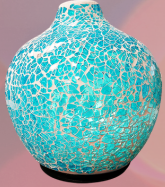


# Holiday Gift Ideas

## Ocean Mosaic Ultrasonic Diffuser



- Diffuses essential oils into the air to improve air quality and create a pleasant aroma
- Gently humidifies
- Available in many different styles

**20% off**  
entire line

## Gemstone Diffuser Bracelet



- Handmade with real crystals
- Include lava beads which hold onto and diffuse essential oils
- Locally made in Victoria, B.C.

**\$8 off**

## Aventurine Diffuser Necklace



- Diffuses essential oils all day!
- Beautiful aventurine crystals
- With changeable diffuser pad inside

**\$29.99**

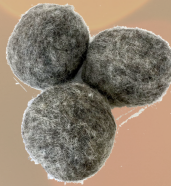
## Aromatherapy Diffuser Pebbles



- Absorb and diffuse essential oils into any living space
- Great for office desks or bathrooms

set of 3  
**\$12.99**

## Wool Dryer Balls



- Crafted locally in Victoria, B.C.
- Made out of natural wool
- Helps speed drying time significantly

set of 3  
**\$26.99**

## Aromatherapy Pottery Candles



- Eco-friendly soy wax and 100% natural essential oils
- Poured into a handmade ceramic tumbler that can be reused afterward!

**20% off**

## HoneyCandles Beeswax Candle



- Made with pure beeswax and a natural wick
- No petroleum or chemical products
- Extremely long burn times

**20% off**

## Amethyst Candle Holders



- Beautiful amethyst crystals
- Holds a tealight
- Perfect for any living space

**20% off**

## Heart Chakra Diffuser



- Changeable diffusing pad inside
- Covers 215 square feet of space
- Made from recycled bamboo
- Includes a 5mL essential oil

**\$34.99**

## Himalayan Salt Healing Pillow



- Use as a hot or cold pack to soothe ailments
- Filled with himalayan crystal salt which holds temperature well

**\$16.99**

## Rose Quartz & Jade Facial Rollers



- Can help reduce the look of puffiness or redness
- Extremely cooling and relaxing

**\$18.99**

## BonaVita Kettle



- Holds 1L of water
- Stainless steel kettle with precise pourer
- Variable temperature settings

**15% off**



# Holiday Gift Ideas

## Icebreaker Merino Knit Accessories



- Naturally antibacterial and temperature regulating merino wool
- Super soft and comfortable
- Helps keep you warm, even on wet west coast days!

**10% off**

## Theracane Massager



- Conveniently designed self massager
- Great for hard to reach pressure points

**15% off**

## Accupressure MediMat



- Naturally increases blood flow and energy
- Works on accupressure points along the back body

**\$34.99**

## Santevia Mina Pitcher



- Adds natural minerals into water to increase alkalinity
- Filters chlorine and contaminants

**15% off**

## EnviroGlass Straw



- Handmade on Vancouver Island
- Made of borosilicate glass - extremely strong and durable
- Easy to clean

**20% off**

## EsproPress



- Insulated stainless steel exterior
- Double microfilter for grain-free smooth coffee

**20% off**

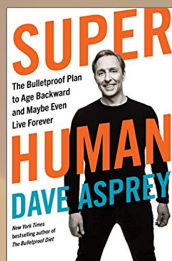
## Homebiotic Spray



- Restores the balance of healthy bacteria to your home
- Helps prevent the growth of mold & mildew
- Helps eliminate the cause of musty odors

**\$26.99**

## Super Human - Dave Asprey



- Dave Asprey's newest book
- Learn how to fight back against aging and feel your best at any age!

**\$8 off**

## 5 Minute Gratitude Journal



- Gratitude journal with awesome daily prompts
- Includes a great quote on every page

**\$29.99**

## LowBlue Book Light



- Great for nighttime readers!
- Allows for normal melatonin production
- Soft amber glow which can reduce eye strain

**\$10 off**

## GoodNight Bedside Lamp



- Less disruptive to sleep patterns of parents and babies
- Fall asleep faster and stay asleep longer
- Promotes healthy sleep cycles at any age

**\$15 off**

## Lighting Science LED Bulbs



- GOODDAY - for improved mental focus and energy
- GOODNIGHT - to help support healthy melatonin production and restful sleep
- Estimated lifetime of over 13 years per bulb

**20% off**