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We Think the Perfect Gift Makes You Happy and Healthy — Here Are 67 Wellness Gifts We Love

By [Julia Childs Heyl, MSW](#) (/authors/julia-childs-hey/) | **Fact-Checked** | Updated on November 20, 2025

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There’s never a better time for self-care than around the holidays. I’m a licensed psychotherapist (https://www.juliachildsholistictherapy.com/), and I’m always nudging my clients to take good care, but it’s especially important around the holidays. Family drama, extensive travel, and financial stress can take a toll on everyone’s well-being. That’s why I’m presenting a gift guide solely focused on self-care, since the stress doesn’t end as the holiday season ends.

We tested hundreds of items in 2025, and then I combed through our reviews to find the very best self-care and wellness gifts we’d actually like to unwrap this holiday season. So from gifts for the fitness-obsessed who want a solid at-home setup, to your loved one who wants to get off social media and into a new hobby, we can guarantee there is something for everyone.

For the Fitness Enthusiast

Fitness should be at the foundation of any self-care routine. Getting active can help with sleep and minimize symptoms of mental health ailments like anxiety and depression.^[1] Consider one of these buys to help your loved one boost their wellness.



For the Pilates Lover

BetterMe Pilates Essentials Kit

Buy at BetterMe \$198(https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593)

A true Pilates (https://www.everydayhealth.com/fitness/pilates/guide/) lover isn’t only going to classes or relying solely on mat Pilates for an at-home practice. Instead, they’re making sure they have equipment that can help them boost the burn from the comfort of their own home. I love Pilates, have attended hundreds of reformer classes, and now rely on at-home postpartum Pilates to stay active.

This set has been an absolute game changer. It only has the equipment you need, nothing you don't (hooray to no added clutter lying around the house), and comes in a beautiful range of colors. Time to get that classic Pilates shake.	
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For Your Bougie Bessie
The Original Your Reformer

Buy at Your Reformer \$2,500(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D>)

This one is a splurge, but it's perfect for the fanciest folks in your life. The Original from Your Reformer lets you recreate your favorite Pilates class at home. You can customize the appearance, allowing you to choose from a wide range of colors, like dusty rose, ivory, mocha upholstery, and a walnut or maple wood finish.

The price point may be a kick in the wallet, but you can opt to finance it. Plus, you can use it in tandem with the Your Reformer app (<https://yourreformerathome.uscreen.io/>), offering video instruction to guide you through the burns and shakes.

For an Easy Workout
Bala Bangles

Buy at Bala \$55(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X1775>)

The time management required to get a workout in can feel like an olympic feat alone. Make things easier with Bala Bangles. These wearable weights can be placed on your wrists or ankles and are perfect for wearing during an at-home workout or for a stroll around the block. "It saves me time because I can get a little bit of extra resistance training in while doing regular activities," shares writer Brittany Vargas (<https://www.everydayhealth.com/authors/brittany-vargas/>). I even saw my neighbor taking a stroll around the block while wearing them on her wrists.

For the Gym Rat Who Is Always Exhausted
Rooted In Magnesium Rest Cream

Buy at TherapyWrap \$49.99(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.awin1.com%2Fcread.php%3Fawin>)

Tired of hearing complaints of poor sleep? We don't blame you. But this product may be just the solution. The Rooted In Magnesium Rest Cream is a magnesium (<https://www.everydayhealth.com/diet-nutrition/magnesium/>) moisturizer scented with lavender (<https://www.everydayhealth.com/diet/what-are-possible-benefits-lavender-must-know-facts-about-therapeutic-plant/>) essential oil. It's designed to calm tight muscles, soothe your nervous system, and gently lull anyone who uses it into a

deep sleep. The formula is very clean — it doesn't use parabens ([https://www.everydayhealth.com/healthy-](https://www.everydayhealth.com/healthy-living/parabens/guide/#:~:text=Parabens%20are%20what's%20known%20as,for%20normal%20growth%20and%20development.)

[living/parabens/guide/#:~:text=Parabens%20are%20what's%20known%20as,for%20normal%20growth%20and%20development.](https://www.everydayhealth.com/healthy-living/parabens/guide/#:~:text=Parabens%20are%20what's%20known%20as,for%20normal%20growth%20and%20development.)),
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[Wellness & Self-Care](https://www.everydayhealth.com/wellness-selfcare/) (<https://www.everydayhealth.com/wellness-selfcare/>)
 mineral oil, phthalates, dyes, synthetics, or artificial fragrances. Instead, it focuses on using magnesium and cacao-seed butter to
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 soothe and nourish.

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"It's a nice, high-quality body moisturizer, and I love that it includes topical magnesium," says writer SaVanna Shoemaker, RDN, [Tools & Resources](https://www.everydayhealth.com/tools-resources/) (<https://www.everydayhealth.com/tools-resources/>)
[About Us](https://www.everydayhealth.com/about-us/) (<https://www.everydayhealth.com/about-us/>)
<https://www.everydayhealth.com/authors/savanna-shoemaker/>) who tried the cream. It's also fragrance-free, which is another

major bonus for us. So give this to your favorite gym rat, and you just might hear them say they got some blissful extra hours of sleep.

For Your Class Bestie Who Takes Recovery Seriously

Wholesome Hippy Pain Bundle

Buy at Wholesome Hippy \$99.99(https://wholesomehippy.com/products/pain-bundle?srltid=AfmBOoq2K-s_scv)

Tired of hearing your friend groan about being sore after a hard workout class? Then this pain-relief bundle from Wholesome Hippy is the gift for them. These products can help alleviate some pain and may help your pal keep up their progress, too. Excessive pain might cause someone to avoid working out, making it all the more important to take recovery seriously.

Each of these products is targeted to minimize pain. You can expect soap, muscle gel, body balm, headache-relief cream, cooling pain-relief cream, and a pain-relief stick made with CBD (<https://www.everydayhealth.com/marijuana/cbd-oil/>). We love that a CBD product is included, because it's magic at reducing chronic pain (<https://www.everydayhealth.com/chronic-pain/>).^[2] Another notable ingredient present in many of these products is arnica, which is clinically proven to ease muscle pain.^[3] Get ready to hear how excited they are about their gains, and maybe even no more complaints of pain.

For the Chic Friend Who Loves Mat Workouts

Moab Rocks Yoga Mat

Buy at Yune Yoga \$49.99(<https://ehg.prsm1.com/r?url=http%3A%2F%2Fredirect.viglink.com%2F%3Fu%3Dhttps%2>)

If you have a friend who's a true devotee of mat workouts such as yoga (<https://www.everydayhealth.com/yoga/guide/>), then you know they'll practice anywhere. But mats are often tricky to travel with. Most don't fold up, and rolling them up and carrying them in a case can be cumbersome. This is where the Moab Rocks mat comes in. It's foldable and weighs under a pound, making it a light piece to pick up and go. Its 2-millimeter (mm) thickness is just enough to provide support under creaky knees, too. And we also appreciate the funky print.

"It's cute and works as intended, and meant for someone who travels or has space limitations on at-home equipment," says writer Alexandra Ginos, RD, (<https://www.everydayhealth.com/authors/alexandra-ginos/>) who gave it a try.

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For the Scent-Sensitive

Lola Arnao Silky Soak Bath Cubes

Buy at Lola Arnao \$34(<https://www.lolaarnao.com/shop-D6P7P/p/silky-soak-bath-cubes>)

It’s rough out there for folks who are sensitive to scents. Whether it’s a migraine trigger, sensory issue, or just simply not preferred, it can be hard to find quality bath products that don’t have a scent. These Silky Soak Bath Cubes stand apart from other contenders, because they’re made for sensitive skin. Scent-free by design, they do have a naturally occurring, extremely light aroma of natural cocoa butter. Even though I’m scent-sensitive, I hardly noticed the smell. These cubes have a soft, pink hue, thanks to pink rose clay, a natural mineral that heals skin impurities.^[4]

I dropped a few of these bath cubes in my tub for a post-workout soak. I loved that I was able to reap the benefits of soft skin and soothed muscles without the headache of overwhelming scents that leave the skin dry. We also fancy that this a great gender-neutral gift, and we recommend it for any neurodivergent loved ones who have sensory sensitivities to scent.

For the Wellness-Obsessed

The desire to see just how many fitness equipment pieces you can fit into the house is a key sign that you have a loved one who is obsessed with wellness. Luckily for you, we tracked down a few gifts that are right up their alley.

For Anyone Who Loves the Spa Treatment

Nécessaire The Body Lotion

Buy at Nécessaire \$30(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D28859>)

At-home spa products can often have a gendered feel, with many of them catering to a feminine aesthetic, complete with floral fragrances and pastel colors. This body lotion from Nécessaire is rich, nourishing and fragrance-free. “It also doesn’t have one of those pungent ‘skin-care product’ smells that is typical with these products,” says writer Riley Blanton (<https://www.everydayhealth.com/authors/riley-blanton/>) after trying this lotion. It is the perfect size to slip into a stocking, too.

For Tea, Skin-Care, and More

Mānuka Honey Extra MGO 600+

Buy at Mānuka Health \$75(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D28>)

Help Them Boost Their Immune System

Palais des Thés Scandinavian Detox Tea

Buy at Palais des Thés \$23(https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D28

We’ve sourced plenty of teas for this roster of self-care gifts, but we have been mindful of ensuring each tea has a unique benefit. The Scandinavian Detox Tea from Palais des Thés accomplishes just that. This caffeine-free herbal wellness tea comes in an aesthetically-pleasing tin that is certain to look great on your shelf. This wasn’t the only tea flavor from the brand we tried out. “I think these are all very nice teas that are tasty and feel special,” says editorial director Simone Scully (https://www.everydayhealth.com/authors/simone-scully/).

For the One Who Loves an Above-and-Beyond Skin-Care Routine

Uncommon Beauty Face Oil and Gua Sha



Buy at Uncommon Beauty \$54.40(https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fic

This facial oil and gua sha duo is a must-have for anyone who is interested in stimulating their lymphatic drainage system, especially in the face. The facial oil is moisturizing and introduces nourishing antioxidants to the skin. “I really like the face oil — it is so hydrating,” says Mary Sauer (https://www.everydayhealth.com/authors/mary-sauer/). The gua sha tool is a cooling stainless steel that is meant to decrease puffiness, increase circulation (https://www.everydayhealth.com/wellness/potential-health-benefits-of-gua-sha/), and the company claims it may reduce the appearance of fine lines. Tip: for an extra-cooling effect, pop this in the refrigerator.

For the Lavender Lover

ēkuBox Mini Lavender Spa Gift Box



Buy at ēkuBox \$75(https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X17

Lavender (<https://www.everydayhealth.com/diet/what-are-possible-benefits-of-lavender-must-know-facts-about-therapeutic-plant/>) doesn't only smell good — it is great for one's health, too. It's been shown to decrease symptoms of anxiety and depression (<https://www.everydayhealth.com/conditions/>) while promoting overall relaxation.^[5] This mini lavender spa gift box from ekuBox has all the ingredients needed for the ultimate relaxation: a candle, bath bomb, face mask, and sweet treat are wrapped up in an elevated gift box. "My box came wrapped in a silk bow with a real sprig of lavender attached, so I was immediately greeted with this amazing floral smell," says Scully. The positive experience only continued from there with Scully noting that this essentially felt like "relaxation in a box."



For Your Friend With Pets
Mercola Market True HEPA Air Purifier

Buy at **Mercola** Market \$399.97(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.awin1.com%2Fcread.php%3F>

If you have an animal lover in your life, you've likely heard (or smelled) the woes of keeping things fresh in the home. The **Mercola** Market Air Purifier has a HEPA filter that cleans indoor air. The purifier removes odors and offers a fresh-smelling environment, too. Plus, it's quiet enough not to spook any furry friends while it's running. The purifier is designed to catch 99.97 percent of tiny particles, including dust, pet dander, smoke, pollen, odors, and more.

I have two indoor cats, and we live in small quarters, so I'm paranoid about our home smelling like pet dander. But after running this purifier for just 20 minutes, any note of the litter-box odor or general cat smell was gone. This is soon to be the holy grail product in your pet parent's home.



For a Nontoxic Approach to Candles
Bluecorn Mountain Aromática Scented Candle, Mountain Lilac
\$32 at Amazon

Buy on Amazon \$32(https://cc.everydayhealth.com/v1/otc/01TGsR9g1Nf18sKJRRXH5DB?product_uuid=059qa3KCz

Scented candles can either be the epitome of cozy or an overfragranced headache. This candle from Blue Corn falls in the epitome of cozy category. We love that it is a clean nontoxic fragrance that smells amazing. "It has a realistic lilac scent that doesn't feel artificial at all," shares Scully. She noted that it truly feels as if you're standing next to a lilac bush, emphasizing the pleasant aromatic experience this candle offers.

When It Is Time to Kick a Winter Cough
Thulisa Naturals Breathe Eucalyptus Shower Steamer
\$17 at Amazon

Buy on Amazon \$17(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=O6uFMx59V)

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Winter colds (<https://www.everydayhealth.com/cold-flu/treatment/your-day-to-day-guide-to-the-common-cold/>) are all too common and the congestion (<https://www.everydayhealth.com/cold-flu/top-congestion-fighters.aspx>) that comes with them

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can be maddening. This eucalyptus shower steamer from Thulisa Naturals is great for clearing congestion. All you do is toss it on the shower while you enjoy the relaxing eucalyptus aroma. “This is a great shower steamer if you have a congested or just

like the smell of eucalyptus,” says Scully. She appreciated the potency of the scent, noting that it is strong enough to be relaxing but not so strong it is overwhelming, sharing that if she could use one most days, she would.

For the Friend Always Looking for New Skin Care

Earth & Halo Blue Crystalline Face Serum

Buy at eCosmetics \$108(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.anrdoezrs.net%2Fclick-101055782-1>)

This one is for that friend who’s obsessed with new, innovative skin-care products. (Hi, I’m that friend.) Earth & Halo is a skin-care (<https://www.everydayhealth.com/skin-care/>) company that is focused on clean formulas featuring natural ingredients and a gender-neutral ethos. This brand was created by a trans man who wanted skin care that could support his changing skin. I was immediately intrigued by its unique roster of ingredients. Organic water lily, edelweiss, and sea-grape extracts are just a few of the ingredients that come together to possibly reduce the appearance of wrinkles, boost collagen, nix hormonal acne, and provide soothing moisturizing.

I had the opportunity to test out this serum, and I absolutely loved it. After using it for about a month, I noticed my skin was soft, had a youthful bounce, and was dewy in the morning. I was stunned that this product wasn’t viral, so you’re sure to impress anyone you gift this to.

For the Person Who Loves Acupuncture

Vie Healing Acupressure Mat

\$97.99 at Amazon

Check stock at Amazon(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=O7MRs)

Let us be clear: Acupressure mats are not a substitute for acupuncture (<https://www.everydayhealth.com/alternative-health/what-is-acupuncture-a-beginners-guide-to-how-it-works-and-how-it-may-improve-your-health/>). However, they offer a similar sensation and similar benefits.^[6] We included this mat from Vie Healing in our Best Acupressure Mat (<https://www.everydayhealth.com/wellness/best-acupressure-mat/>) roundup because it’s extra-long, offers a strong yet bearable sensation, and has a soft linen material. I personally tested this mat, and it was my favorite. I found it aesthetically pleasing, and I was able to withstand 20 minutes on the mat without issue. As a result, I felt the same relaxed feeling I get from a good acupuncture session.

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For Your Loved One Who Needs to De-Stress

'Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)

This is a gift guide for all things self-care. It's no secret that the term self-care can be overused, though. While baths and metaphysical practices like the use of crystals and astrology can help support one's self-care regimen, there can often be a need for foundational personal-care to begin with. After all, it can be tough to even draw a bath if you're struggling with depression (<https://www.everydayhealth.com/depression/guide/>). *Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)* offers a useful road map for creating a path to wellness that is deep, transformative, and sustainable.

Penned by board-certified psychiatrist Pooja Lakshmin, MD, (<https://www.poojalakshmin.com/>) this book is inspired by her own experience of treating self-care as a regimen of juice cleanses and spa treatments. This led her to reflect on our culture's approach to connection, wellness, and health, creating a program for well-being that is accessible to all. I had a chance to dig into this book and loved that it goes beyond fluffy vernacular about feeling good and drawing a hot bath. Instead, it looks into our culture's shortcomings that are leading to a wellness crisis and suggests ways to find a path to wellness that works for you. This is perfect for your loved one who is often stressed and needs a lifestyle shift to find balance again.

For the Clean Skin-Care Minimalist

MyChelle's Perfect Morning Bundle

Buy at MyChelle \$89(<https://ehg.prsm1.com/r?url=http%3A%2F%2Fredirect.viglink.com%2F%3Fu%3Dhttps%253A>

There's a sect of skin-care enthusiasts that is dedicated to a less-is-more ethos. While these folks prioritize effective ingredients, usually ones that offer as many natural benefits as possible, they're uninterested in a cluttered medicine cabinet full of potions. That's where the Perfect Morning Bundle from MyChelle comes in. This trio features a fruit enzyme cleanser, a peptide anti-wrinkle serum, and a pumpkin renew cream.

Our writer Ashley Rowe (<https://www.everydayhealth.com/authors/ashley-rowe/>) loved this bundle. "All three products smell amazing and work well," she says. The cleanser washed off makeup nicely without drying her skin, and the cream moisturizer was deeply hydrating, she says. She recommends this small-yet-mighty set for a stocking-stuffer.

For the Aromatherapy-Obsessed

DoTerra Laluz Diffuser

Buy at DoTerra \$60(<https://www.doterra.com/US/en/p/laluz-diffuser>)

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There are plenty of benefits linked with aromatherapy (<https://www.everydayhealth.com/wellness/what-are-essential-oils-a-complete-guide-on-aromatherapy-and-its-potential-health-benefits/>). It can soothe your nervous system, promote relaxation, and even provide relief to aching muscles.^[7] This variety of benefits is why we consider it an excellent gift for anyone who loves wellness. (<https://www.everydayhealth.com/conditions/>) (<https://www.everydayhealth.com/wellness-selfcare/>) (<https://www.everydayhealth.com/nutrition-fitness/>) (<https://www.everydayhealth.com/news/>) (<https://www.everydayhealth.com/product-reviews/>) (<https://www.everydayhealth.care/>)

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I personally had a chance to try out this diffuser and was first struck by its chic design. I placed it in my guest bathroom and loved how I could set it to have a soft, warm light even when I wasn't actively using the diffuser function. Using it is very easy: You just fill up the vessel with the indicated amount of water, add some essential-oil droplets, and turn it on. I really like that you can choose how much essential oil you add based on your scent preferences. Since I am scent-sensitive, I only added a few drops and focused on enjoying the diffuser's humidifying effects, since it releases a fine mist into the air.

For the Comfort-Drink Aficionado

Mark T. Wendell Create Your Own Loose Tea Tin Sampler

Buy at Mark T. Wendell Tea Company \$55.25(<https://marktwendell.com/collections/our-loose-tea-sampler-boxes>)

Do you have a loved one who always has a minimum of three drinks on their desk at any given time? Then the Mark T. Wendell Tea Company Loose-Tea Sampler Box is for them. The brand has existed for over a century, passed through generations of the family. The power of this legacy is evident in the loose teas they offer.

I had a chance to personally test them out and was struck by the quality of the tea. The loose-tea sampler box is a great gift, since it offers a variety of flavors. You can customize the trio of teas you choose. I loved the vanilla green, brandy oolong, and "evening comfort" herbal combination.

For the One Who Wants to Be a Morning Person

The Original Sunrise Alarm Clock

Buy at Rise Centered \$179(<https://risecentered.com/products/the-original-sunrise-alarm-clock>)

I'm someone who desperately longs to be a morning person and nothing, not even having a child, has gotten me to lock into that state of mind. However, I've become convinced that something like The Original Sunrise Alarm Clock from Rise Centered could be just the trick. Each clock is topped with a light-up orb carved from Himalayan salt. The light will slowly glow on to wake you up in the morning, offering a soft, yet effective start to the day. "The light is very bright, so it does truly wake you up as a sunrise alarm clock, but it gets brighter slowly so you can slowly wake up," says Scully. She celebrated that it doesn't use Wi-Fi, harsh sounds, or even plastic, making it a gorgeous alarm clock that has a soothing nature-forward aesthetic.

For the Folks Who Are Always on the Go

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These are for the people in your life who are juggling too many things at once, prefer a packed social calendar, and love to stay busy. Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>) News (<https://www.everydayhealth.com/news/>)

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For the Student

Laurel Denise Floral Fellowship Pen Pouch

Buy at Laurel Denise \$17(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D2885>)

Remember the feeling of shopping for school supplies the week before returning to school? There is nothing like it. The nostalgia of picking out pens in your favorite colors and tucking them into a pencil case can bring back fond memories. Give the student in your life a memorable back-to-school keepsake with this pretty floral pouch from Laurel Denise. I personally have this pouch, and while I'm no longer a student, I love it for keeping things organized in my work bag.

For Those Who Love Organization

Laurel Denise Scout Planner

Buy at Laurel Denise \$55(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D2885>)

The new year can bring about lofty goals, high hopes, and big plans. Help them accomplish every bullet point on their vision board with the gorgeous Scout Planner from Laurel Denise. It comes in multiple sizes, offers a few different ways to input information, and arrives in a beautiful gift box.

For the Sleepy Friend Who Can't Fall Asleep

The Rest Kit by Lunette

Buy at Lunette \$96.75(<https://ehg.prsm1.com/r?url=https%3A%2F%2Flunette.pxf.io%2Fc%2F3468697%2F2974801>)

It can be so deeply frustrating to be exhausted yet unable to fall asleep. If you have a loved one who has complained about this issue, then the Rest Kit by Lunette might be the perfect gift for them. The Rest Kit is a device that has a gentle vibration and releases a soothing scent while guiding you into a restful cadence of breath. "It's a well-made device and I like the combination of aromatherapy and guided breathing," says Shoemaker.

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Health Conditions	(https://www.everydayhealth.com/conditions/)	For Your Loved One Who Is Trying to Kick Coffee	(https://www.everydayhealth.com/wellness-selfcare/)
Nutrition & Fitness	(https://www.everydayhealth.com/nutrition-fitness/)	Jade Leaf Matcha Starter Set	News (https://www.everydayhealth.com/news/)
Product Reviews	(https://www.everydayhealth.com/product-reviews/)	Buy at Jade Leaf Matcha \$22.99(https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X&country=US&currency=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_orgaGiY35UhX7gEIHo4aAmHREALw_wcB)	Find a Doctor (https://www.everydayhealth.com/find-a-doctor/)
Tools & Resources	(https://www.everydayhealth.com/tools-resources/)		About Us (https://www.everydayhealth.com/about-us/)

My best friend recently started a very demanding job. It isn't uncommon for her to pull 12-hour days, and she is acclimating to various bouts of work travel. She found herself drinking cup after cup of coffee (<https://www.everydayhealth.com/diet-nutrition/diet/caffeine-health-benefits-risks-sources/>) and noticed it was taking a toll on her physical health. One morning, she came over and I offered to make her a latte, only for her to announce that she had switched to matcha (<https://www.everydayhealth.com/diet-nutrition/diet/matcha-benefits-risks-weight-loss-effect-top-sellers/>). She says that this switch has done wonders for her, noting that her sleep is better and her brain fog (<https://www.everydayhealth.com/emotional-health/brain-fog/guide/>) has disappeared. Research backs up these benefits.^[8]

So, if you also have a loved one who is overdoing their daily coffee intake, consider gifting them this matcha starter set from Jade Leaf. It has every tool they need to get started with at-home matcha drinks. I had the opportunity to try it myself and loved the handy directions that accompanied it. Heads up: It doesn't include the actual matcha, so be sure to add a tin of the tea (https://www.jadeleafmatcha.com/products/organic-teahouse-edition-ceremonial-matcha-pouches?variant=42474171728006&country=US¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_orgaGiY35UhX7gEIHo4aAmHREALw_wcB) to your cart before checking out.

For the One Who Loves a Late Night

Innisfree Bright-Eye Serum

Buy at Innisfree \$22(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X>)

Some folks simply are night owls. Or, according to the clinically correct term, they have a late chronotype. These are the folks who feel alert past dinnertime and would prefer a late night and an even later morning. Yet our culture isn't optimized for people with that type of rhythm.

This serum from Innisfree uses green tea (<https://www.everydayhealth.com/diet-nutrition/diet/green-tea-nutrition-health-benefits-side-effects/>) extract to brighten up the eyes, and it has a cooling, metal roller-ball applicator to soothe puffy under-eye bags. I was impressed when I tested this product. It was more effective than my \$80 eye cream.

For the Busy Parents

Bumpin Blends Bestseller Variety Pack

Buy at Bumpin Blends \$161(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.awin1.com%2Fcread.php%3Fawinr>)

(/)

Parenting is rewarding, fun, exhausting, and time-consuming. It isn't uncommon for parents to report skipping meals because they're so busy getting kids to school, transporting them to extracurricular activities, all while maintaining their own work responsibilities. So, parents who prize convenience might seriously appreciate receiving these premade smoothie cubes from Bumpin Blends as a gift.

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Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>)

News (<https://www.everydayhealth.com/news/>)

Product Reviews (<https://www.everydayhealth.com/product-reviews/>)

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With unique flavors like cinnamon chai and pumpkin pie, you just toss a few cubes in the blender with water or your milk of choice. Voila! You have a healthy and delicious smoothie in under two minutes. I run two businesses and have an 8-month-old. Many of my mornings are stressful, and having a premade-meal option where I don't have to think about rounding up some ingredients and making a mess was a total game changer. Give the parents in your life the gift of healthy and convenient food.

For the Cozy Fashionista

BetterMe High-Waisted Flare Leggings

Buy at BetterMe \$49(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593>)

It's safe to say that we all want to be comfy on a daily basis. For the fashion-obsessed, it's often a priority to be cozy and also polished. We like these high-waisted flare leggings from BetterMe for just these reasons. The Pilates brand has an active-wear line that features on-trend athleisure pieces like these pants. They're perfect for lounging, hitting the gym, or running errands. Plus, they're under \$50.

For the Coffee-Lover Who Has It All

Terra Kaffe Connected Super-Automatic Espresso Machine

\$1995 at Amazon

Buy on Amazon \$1995(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=O5PD6Fh)

Listen, I'm obsessed with coffee (<https://www.everydayhealth.com/diet-nutrition/diet/coffee-healthy-caffeine-content-nutrition-benefits-risks/>) and have most of the mainstream gadgets out on my kitchen counter. There's a milk-frother, Nespresso machine, French press, pour over, and classic automatic drip. This may sound excessive, but each one serves a particular purpose. The only thing missing is an espresso machine. That's where the Terra Kaffe comes in. It's a single-serve coffee-maker that uses real espresso beans, giving you a fresh cup every time.

Writer Ysolt Usigan (<https://www.everydayhealth.com/authors/ysolt-usigan/>) sings this machine's praises. You can use your favorite coffee beans, she says, "and it does grinding and brewing all at once, so every cup is so fresh and to your liking." She adds that she has no regrets about buying it, despite its hefty price tag. This splurge is worth every penny and is sure to impress anyone who has all the coffee gadgets.

For the Youngsters in Your Life

- Health Conditions

[\(https://www.everydayhealth.com/conditions/\)](https://www.everydayhealth.com/conditions/)
- Wellness & Self-Care

[\(https://www.everydayhealth.com/wellness-selfcare/\)](https://www.everydayhealth.com/wellness-selfcare/)
- It's hard to keep up with kids these days. But these gifts will delight, impress, and leave them enthusing for years to come.

Nutrition & Fitness

[\(https://www.everydayhealth.com/nutrition-fitness/\)](https://www.everydayhealth.com/nutrition-fitness/)

News

[\(https://www.everydayhealth.com/news/\)](https://www.everydayhealth.com/news/)

Product Reviews

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- ### For the Youngster Navigating Big Feelings
- Slumberkins Otter Kin
- \$54** at Amazon
- Buy on Amazon \$54(https://cc.everydayhealth.com/v1/otc/01TGsR9g1Nf18sKJRrXH5DB?product_uuid=0761QRzhsi)
- Mental health is important for all of us, but you may be stumped on how to support your young kiddo’s mental health. This Otter set from Slumberkins is a sweet, soft, and educational gift set that teaches kids about connection, comfort, and managing big feelings like separation anxiety. This set comes with a sweet stuffed Otter and two board books that focus on the importance of strong kinship ties.
- “I, as a Mom, appreciate that they come with books that tackle a number of mental health and wellness topics for kids in a way they can understand,” says Scully. “They help kids better understand their emotions and cope with those feelings. For example, they have not only the two I got, but also ones on authenticity, gratitude, self-esteem, self-acceptance, routines, family change, emotional courage, conflict resolution, and more.” Scully notes that this was profoundly helpful in supporting her son’s separation anxiety around sleeping in his room alone, taking the bus solo, and just generally being away from home longer during the school day.
- ### For the Little One Who Is Ready to Roll
- Guardian 20" Small Bike
- Buy at Guardian \$329(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593>)
- If you have a small one who is ready to get their first set of big kid wheels, then this small bike from Guardian is what you’re looking for. “There’s a lot to like about this bike: For one, it’s pretty easy to figure out the right sizing for your child,” says Scully. She notes that the company recommends sizes based on age but also clearly lists the ideal height, too. She also feels confident with its safety, since it has a “sure stop” brake system designed for kids to prevent any over-the-handlebars spills. You can also customize this bike with colorful grips, wheel bulb lights, a matching bell, and more.
- ### For the Tech-Obsessed Kiddo
- Miko 3: AI-Powered Smart Robot for Kids
- \$199** at Amazon
~~\$249~~ NOW 20% OFF
- <https://www.everydayhealth.com/healthy-living/self-care-gifts/>

13/32

Buy on Amazon \$199(https://cc.everydayhealth.com/v1/qtc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=O3Pzts1TZ:

Health Conditions (<https://www.everydayhealth.com/conditions/>)

Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

Artificial intelligence is here to stay, so we might as well embrace it. The Miko 3 is an AI-powered robot for kids. It's fun, interactive, and actually quite educational. It has some math games that my son, who is in first grade, had fun playing for way longer than I

Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>)

News (<https://www.everydayhealth.com/news/>)

Expect Bel, says (Stop). Her son always liked to wriggle around

the robot moved around and he loved it.

Turns out that this toy, although pricey, has some valuable returns. "His math scores started to improve after we'd been playing with this for a couple of weeks, too," she says.

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For the Wobbly Toddler

Totter & Tumble Strawberry Thief Play Mat

Buy at Totter & Tumble \$279(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D>:

I have an 8-month-old who is starting to crawl and wiggle around. This means I'm on the floor with him quite a bit, reading, playing, and helping him get used to his newfound sense of mobility. Over time, I felt the strain on my knees and became hyper-vigilant about every little tumble my son took, since our old play mat wasn't too shock-absorbent. Then came the Totter & Tumble mat.

This mat is cushy and comes in a variety of aesthetically pleasing colors. I like that there are three sizes to choose from — essentially a small, medium, and large — because I was able to select a size that was perfect for our tight living quarters. It absorbs impact well, so if my son takes a tiny spill, he isn't perturbed at all. My knees are much happier, too. I can't sing this mat's praises enough, and am now pestering every pregnant friend I have to put it on their registry. Yes, it really is that good.

For the Babies Who We All Wish Would Sleep

Hatch Baby

Buy at Hatch \$99.99(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593>:

As a new parent, I'm going to take this opportunity to preach to the choir: Having a baby really takes a toll on your sleep hygiene. From shushing a fussy infant to sleep, to waking up every few hours for feedings, it's extremely taxing.

The Hatch Baby is a sound machine, nightlight, and alarm clock all in one. It has an easy-to-use app that allows you to control its functions from afar, and it offers useful information about infant sleep. It's a staple in our household. Interestingly enough, it isn't only parents who love the Hatch Baby; my childless brother-in-law uses it as a sound machine and alarm clock.

For the Nesting Expectant Parent

Snuggle Me Muslin Crib Sheets

\$39.99 at Amazon

(/)

Health Conditions (<https://www.everydayhealth.com/conditions/>) Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)
Buy on Amazon \$39.99(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=031fbjd1)
Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>) News (<https://www.everydayhealth.com/news/>)

Product Reviews (<https://www.everydayhealth.com/product-reviews/>) Find a Doctor (<https://www.everydayhealth.com/find-a-doctor/>)
I, along with many of my friends, am very vigilant about natural fibers when it comes to any material that comes in contact with my baby's skin. Since babies notoriously have extra-sensitive skin, this hyper-vigilance is essential to avoid any irritation, abrasions, or rashes. Snuggly muslin crib sheets are a great resource for this. I recently purchased a pack of two from Snuggly Me. Made from 100 percent organic-cotton muslin, they're soft, easy to clean, and come in pretty colors. I love that they come in a pack of two, since you always need an extra crib sheet handy in case of accidents.

For the Kid Who Is Ready to Go

Woom Ready Kids' Helmet

Buy at Woom \$89(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X17>)

Teaching your kid how to ride a bike is an exciting and terrifying rite of passage. Seeing them master a new trick and gain some independence is wonderful, but it isn't without safety concerns. Woom has created helmets that focus on making sure your kiddo gets the perfect fit. With adjustable straps and removable padding, it's sure to last a bit while your child grows. Editor Nicole Bonaccorso (<https://www.everydayhealth.com/authors/nicole-bonaccorso/>) says that while it's on the pricier end for a kids helmet, it is very durable, sturdy, and safe.

For the Mindful Child

7th Compass: 52 Positive-Affirmation Cards

\$19.99 at Amazon

~~\$29.99~~ NOW 33% OFF

Buy on Amazon \$19.99(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=05ed15jA)

There's compelling research that shows positive affirmations can help boost a child's well-being, especially at school. This can lead to an overall increased performance in educational settings. That's why these positive-affirmation cards from 7th Compass are fantastic for parents, teachers, aunties, and uncles.^[9]

Plus, they're great for a range of ages. "The card box says ages 4 to 11, but I'd argue getting into a habit of using these with ages 2-plus is possible, too, and would be beneficial," says Blanton. You can even consider giving this to a new parent, and let them know they can hang on to it for future use.

For the Kid Who Gets the Zoomies

Phoenix G Rollerblade USA

Buy at Rollerblade \$69.99(<https://www.rollerblade.com/usa/en/kids/lifestyle/fun/phoenix-g>)

Health Conditions (<https://www.everydayhealth.com/conditions/>)

Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>)

News (<https://www.everydayhealth.com/news/>)

Product Reviews (<https://www.everydayhealth.com/product-reviews/>) Find a Doctor (<https://www.everydayhealth.com/find-a-doctor/>)
 Even though there are plenty of benefits to having a high-energy kiddo in your life, it can be exhausting. That's why it's important to get them a gift that can help them get their excess energy out. These Rollerblades from Phoenix G are a great option.

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Ashley Ziegler (<https://www.everydayhealth.com/authors/ashley-ziegler/>), one of our editors, noticed that they offer great ankle support, which is critical for safety when skating. She also liked that they're adjustable, so she can hang on to them as her child graduates to larger shoe sizes. These worked out so well for her first kiddo that she is getting a second pair for her younger daughter.

To Impress the Gen Z-ers in Your life

Gen Z, the generation born between 1997 and 2012, can be tricky to shop for. We've rounded up a few gifts that are sure to impress them.

For the Friend Who Can't Get Off BookTok

Rifle Paper Co. Embroidered Book Journal

Buy at Rifle Paper Co. \$34(<https://ehg.prism1.com/r?url=http%3A%2F%2Fredirect.viglink.com%2F%3Fu%3Dhttps%3A%2F%2Friflepaperco.com%2Fproducts%2Fembroidered-book-journal>)

Reading is trending again, thank goodness. If you have a friend who starts their sentences with, "While on BookTok, I found ..." whenever they're talking about the new book they're reading, then this gift is for you. This book journal functions as a log to keep track of recent reads. The journal "is laid out like a log so you can record the books you read and what you thought of them," says Scully. She says she was taken aback by the quality of the book, noting that the paper is thick and the pages hold up well with use. She was so pleased with the journal that she found herself feeling inspired to go back to writing by hand.

For the One Who Is Always on TikTok

Rhode Peptide Lip Treatment

Buy at Rhode \$20(<https://ehg.prism1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X17%26url%3Dhttps%3A%2F%2Frhodeskin.com%2Fproducts%2Fpeptide-lip-treatment>)

If you have a Gen Z-er in your life who loves fashion and pop culture, there's a good chance they like Hailey Bieber (<https://www.instagram.com/haileybieber/>). The model, makeup brand founder, and partner to Justin Bieber is known for setting trends that often go viral on TikTok. Her skin-care company, Rhode (<https://www.rhodeskin.com/>), is known for its viral lip treatments. I tested the Peptide Lip Treatment for our Best Lip Balms (<https://www.everydayhealth.com/skin-hair-products/best-lip-balms/>)

lip-balm/) article, and it won my vote for the best lip gloss. If you really want to impress your Gen Z-er, add the lip case

(<https://www.rhodeskin.com/products/lip-case?variant=45782524788974>) to the cart, too. It's a phone case that has a spot for your lip gloss, so you always know where it is.

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For the Tech-Savvy

Larq Pure Vis2 Water Bottle

Buy at Larq \$114(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fimp.i263265.net%2Fc%2F3468697%2F811080%2F>)

Gen Z is a totally different generation for many reasons, but especially for its relationship to technology. With this in mind, you're likely to impress a Gen Z-er with practical yet technologically advanced products. I tested this Larq Pure Vis2 Water Bottle and loved it. It's a self-filtering water bottle that includes an app to monitor your water intake and a light that illuminates as a reminder to drink more water. It has a self-cleaning feature, too, which is perfect for those who forget to rinse out their water bottle every now and then.

For the One Who Wants Their Dollar to Have an Impact

Gifted by FreeFrom Wellness Bath Set

Buy at Gifted by FreeFrom \$75(<https://giftedbyfreefrom.org/collections/gift-collection/products/gratitude>)

Anecdotally speaking, I've noticed that Gen Z-ers appreciate purpose-driven goods. FreeFrom (<https://www.freefrom.org/>) is a feminist, national organization with a mission to end gender-based violence. It has a gift shop called *Gifted*, where goods made by survivors are sold. I tried out this bath set from them and was instantly sold. The presentation feels special, the scent is delicious, and the ethos is fantastic. Here's a fun fact: This organization was founded by beloved astrologer Chani Nicholas's (<https://www.chani.com/>) wife.

Get Cozy

'Tis the season to be bundled up and cozy. Turn up the hygge vibes with these picks.

Cozy Sheets For the Friend Who Runs Hot

Sheex Performance Sheets

\$199.20 at Amazon

Buy on Amazon \$199.20(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=05aNCi)

Health Conditions (<https://www.everydayhealth.com/conditions/>)

Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

No feeling compares to the splendor of curling up in bed between some soft sheets. And, similarly, no feeling compares to the frustration of waking up sweating in those soft sheets. These ones from Sheex are designed to be temperature-regulating, breathable, and perfect for anyone who wants to sleep cool while sleeping. They can easily slip over a mattress and block out any special benefits. “They’re light enough that I can still feel the ‘cooling’ feature of my mattress pad through them,” says Ziegler.

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For a Great Night of Slumber

Purple Freeform Pillow

Buy at purple \$188(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X1>)

It can be difficult finding that perfect pillow to lay your head on for a good night’s rest. If you’re feeling like your life has become like *The Princess and the Pea*, look no further than the Freeform Pillow from Purple. This pillow is customizable, thanks to its removable filling, so you can count on having a pillow that is just right for your needs. Writer Raki Swanson acknowledged that the price tag hovering right around \$200 may feel like a bit much, but she was quick to clarify. “Worth every penny,” she says.

The Chicest Wake-Up Call

Loftie Lamp

\$360 at Amazon

Buy on Amazon \$360(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=04GNgaY)

Alarm clocks can be an eye sore, but this one from Loftie sure isn’t. The Loftie Lamp looks like a chic and modern lighting fixture, complete with a spectrum of pleasant colors it can emit. You can program it as a sunset light to help you wind down, as well as a sunrise light to help you wake up. “You can also pick what time you want [the sunrise or sunset function] to take,” explains Scully. This handy tool helped her wake up easily in the morning and wind down more peacefully in the evening.

For the Breastfeeding Mama

Embrace Nursing Dress

Buy at Embrace \$95(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X>)

Breastfeeding (<https://www.everydayhealth.com/womens-health/what-happens-to-body-when-breastfeeding/>) is a tiring job.

Between healing after giving birth, nurturing a newborn, and being sure to keep the body fueled enough to produce milk, feeling Health Conditions (<https://www.everydayhealth.com/conditions/>) put together often seems like a faraway dream. This nursing dress from Embrace is comfortable and cute. It is made of soft, Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>) stretchy, ribbed cotton fabric and has a supportive shelf bra that is functional for breastfeeding. It also doubles as a maternity News (<https://www.everydayhealth.com/news/>) dress, ensuring your recipient gets a ton of use out of this piece. I have this dress and love it. I can't wait to gift one to my pregnant best friend.

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Sugarwish Curated Set

A Personalized Gift Set Your Work Bestie Will Love

Buy at Sugarwish \$59(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.awin1.com%2Fcread.php%3Fawinmid%2F19601&url=https%3A%2F%2Fwww.sugarwish.com%2Fproducts%2Fcurated-set-your-work-bestie-will-love>)

Figuring out gifts to give those involved in your professional life can be challenging. You may not know enough about them personally to find a gift that will truly speak to them, but the intimacy of working closely together everyday likely nixes the appropriateness of buying a generic gift. These curated sets from Sugarwish are perfect for situations like this. While Sugarwish is typically known for their sweet treats, these gift sets are a bit different. You send the recipient an e-card that includes a link for them to pick out their own gift set, making for a fun, unique, and innovative gifting experience. “I think that Sugarwish’s curated gift sets are nice wellness-themed gift sets that encourage self-care and work great for that friend or family member who you’re not 100 percent sure what they’d want,” says Scully.

For the Friend Who Has a Stiff Neck

Slow North Neck-Wrap Therapy Pack

Buy at Nordstrom \$54(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fnordstrom.sjv.io%2Fc%2F3468697%2F19601&url=https%3A%2F%2Fwww.nordstrom.com%2Fproducts%2Fneck-wrap-therapy-pack>)

Some folks just get a bit creaky in colder weather. I’m thinking about my aunt who has chronic back issues, my husband who has bad knees, and myself because I get a stiff neck when the weather shifts. This neck-wrap therapy pack from Slow North is an excellent solution for these ailments.

Writer Kate Mannion (<https://www.everydayhealth.com/authors/katie-mannion/>) can vouch for this product’s effectiveness: “It works exactly as described and is handmade in the United States, which is definitely a plus.” You simply pop it in the microwave before wrapping it around your neck to get that soothing heat on your aching muscles.

For That One Friend Who Is Always Cold

Bedsure GentleSoft Solid-Flannel Heated Blanket

Health Conditions (<https://www.everydayhealth.com/conditions/>) Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

It's hard to get cozy when you're cold, and some of us just tend to run cold. We love this cuddly heated blanket from BedSURE. You can use it anywhere you need an extra dose of warmth, whether that's in a chilly office cubicle, a drafty room in your home, or on a trip. Our writer Marisa Olsen (<https://www.everydayhealth.com/authors/marisa-olsen/>) says it's an affordable, quick fix for those who are always catching a chill. It heats up quickly, has six heating levels, and is under \$70, making it an easy, no-frills option.

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Revival New York: The Eleven Sheet Set

One of the best parts of a hotel stay is those crisp white sheets. If you have a friend who loves staycations, luxury hotels, or a spa-like environment at home, then the Eleven sheet set from Revival New York is for them. "These sheets make you feel like you're tucked away in an upscale resort," Ziegler says, sharing that they're crisp, lightweight, and cool.

The Refill Shoppe Bath Kit

There's nothing like a good bath set to promote calm energy. This kit from the Refill Shoppe features bath salts, bath oil, and aloe (<https://www.everydayhealth.com/diet-nutrition/diet/aloe-vera-benefits-risks-uses-more/#:~:text=Aloe%20vera%20may%20help%20with,heartburn%2C%20and%20blood%20sugar%20control.>)-based bubble bath in pretty, reusable vessels. It has a variety of scents. I tried out the Sweet Dreams blend, which has a soft, lavender (<https://www.everydayhealth.com/diet/what-are-possible-benefits-lavender-must-know-facts-about-therapeutic-plant/>) scent. This trio is nontoxic, vegan, pH-balanced, and wonderful for all skin types. Plus, the vessels can be refilled with bath goods, making them an eco-friendly choice.

Stained Glass Candle Holder with Pink Blossom and White Butterfly

20/32

An Art-Forward Approach to a Home That Smells Good

Scented Candle With 'Wolf' by Trevor Hunt, Kwakwaka'wakw Nation

Buy at Light Codes Studio \$47.50(https://madebyhumans.com/products/scented-candle-with-wolf-contempora

"There's a lot to love about this candle," says Scully. "For one, it's very different from any candle you'll find in a big store." She added that the excellent artwork sets it apart from other contenders. This vessel is sure to be one they'll hang onto long after the candle has its final burn.

For Those Who Love a Warm Cuppa

Nepal Tea Collective Rose-Label Gold Tea

Buy at Nepal Tea Collective \$100(https://nepalteacollective.com/collections/organic-black-tea/products/reserve

The true tea lovers are constantly in search for new brands and flavors to enjoy — the more interesting of a backstory, the better. Blow them away, Rose Label Gold Tea from Nepal Tea Collective. Grown at the Pathivara Tea Estate, one of the most elevated tea farms located in a very remote area of eastern Nepal, this tea is known for its complex spicy notes. Dubbed the most expensive tea in the world, it has a luxury presentation. "It comes in a really pretty wooden presentation box with a flower carved on it," shares editor Olivia Campbell (https://www.everydayhealth.com/authors/olivia-campbell/).

For the Chef

These gifts go out to the one who is always insisting on cooking dinner, vies for any chance to take on holiday-cooking duties, and glows when their cooking is complimented.

For the Grill-Master

Cuisinart 28" Outdoor Griddle With Hood

Buy at Cuisinart \$299.99(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.dpbolvw.net%2Fclick-101055782-15>)

Health Conditions (<https://www.everydayhealth.com/conditions/>) Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

If cooking is how you loved one keeps their stress down, then they may love an unexpected gift like this outdoor griddle. The 50.4 square inch flat-top can cook up to 24 burgers, so it is fantastic for those who relax by hosting and sharing a meal with a bunch of their loved ones. One of our writers, Alexandra Ginos (<https://www.everydayhealth.com/authors/alexandra-ginos/>) was thrilled by the versatility of this tool. “We’re so excited about the flat griddle top to make a wider variety of foods than a traditional grill — pancakes, stir fries, meats for a cookout crowd, more vegetables,” she says. “I also like that there’s less cleanup than the slats of a traditional grill.” Heads up: The set-up process is a bit involved, but it doesn’t take away from how fantastic of a gift this is.

For the Plant-Based Chef: ‘Love and Lemons Simple Feel Good Food’

125 Plant-Focused Meals to Enjoy Now or Make Ahead: A Cookbook

Buy on Bookshop.org \$35.55(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fwww.awin1.com%2Fcread.php%3Faw>)

A good cookbook can take the guesswork out of weeknight meals and last minute dinner party dishes. We think this cookbook is perfect for the plant-based person on your shopping list. “I really loved the veggie-first approach, and that several recipes allow you to customize a bit to your preferences,” says Scully. She added that she loved that this is full of recipes that can be made ahead of time, making it fantastic for meal planning. Even her young son, who can be quite a picky eater, was keen on many of the recipes.

Something to Look Beautiful on Their Stove

Viking 2.6-Quart Matte Black and Copper Stainless Steel Whistling Kettle

\$99.95 at Amazon
~~\$149.99~~ NOW 33% OFF

Buy on Amazon \$99.95(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=06rDaq!)

Something that can make a kitchen feel effortlessly pulled together is a well-designed tea kettle on the stove. Modeled after an old fashioned tea kettle, this one lets out a nostalgic whistle when it is done boiling. “It has a modern look with a classic shape, which I personally really like, and it can work on induction, gas, electric, halogen, and ceramic stovetops,” says Scully. This is a kettle built to last that offers a sweet alternative to stereotypical electric boilers.

For the Friend Who Should Be on ‘Chopped’

Viking Culinary 10-Piece, True-Forged Block Set

\$249.99 at Amazon

Buy on Amazon \$249.99(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=07kPPF)

While the basic principle of the "breakdown" is excellent cost per knife, especially for the "gourmet" chef's knives, the santoku knife, and the bread knife," says writer Shoemaker. She thinks this is perfect for anyone who loves to cook, and it may be especially appreciated by amateur chefs who are constantly in the kitchen preparing meals for their family members.

Fritaire Self-Cleaning, Nontoxic Air Fryer

Buy on Amazon \$199.99(https://cc.everydayhealth.com/v1/otc/O1TGsR9g1Nf18sKJRrXH5DB?product_uuid=07JGsT)

Sauer found this to be a convenient tool in the kitchen that looked great on her counter. "I've noticed it is much easier to keep clean than our other air fryer. It seems to be a combination of the self cleaning function and the glass," she says. Aside from families, she noted that this could be perfect for college kids or someone moving into their first apartment.

Mingle Mocktail Flavor Variety Pack

The sober-curious movement is taking over, with more and more people opting to decrease or cut out their alcohol consumption (<https://www.everydayhealth.com/diet-nutrition/americans-are-drinking-less-why-thats-a-good-thing/>) altogether. Despite this, our culture still centers on alcohol when it comes to gathering, hosting, and celebrating. This variety pack from Mingle Mocktail is an excellent option for the friend who loves to host but is changing their relationship with alcohol for the sake of their well-being.

"I like how refreshing this mocktail is and how, despite it being low-calorie, it doesn't taste artificial," says writer Katie Tuttle

(<https://www.everydayhealth.com/authors/katie-tuttle/>). Pro tip: Grab a pack for yourself and keep it on hand for your next event. [Health Conditions](https://www.everydayhealth.com/conditions/) (<https://www.everydayhealth.com/conditions/>) [Wellness & Self-Care](https://www.everydayhealth.com/wellness-selfcare/) (<https://www.everydayhealth.com/wellness-selfcare/>) Your teetotaler friends will thank you.

[Nutrition & Fitness](https://www.everydayhealth.com/nutrition-fitness/) (<https://www.everydayhealth.com/nutrition-fitness/>)

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Pick Up a Hobby

Let's bring back the art of leisure—it's good for your health. Leisure activities, including hobbies of all varieties, can boost resilience and deepen self-esteem.^[10] Here are some gifts to get your loved one started.

For the Sentimentalist

Artifact Uprising Custom Everyday Photo Book

Buy at Artifact Uprising \$38.25(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X17>)

Whether it's the new mom eager to soak up every moment or your globe-trotting bestie, you likely have a sentimentalist in your life. This photo book from Artifact Uprising is perfect for those who would love to have their favorite memories collected in one book. Users can select their favorite photos and have them uploaded into the book.

"I've been making baby books and family photo albums with Artifact Uprising for years," says editorial director Scully, "and they make great gifts for loved ones." Whoever you gift this photo book to will be sure to hold on to it for years to come.

For the Beginner Gardener

The Sill Calathea Rattlesnake Plant

Buy at The Sill \$39(<https://ehg.prsm1.com/r?url=https%3A%2F%2Fgo.skimresources.com%2F%3Fid%3D288593X17>)

Having a green thumb is a learned skill. If you have a loved one who loves the aesthetic of house plants but is nervous about their ability to keep them alive, then this Calathea Rattlesnake plant from The Sill is the perfect gift. This plant is tolerant of low light and only needs water every one to two weeks, making it beginner-friendly. It isn't just the plant that is gorgeous — you can choose from three lovely planters (or you can choose to purchase in a grow pot). "I love that the plant shipped with a ceramic planter and it arrived happy and healthy," says Scully.

For the Eco-Conscious Friend Who Wants a Cozy Home

Siblings No. 4 Clean Candle

Health Conditions (<https://www.everydayhealth.com/conditions/>) Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)

There's nothing like walking into a home that smells fresh with a sweet candle lit. This candle from Siblings takes an innovative

approach. It has a low-waste package, with the wax arriving in a bag. You'll melt the wax in the bag and pour it into a vessel of

your choice. You can opt to use a cup you have laying around, a used up candle vessel, or you can buy a new one.

(<https://siblings.co/collections/the-scandifornia-collection>) from Siblings. The idea is to cut down on the unnecessary waste created by purchasing new candles and instead reuse vessels. We think it is a pretty genius idea and it's perfect for your eco-conscious friend who wants a cozy home.

Daily Adventure Journal by Somi

It can be easy to get stuck in a rut. Daily routines, like walks around the block, commutes to work, and even cooking dinner after a long day can all start to lose their glimmer pretty quickly. The Daily Adventure Journal by Somi is designed to help folks access meaningful experiences everyday. Each daily entry has a recommendation designed to gear you towards a new experience and gives you a space to write about what you learned during your adventure. "Fun way to get me out of the house," says mental health writer Amy Marschall (<https://www.everydayhealth.com/authors/amy-marschall/>).

Write to Me 'Recipes Passed Down' Journal

There's nothing better than the nostalgia food can bring us. This *Recipes Passed Down* journal (<https://writetomeshop.com/collections/recipe-journals/products/recipes-passed-down>) is a lovely keepsake in which recipes can be written down and passed along for generations to come. We love this for the friend who likes to reminisce, your mother-in-law who always makes the best dishes from scratch, or your dad who is on the precipice of sharing what that secret ingredient is.

Bluecorn Candle Care Toolkit

<https://www.everydayhealth.com/healthy-living/self-care-gifts/>

(/)

Health Conditions (<https://www.everydayhealth.com/conditions/>) Wellness & Self-Care (<https://www.everydayhealth.com/wellness-selfcare/>)
This one is for the person whose home is always filled with fresh candles burning. The best way to extend the life of a candle is to
Nutrition & Fitness (<https://www.everydayhealth.com/nutrition-fitness/>) News (<https://www.everydayhealth.com/news/>)
properly care for it. The Candle Care Toolkit from Bluecorn is perfect for this. A trim before the first light, a gentle prod when wax
Product Reviews (<https://www.everydayhealth.com/product-reviews/>) Find a Doctor (<https://www.everydayhealth.com/find-a-doctor/>)
is threatening to cover the wick, and use of a snuffer to properly put out the flame are all key parts of properly caring for a candle.
This kit includes tools for each of these steps, plus a easy-to-clean dish to burn the candles on. (<https://www.everydayhealth.com/about-us/>)

How We Chose the Best Gifts for Self-Care

We took great lengths to select the best gifts for self-care. First, we called on some help from our roster of writers, all of whom are veterans of the wellness industry and some of whom, like myself, are licensed mental-health professionals. We tapped each of them to test out various potential gifts, leading to over 400 products being tested. From there, we narrowed down the options to make sure every gift included in this guide was useful, accessible, and relevant to the importance of self-care.

I then hand-selected the top 39 products that I think are the best for self-care. I employed my expertise as a therapist (<https://www.juliachildsholistictherapy.com/>), my years of experience in beauty and lifestyle writing, and my knowledge of current trends in wellness to refine this selection. From there, I combed through recent research to reinforce the importance and effectiveness of these products. Finally, our editors reviewed each selection to make sure it was in alignment with their own research and insights.

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