

VIBRANT HEALTH

BALANCED LIVING

natural SOLUTIONS

5 tips
TO BATTLE
DRYNESS &
DEHYDRATION P.14

10
Tips

TO STAY FIT THIS
HOLIDAY SEASON P.48



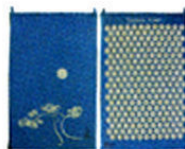
Holiday Gift Guide

HOME



GABRIEL JOHN CANDLES

Gabriel John set out to develop candles inspired by the true artisan tradition. Candles have a 65-hour burn time, and are handmade from pure soy in the heart of Chicago by stay-at-home moms. // \$19, gabrieljohncandles.com



SPOONK ACUPRESSURE MAT

Spending 20 to 40 minutes each day on a Spoonk Acupressure Mat stimulates blood circulation, relaxes tense muscles, and gives users a sense of calm and well-being. // \$39 travel version, \$69 full size, spoonk.space.com



TRAPPER SCARF

Made by Faribault Woolen Mills, this scarf is created in a factory that has been in Faribault, Minnesota since 1865! This scarf features a classic tri-stripe design and is made of soft-loomed wool finished with a raw edge. // \$49.95, faribaultwoolenmills.com



TAVERN PUZZLES

Tavern Puzzles are a great way to entertain guests for hours at holiday parties with their unique and challenging puzzles. Each puzzle is handcrafted and made by blacksmiths. // \$22-\$34, tavernpuzzles.com

BEAUTY



HYDRATING FACIAL SCRUB WITH FRESH GOAT'S MILK

A beauty essential, this exfoliating acai-infused facial wash gently rinses away dead cells from the skin's surface while significantly increasing hydration. // \$15.99, canusgoatsmilk.com



GOOD FOR YOU GIRLS COMPLETE SKIN CARE KIT

Good for You Girls aims to achieve beautiful, healthy skin with the finest blends of organic extracts and natural botanicals. This kit features a gel cleanser, non-alcohol purifying toner, and lightweight moisturizer. // \$19.99, goodforyougirls.com



NATURE'S GATE HAND CREAM

This new line of herbal-blend hand creams from Nature's Gate hydrates, nourishes, and pampers dry hands. In Rose, Orchid, and Cherry Blossom. // \$6.99, naturesgate.com



STAGES OF BEAUTY

The new Stages of Beauty collection features four gift sets: Radiance for women in their 20s, Harmony for women in their 30s, Elegance for women in their 40s, and Grace for women in their 50s+. // prices vary, stagesofbeauty.com

KIDS



TEACH MY BABY ALL-IN-ONE LEARNING KIT

A learning kit with no batteries or DVDs, this award-winning kit features nesting blocks, finger puppets, books, textured and mirrored flashcards, a story board, and one and two piece puzzles—all in a portable and storable carrying case. // \$49.99, teachmy.com



BOX PLAY FOR KIDS

Need a fun way for kids to dress up the ordinary milk container or macaroni box? Box Play For Kids uses recycled, custom-designed stickers for children to turn any box into a world of possibilities. // \$3-\$7, boxplayforkids.com

PETS



SPRING NATURALS GRAIN-FREE DINNERS AND TREATS FOR DOGS

If your canine companion is allergic or sensitive to grain in his diet, give him Spring Naturals Grain-Free Dinners and Treats for dogs. Real meat, poultry, or fish is the first ingredient, followed by a delectable medley of whole vegetables and whole fruits. // prices vary, springnaturals.com



BACK TO THE ROOTS MUSHROOM KIT

Perfect for your little agrarian, kit lets you grow up to 1 1/2 pounds of gourmet, tasty oyster mushrooms per box; harvest your first crop in as little as ten days! // \$19.99, backtotheroots.com

FITNESS

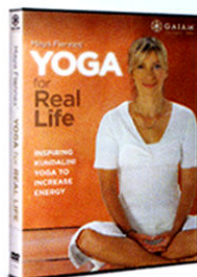


SUBLIME YOGA MAT AND APPLE GREEN GRIPPY YOGA TOWEL

Is your loved one's yoga mat due for an upgrade? Check out the Sublime yoga mat for a twist of cool refreshment and delicate detail to their daily yoga practice. // \$21.98, \$34.98, gaiam.com

BABY ESSENTIALS ORGANIC MULMUL BABY BLANKET

Mulmul is an organic cotton from India that was used to make handwoven quilts for royal princes and princesses. Lightweight and breathable, its open weave texture helps adjust to the natural body temperature. It is treated only with vegetable dyes. // \$40, babyessentials.biz



YOGA FOR REAL LIFE

A great gift for the yoga enthusiast in your life! Maya Fiennes guides watchers through Kundalini yoga, a practice that engages the mind, body, and spirit. // \$14.98, gaiam.com



SOGGY DOGGY DOORMAT

OK, let's be honest—this is a gift for you. This superabsorbent, microfiber doormat soaks up water like a sponge so you can have clean floors, and no more mucky-paw mess. // \$39.99, soggydoggydoormat.com

TO SEE OUR ENTIRE HOLIDAY GIFT GUIDE, PLEASE VISIT NATURALSOLUTIONSMAG.COM/GIFTGUIDE.