

Icebreaker Merino Wool Beanie & Accessories



Warm, stylish, thermoregulating and super comfortable beanies that are not itchy!

Vibram Toe Socks 2 Pack



Breathable toe socks that let your toes feel free and keep them warm in any weather!

\$24.99

Acupressure Medi Mat



Accupressure mat that naturally increases blood flow and works on pressure points along the back.

\$36.99

Prospek Glasses



Junk light blocking glasses that come in Day and Night varieties. Can help reduce eyestrain during the day, and promote restful sleep in the evening.

15% Off

Aeropress



The best and most portable single-serve coffee press! Makes a super smooth cup of coffee in less than a minute.

\$39.99

Wyld Organics Grow Your Own Mushroom Kits



These awesome organic mushroom kits let you learn and watch your own mushrooms grow right at home!

\$22.99

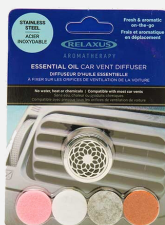
Organic Traditions Superfood Latte Kit



Give the gift of superfoods with this Matcha Latte and Turmeric Latte kit that includes a handheld electric whisk, perfect for making superfood lattes on the go!

\$19.99

Aromatherapy Car Diffuser



Reusable alternative to chemical air fresheners that can be customized to own preferred essential oils.

\$19.99

Groupe Bateau Ultrasonic Diffuser



Maintains a fresh, aromatic and soothing atmosphere in any room. Disperse aromatic essential oils into the air and add a unique lighting touch to any décor.

20% Off

Relax & Reset Roll On Kit



A premium quality selection of essential oils roll-on gift sets formulated in Canada.

\$14.99

Aromatherapy Diffuser Pebble Set



Absorbs and diffuses essential oils into any living space. Great for office desks or bathrooms!

\$12.99

5 Minute Journal

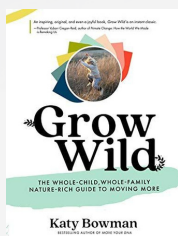


Gratitude journal with awesome daily prompts and a great quote on each page.

\$34.99

Holiday gift ideas

Grow Wild - Katy Bowman



Give the gift of knowledge! The perfect book for anyone looking to increase their health and seamlessly incorporate more daily movement.

\$35.99

Bamboo Charcoal Face Brush



Gently pulls impurities from the skin. Bamboo handle and activated bamboo charcoal bristles.

\$11.99

Opal Face Roller



Soothing facial roller made from opal crystal that is known for increasing positive energy. Also great for smoothing lines and reducing redness.

\$16.99

Harmonic Arts 5 Mushrooms Hot Chocolate



Delicious and creamy hot chocolate made with medicinal mushrooms to help support the immune system.

20% Off

Genuine Health Extra Energy Gift Pack



Give the gift of clean crash-free energy this year with this gift pack! 3 delicious flavours of Greens+ Extra Energy.

\$44.99

Aroma Flame Diffuser



Diffuses your favourite essential oil blends while providing the soft warm glow of a fireplace.

\$59.99

Rose Quartz Under Eye Face Roller



Spherical Rose Quartz Undereye Beauty Roller provides a unique cooling, soothing massage and is perfect for under the eyes to reduce the look of fine lines, puffiness, and dark circles.

\$16.99

Ceramic Diffuser Gift Set



100% pure essential oil blend, ceramic flower diffuser and packaged in a beautiful wooden gift box.

\$14.99

Genesis Whipped Tallow Balm



Handcrafted with only the best quality grass fed/finished beef tallow and whipped into a spreadable mousse for a smooth and velvety application.

15% Off

Divine Essence Essential Oils



Pure essential oils made from organic ingredients. Available in single pure oils or in blends ready-made for diffusing!

15% Off

Fiadh Face Oil



The gift of anti-aging! This amazing quality essential oil blend is made locally on Pender Island, BC. It is great for reducing fine lines and wrinkles.

\$29.99

Aroma Shower Diffuser



Bring the benefits of aromatherapy into your shower for your own personal spa experience.

\$7.99