrochemicals & PFC's. Made from natural materials such as peace silk, cornstarch, and candelilla wax, they're good news for dental health and the planet!



SHAVE CLUB SUBSCRIPTION

Slip a gift card for a shave club subscription service into a stocking or envelope and your gift-ee won't have to worry about running out of razors again!



SOCKS, BUT BETTER

Yoga socks, wool socks, leg warmers – there are so many amazing footwear possibilities to take care of their feet.

Tip: Check out "breathable" grippy-soled socks for extra help staying in place during barre and yoga classes.

FOR PICTURE LOVERS ...

Boost their photo game with a lens for their phone's camera.

The easy-to-use lenses offer affordable ways to change up the angles for both videos and photos.



WIRELESS HEADPHONES

Check out the latest innovations in sweat-proof wireless headphones, which are becoming even more affordable.



Fitness Gear

There's nothing like some fresh, new equipment to add variety to their routine.



UNDER DESK BIKE

The perfect gift for someone who sits a desk all day! This way they can strengthen their legs and burn calories while working.

BALANCE TOOLS

Improve their balance with a wobble board, BOSU trainer, or balance disks. In the process, they'll also strengthen key stability muscles to help keep them upright.



YOGA MAT & BLOCK

Get your favorite yoga fan a sturdy & cushiony new mat that will keep their limbs in place during practice. Add a yoga block to help them master challenging new poses.



REUSABLE WATER BOTTLE

Ditch the plastic and the toxins, and get them a beautiful eco-friendly reusable water bottle.

There are a wide variety of options now including glass, stainless steel and even bamboo!

JUMP ROPE

This is a fun gift to help them mix up their cardio workouts.

Once they master the art of jumping, it's a low-impact, do-anywhere workout that will get their heart pumping.



BOXING GLOVES & BAG

Boxing is a triple-threat workout: it helps relieve stress, work the upper body and core, *and* it provides an amazing cardiovascular workout.



Wellness Gifts

Help them sleep better, destress, and gain more energy with these thoughtful gifts.



SUPPLEMENTS

If they regularly use protein powder, they'll definitely appreciate a tub (or 2) of their favourite brand!

BLUE BLOCKERS

Science shows that the blue light from phones, TVs, tablets, and LED lights can impact on your health, making it more difficult to fall asleep and/or stay asleep. Blue-blocking glasses can help filter out the harmful rays.

COLOURING BOOK

Simple acts like colouring that tap into your creativity can help you slow down and de-stress.

There are literally thousands of "adult" colouring books on the market with complex designs.



ACTIVITY TRACKER

Help them take their fitness to the next level with an activity tracker to monitor their workouts and daily activity.

Popular brands include FitBit, Garmin, Oura, Whoop, Apple, Samsung, and Polar.

ESSENTIAL OILS & DIFFUSER

Essential oils not only help their home smell great, but are believed to help with relaxation, boosting energy, and even improving memory.

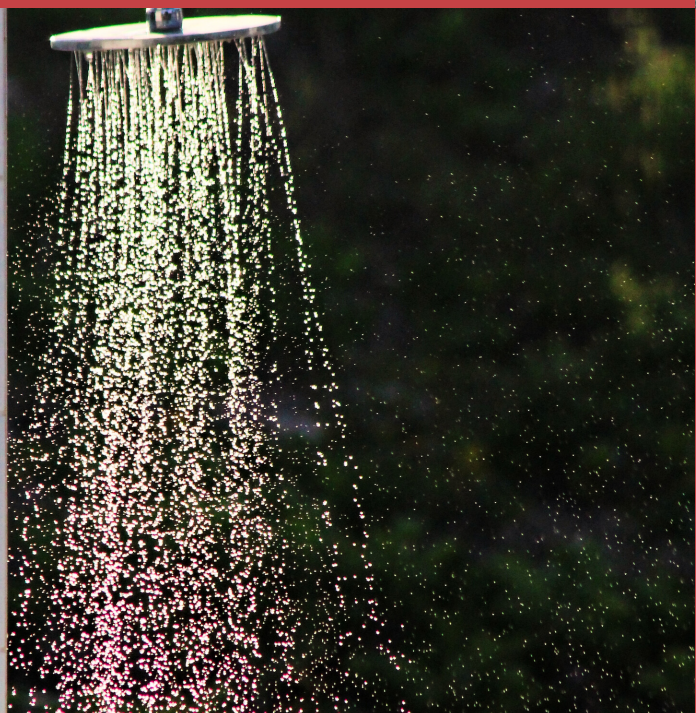
I've even got my own range of aromatherapy sprays in the clinic!



OUTDOOR SHOWER

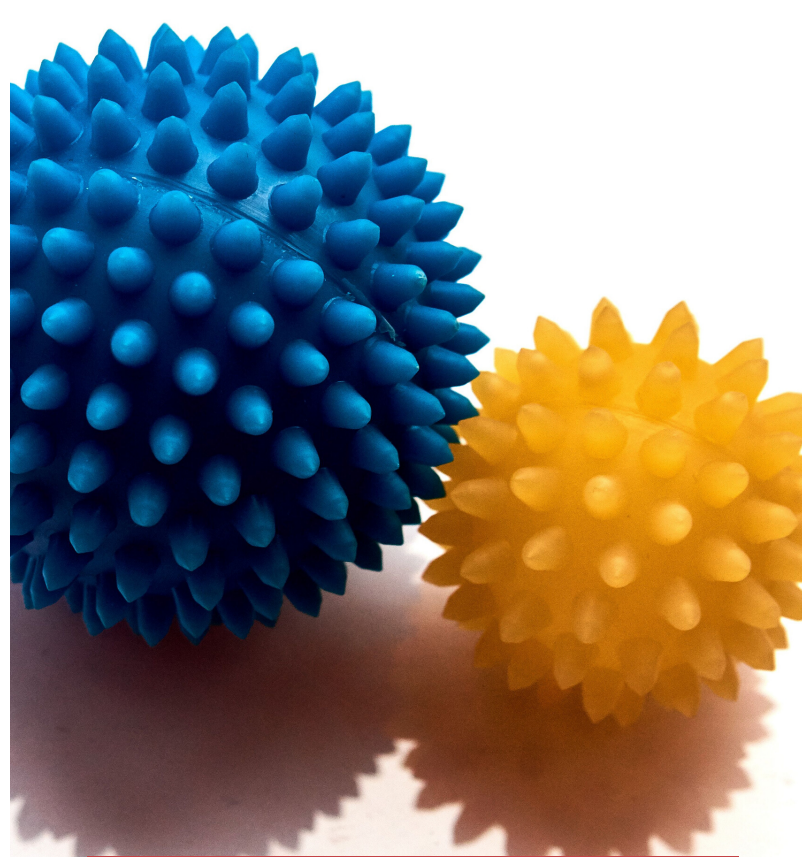
Have an outdoors enthusiast on your list?

A packable, portable outdoor shower like the Nemo Helio Portable Pressure Shower will make their next expedition even more refreshing.



Recovery & Mindfulness Tools

Soothe their sore muscles, boost their brain power, and help them feel great with these gift options.



MASSAGE BALLS

Get a great DIY massage at home with some simple massage balls.

They help to target sore muscles for pain-free movement.

5-MINUTE JOURNAL

Because there's nothing like a fresh journal to document their journey while working towards their New Year's Goals.



PORTABLE SPEAKER

A Bluetooth speaker makes a great sound machine during meditation practice.





FOAM ROLLER

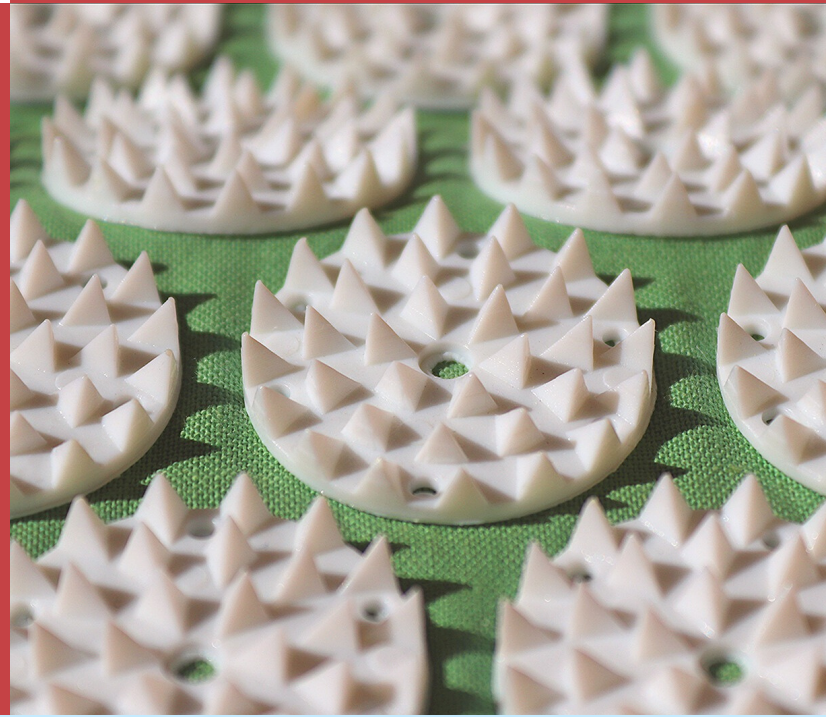
Foam rolling is a type of self-massage believed to break up muscle adhesions, reducing soreness and improving flexibility.

It can be done on its own, or before or after a workout.

ACUPRESSURE MAT

These mats are actually a "bed of needles" with thousands of little plastic fingers designed to stimulate acupressure points.

Many people report less pain, more energy, and improved recovery with regular use.



MEDITATION PILLOW

Don't let an uncomfortable floor interfere with getting into the meditative "zone."

A comfy pillow can make all the difference.

Food & Drink

Make their life easier
(and tastier) with
these in-the-box gift
ideas.



SUBSCRIPTION BOX

Give them a gift card to test drive a subscription box.

Check out Nourish'd, Soulara, The Dinner Ladies, Hello Fresh, Gourmet Dinner Service... there are boxes for literally every way of eating!

TEA TRENDS

Healthy "superfood" mushroom tea sets are a fun & different choice.

You can even give them a gift card for a tea subscription service, like Neo Tea, The Rabbit Hole, or Tea Garden.

BOX OF BARS

Pack up a box of healthy whole-food bars for their next grab-and-go snack.

Give them a gift card to try snack box subscriptions like the Goodness Me Box, The Vegan Box, or Snackwize.

MY WISH FOR YOU



A HAPPY, HEALTHY LIFE!

I hope you find some great ideas in here to spread the gift of health and wellness this holiday season! (And maybe even find something for yourself.)

At my acupuncture clinic, I truly believe that a healthy lifestyle helps you live a full and balanced life. It's about simple steps that help skyrocket your energy and your mood – adding more value to you life and fun to your days!

My wish for you this holiday season is that you enjoy every moment.

Happy Holidays!

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