

# Gift Guide

## for Moms, Grads and Dads

*Celebrate the special people in your life with some of these health-inspired gifts.*



The **Joovv Go** puts the power of light therapy in the palm of your hand. **Red light therapy** is a therapeutic technique which exposes your body to low-level red wavelengths of light resulting in improved skin health, fat loss, faster muscle recovery, reduced joint pain, enhanced thyroid function, and increased testosterone production in men. Slip the Joovv Go into your purse or backpack. Bring it to the office or gym. Take it on the plane, or on the road. It's light therapy, on your terms. [Joovv.com](http://Joovv.com)

The **Made Of** line in Target will offer all of the **essentials for new parents**, like Organic Soothing Baby Wipes, Organic Shampoo and Body Wash, Organic Hand Soap, Organic Calming Baby Powder, Organic Diaper Cream and Organic Nipple Cream. Each product is created with the mindset that everyday personal care products impact our health and wellness. This means parents can expect that each product is made with plant-derived ingredients, is certified to the NSF organic standard and is tested rigorously by independent sources. Get samples for \$2. [MadeOf.com](http://MadeOf.com)



Pet parents can groom, bathe and massage pets with the hypo-allergenic, bio-friendly components of **HandsOn Gloves**, carefully designed and clinically proven to be safe for use with humans and animals. These **grooming gloves** work wet or dry allowing for the perfect combination of scrubbing nodules on fingers and palms. The gloves are also a handy innovation to help remove pet fur off of furnishings, car seats and more, making it a multi-purpose tool. Your pets will love grooming time even more now. [HandsOnGloves.com](http://HandsOnGloves.com)

This shawl collar **Turkish terry luxury bathrobe** from **Thirsty Towels** is made from the perfect weight, 100% super-absorbent, non-GMO Turkish cotton. Features cuffed sleeves, two patch pockets and belt with two loops. You'll want to wear this all day. Styles for men, women and children and comes in plus sizes, too. [ThirstyTowels.com](http://ThirstyTowels.com)



The purest and most potent broad-spectrum, **adapto-genic, superherb powders** that help the body reduce inflammation, **Root & Bones'** lineup of powerful adaptogens effectively counteract physical, emotional and environmental stressors. Decreasing or harmonizing one's cortisol and other stress hormone levels, regular use cultivates thriving inner and outer health. Designed with convenience in mind, Root & Bones products can be smoothly integrated into a busy lifestyle and easily blended into coffee, tea, water, smoothies or baked goods. [RootAndBones.com](http://RootAndBones.com)

Add these two products to a wellness gift basket for any loved one that suffers from migraines. Changes in barometric pressure are a common migraine trigger. **WeatherX earplugs** allow air to flow through a CeramX filter that helps regulate the barometric weather, so a person experiences a more gradual change in pressure and, more importantly, a less intense headache. The WeatherX app sends push notifications alerting you to insert the plugs prior to a barometric pressure shift. [WeatherX.com](http://WeatherX.com)



Another powerful addition to your migraine toolbox is the **Migrastil Migraine Stick**. Apply Migraine Stick roll-on to the temples and back of neck as needed. Cooling relief made in the USA from all-natural essential oils. Vegan, cruelty-free and comes with a 90-day, no hassle, money back guarantee. [Migrastil.com](http://Migrastil.com)



**Alchemi Labs** is a **line of hats** created specifically to help with protection against the sun's harmful rays. Made of the same material that protects astronauts from solar rays, Alchemi Labs hats block 99.8% of skin-damaging UV rays, as well as skin-damaging ultra-violet rays. Moisture-wicking sweatband and aggressive ventilation aids in cooling and can help prevent heat stroke. Used by professional distance runners, beach lovers, gardeners, outdoor adventure seekers and more. Unisex and five styles to choose from, including the River Hat, Expedition Hat, Desert Hat, Sun Cap and Bucket Hat. [AlchemiLabs.com](http://AlchemiLabs.com)

