

HEAL THY SELF 2022

Gift Guides





Happy Holidays!

HI FRIEND!

IS IT JUST ME OR DID WE HAVE ANOTHER WILD YEAR?!

I'VE COMPILED SOME OF MY GO-TO'S FOR THE YEAR - THE THINGS THAT KEPT ME SOMEWHAT SANE- THAT I'D BE REMISS NOT TO SHARE WITH SOME OF MY FAVORITE PEOPLE.

I AM ALL ABOUT ROMANTICIZING THE LITTLE NUANCES OF OUR EVERYDAY LIFE AND FIND GREAT SUPPORT FROM SOME OF THESE PRODUCTS AND SERVICES.

SIMPLY CLICK ON THE IMAGES TO CHECK THESE GOODIES OUT FURTHER AND BE SURE TO SCORE THE EXTRA SAVINGS WITH THE COUPON CODES!

HAPPY SHOPPING



MY TOP PICKS

for the person looking to
romanticize
their
self care



EYE REVIVE GELS



JADE ROLLER

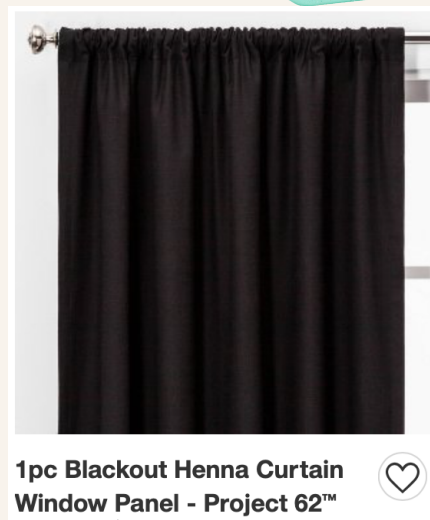
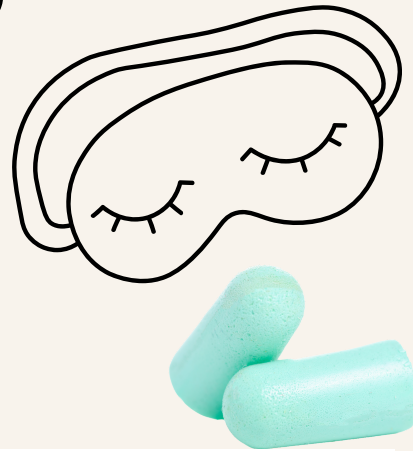
THESE SMALL THINGS HELP ME FEEL LUXURIOUS
WITHOUT ANY EXTRA EFFORT. I'VE COINED THE NEW
PHRASE: "WITH MY EYE GELS, I CAN DO ALL THINGS".

MY TOP PICKS

*for the person looking to
achieve
a good night's
sleep*



PRIME SLEEP



I'D ARGUE QUALITY SLEEP IS THE MOST CRUCIAL THING TO OUR HEALTH. IF YOU NEED A LITTLE HELP HERE, BE SURE YOU HAVE A DARK, COOL ROOM, EYE MASK & EARPLUGS TO BLOCK ANY DISRUPTIONS & THIS MELATONIN PRODUCT CONTAINS MY FAVORITE VALERIAN ROOT FOR THAT RESTFUL SLEEP SUPPORT.

MY TOP PICKS

for the person looking to
upgrade
their
water supply

BERKEY
WATER
FILTER



CODE: HEAL5

ONE OF MY BEST HEALTH INVESTMENTS WAS IN QUALITY WATER.
THIS IS THE ONLY FILTER THAT SUCCESSFULLY FILTERS OUT
TOXINS, HEAVY METALS AND VIRUSES.
AND THE FILTERS LAST 2 YEARS!

MY TOP PICKS

for the person looking to
save money
and
eat better



**THRIVE MARKET YEARLY MEMBERSHIP
\$60/YR**

THOUSANDS OF ORGANIC,
GLUTEN/DAIRY/SOY FREE PRODUCTS AT
WHOLESALE PRICES

**CLICK HERE TO SAVE 40% ON YOUR
1ST ORDER**

GROCERY SHOPPING IS A BREEZE WITH THIS ONLINE MARKET.
THE PRICES BEAT ANY STORE AND PROVIDE AN ARRAY OF
HEALTHY OPTIONS FOR SOME OF YOUR FAVORITE DISHES AND
SNACKS. THIS IS THE **BEST** GIFT FOR YOURSELF OR A LOVED
ONE!

MY TOP PICKS

for the person looking to
boost
their
brain



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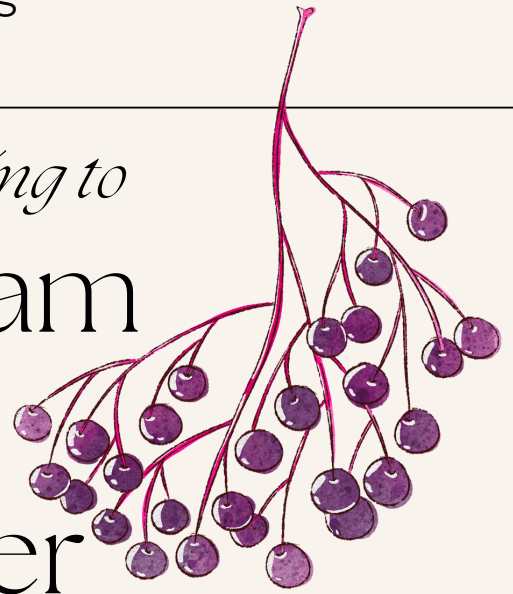


4G OF POWERFUL MUSHROOMS, THAT
WORK COHESIVELY TO SUPPORT
COGNITIVE HEALTH, IMMUNE &
DIGESTIVE SYSTEMS, AND HELP
SUPPORT ENERGY AND ENDURANCE

** MY FAVORITE THING ABOUT THIS PRODUCT IS THAT IT HAS
ASTRAGALUS ROOT WHICH IS ONE OF THE MOST VALUABLE
APOPTOGENIC HERBS.

MY TOP PICKS

*for the mama looking to
keep her fam
healthy
this winter*



VITAMIN D3 WITH K2
+ IMMUNE

TODDLER VITAMIN
D3/K2 + VITAMIN C

15% OFF CODE:
MRORIGBY15

OUR WINTER LINEUP ALWAYS INCLUDES:
VITAMIN C, D, IMMUNE AND ELDERBERRY.
BONUS POINTS FOR A PROBIOTIC & GUT LOVING
FOODS, BROTHS THIS TIME OF YEAR!

MY TOP PICKS

for the person looking to
get great
workouts
at home



USE CODE:
PDVP4P TO SAVE
ON THE BIKE

STILL MY FAVORITE PIECE OF EQUIPMENT.
THE APP ALONE IS AMAZING AND IS JUST
\$12.99/MONTH!



MY TOP PICKS

for the person looking to
give the gift of
experience

FOR THE FAMILY

PHOTOSHOOT/PICTURES FRAMED
THEATER TICKETS
RESTAURANT GIFT CARD
ZOO/AQUARIUM MEMBERSHIP
HOUSE CLEANING SERVICE

FOR THE EXPECTING MAMA

CHILDBIRTH CLASSES- *EVIDENCE BASED*
BIRTH IS MY FAV!
NEW MOM GROUP MEMBERSHIP
PRENATAL MASSAGE
MANICURE/PEDICURE
UBER EATS GIFT CARDS
SALON GIFT CARD

FOR THE KIDDOS

PACK OF CLASSES AT LOCAL SPACE
(GYM, MUSIC, ETC)
DATE DAY WITH YOU
TRIP TO ZOO/AQUARIUM/MUSEUM
TICKETS TO SHOW

FOR THE TIRED PARENTS

BABYSITTING
RESTAURANT/UBER EATS GIFT CARD
DRIP BAR GIFT CARD
FOUR SIGMATIC MUSHROOM COFFEE
DAYCARE FUND