

Healthy

HOLIDAY GIFT GUIDE

Well+Good's essential shopping companion
for giving (*and getting*)



A Note about our Holiday Guide

Every day of the year we're out testing new workouts, fitness fashion, organic beauty products, and interviewing wellness luminaries for their must-haves.

So this Guide represents our favorites that we've been dying to share with you. No reindeer sweaters or predictable PJs. Just healthy, special, and possibly unexpected gifts we think you'll feel great about giving or getting. (We would!)

Wishing you a healthy holiday season!

Cheers,

Melisse and Alexia

Founders, WellandGoodNYC.com

P.S. Please note this strictly editorial guide links through to sites where you can buy all the products—for your convenience (not our remuneration).

If you enjoy this Guide, we bet 18 of your BFFs will too. Save it and forward it to them. The best gifts in life are free!

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How to use this Guide: All the links to products are clickable, so you can shop straight from this Guide—or print it out and take it holiday shopping.

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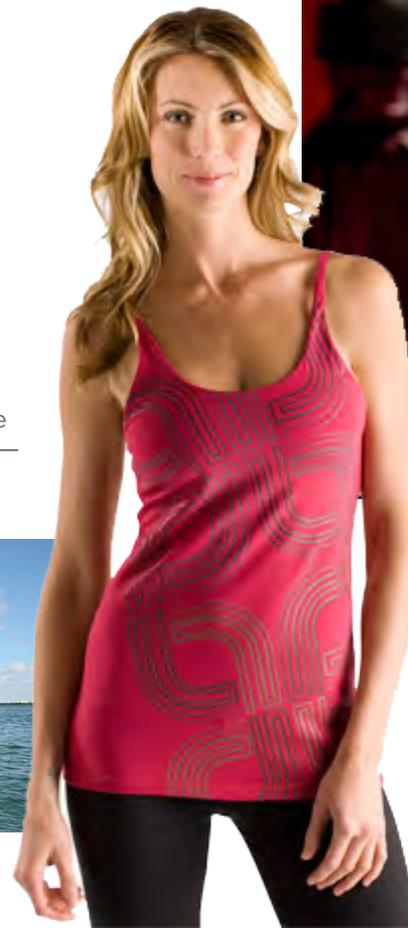


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6



Fitness Gear Made Fabulous

Whether you're looking for function or fashion, these picks will make anyone the envy of the gym.



1



2



3

1 Lululemon Dash Tank. This Luon shell has practical features, like a handy iPod pocket, and pretty ones, e.g., the ruffled detail down the back. \$52, www.lululemon.com

2 Omala Bamboo Ethereal Y-back Tank. It's almost a riff on a ballerina cami, just with chic color blocking. And it's whisper-light for yoga and barre. \$65, www.omalaua.com

3 Spiritual Gangster Give Love Racer-back Tank. Message received, and delivered with serious cool factor. PS: The almost A-line cut is incredibly flattering. \$44, www.spiritualgangster.com

4 Hard Tail Tie-Dye Yoga Pants. Put a bit of bohemian chic into your black yoga-pants rotation with these so-not-boring bottoms. \$78, www.hardtailforever.com



4



Sweaty Betty Velocity Jacket. A lightweight reflective windbreaker with fashion details like a printed collar and elastic cuffs and waistband. \$250, www.sweatybetty.com



Adidas by Stella McCartney Primaloft Image Ski Jacket. New York City chic on the slopes. That's the style factor of this Primaloft insulated jacket, which keeps you warm and dry without a bit of bulk. \$450, www.shopadidas.com

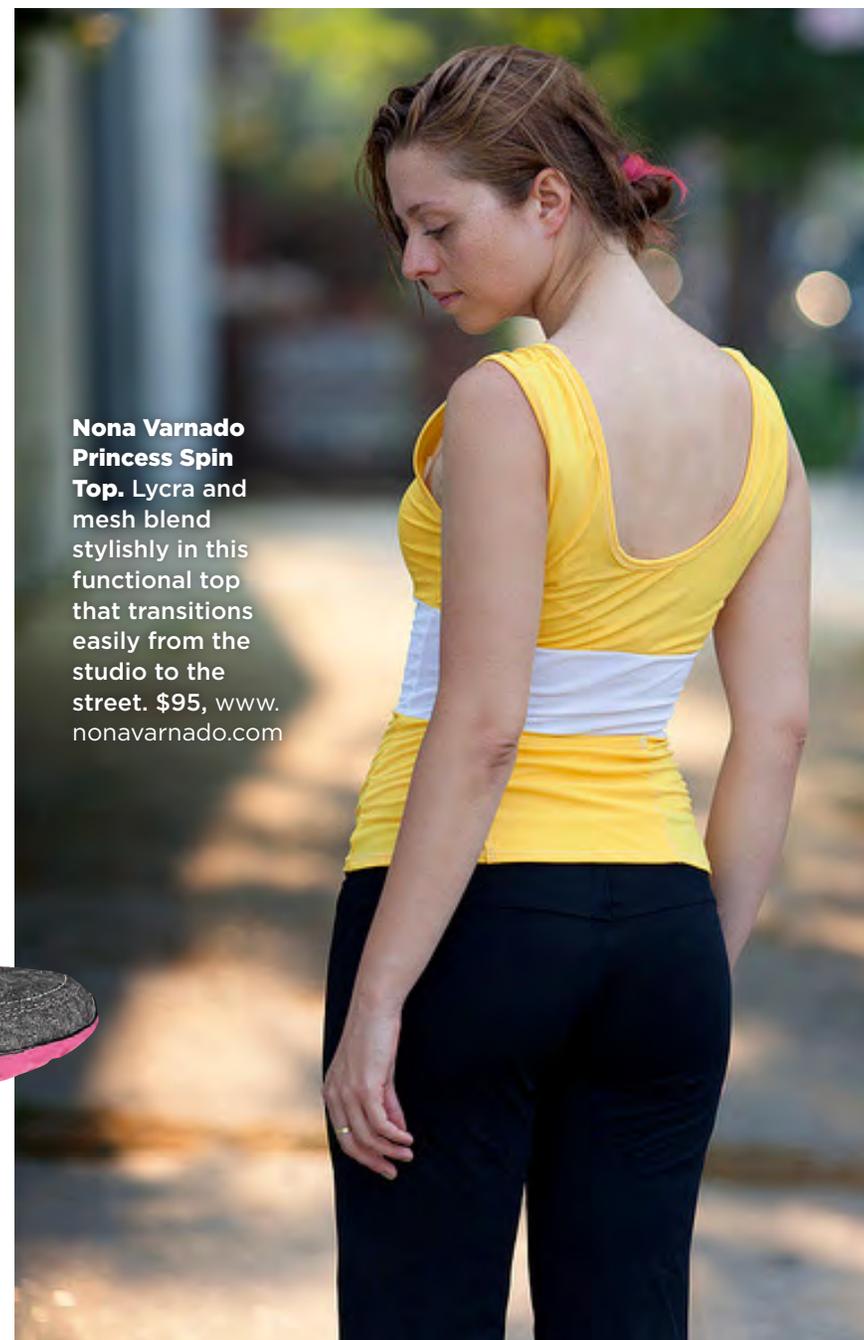


Burton Siesta Sweater. This feminine cotton-rayon zippy is great après ski or après yoga. \$69, www.burton.com

Urbanears Bagis Headphones. These rubber workout headphones come in a rainbow of funky colors, and they snap together around your neck when not in use. \$35, www.urbanears.com



New Balance NewSky Shoes. These are deliberately made for running errands, not a race, and created with recycled materials and water bottles. \$90, www.newbalance.com



Nona Varnado Princess Spin Top. Lycra and mesh blend stylishly in this functional top that transitions easily from the studio to the street. \$95, www.nonavarnado.com



Splits 59 Helena V-back Pullover. Boat-neck elegance in the front; party in the back. Made in French terry and tencel. \$82, www.splits59.com



3.1 Phillip Lim Drawstring Sweatpants. Workout pants that you can also wear out—like with heels. Check out the smoking ankle zips. \$375, www.shopbop.com



The Ultimate Home Gym

The Prada of fitness, Italian-born Technogym created this \$10,000 minimalist kinesis system specifically for the home (Madonna has one). The pulleys use resistance to strengthen and tone without a single clink and clack. The new treadmill with Visioweb, also \$10,000, features the world's first internet-surfing screen (19"), ideal for multitaskers. www.technogym.com/us



“The Best of Barre Classes”

—*SELF Magazine*

Complement your yoga practice with Figure 4.

Pure Yoga's exclusive barre-based class combines the elements of classical dance, Pilates, yoga and resistance training.

Please contact a yoga advisor for details.

FIGURE 4

EXCLUSIVELY AT PURE YOGA

PURE EAST

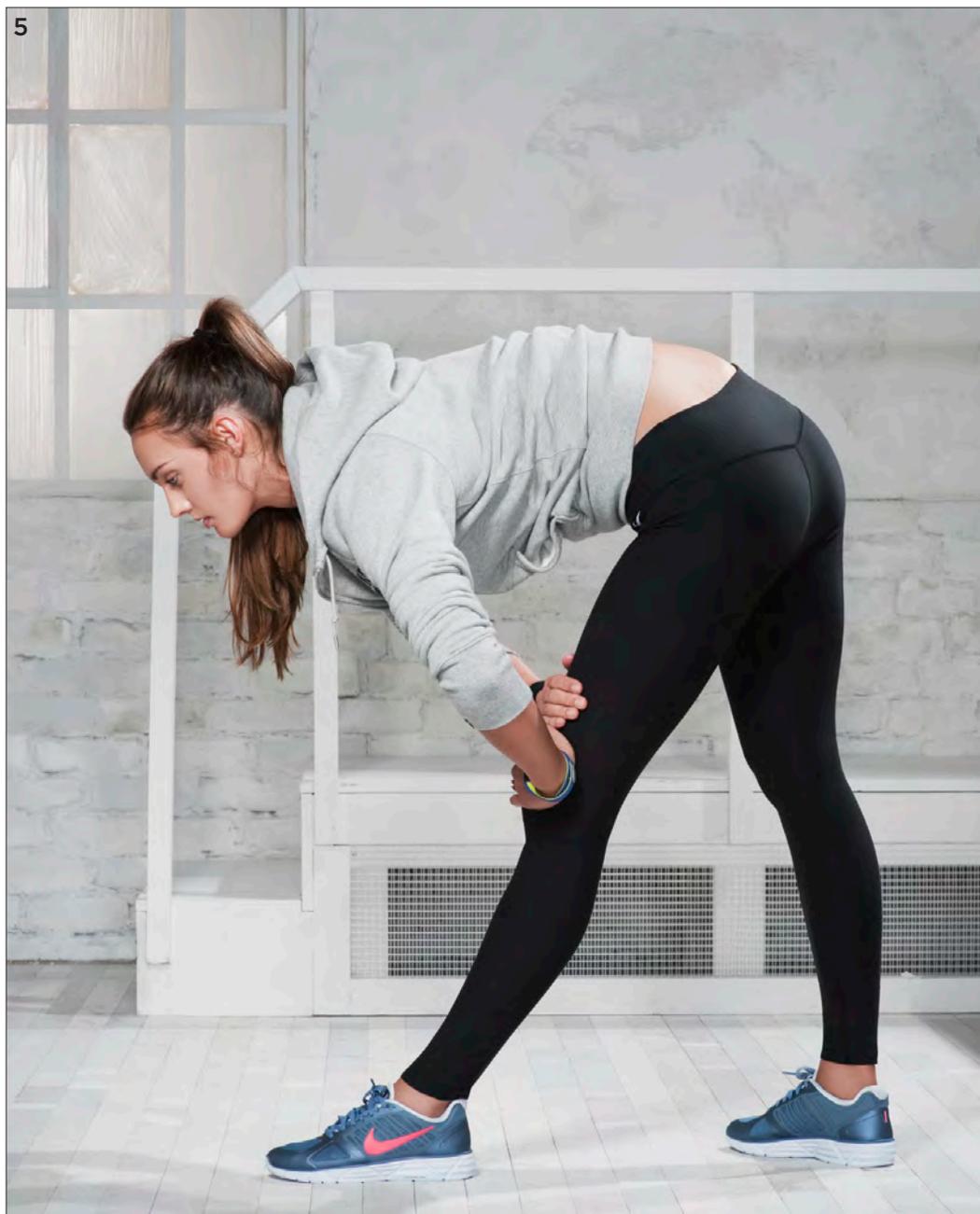
203 E. 86th St. @ 3rd Ave.

212.360.1888

PURE WEST

204 W. 77th St. @ Amsterdam Ave.

212.877.2025



1 15Love Essentials Jacket. There are darling details in this light warm-up or cool-down jacket, like ruching on the back and a reflective zipper down the front. \$109, www.15loveapparel.com

2 Tanya B Tie Dye Halter. This gorgeous halter, designed by yoga-instructor Tanya Boulton, is a statement piece for any practicing yogi. \$59, www.tanya-b.com

3 Lolë Spiral Tank. The cool factor of this modern tank extends from the playful print to convertible straps that crisscross. Plus it has practicalities like a soft, wicking fabric and a shelf bra. \$60, www.lolewomen.com/us

4 Alo Button Capri. They look like your basic black yoga pants (made out of bamboo), but the button detail on the leg gives them a little extra something-something. \$54, www.beebliss.com

5 Nike Legend Pant. The most crafted workout pant Nike has ever made has a wide (flattering) waistband that has a slightly higher-rise in back for booty coverage while stretching. \$70, www.nike.com

FOR HIM



Lululemon Domain Hoodie Stripes. A casual look for your guy, with stretch side panels for movement and an iPhone chest pocket that routes the cord. \$118, www.lululemon.com



Orlebar Brown Third Eye Swim Trunks. These lightweight canvas swim trunks are embroidered with a third-eye graphic of famed London illustrator Alan Aldridge—a reminder to stay present on that surfboard. \$325, www.barneys.com



North Face Paramount Peak Convertible Pants. The best-selling convertible pants (meaning the legs unzip at the knees, morphing into shorts) come in handy for those hike-and-spa weekends. \$65-\$75, www.thenorthface.com



- ◀ **Puma Run Top.** A base layer supports and wicks moisture, while the top layer lends a playful starbust-meets-roller disco pattern and pretty ruching details. \$45, www.puma.com
- ◀ **Pearl Izumi Sugar Short.** Serious spinners who shop at JackRabbit Sports love the functional fit and padding. Fitness fashionistas go for the hints of pink. \$55, www.pearlizumi.com

GIFT EXCHANGE

Jillian Michaels & Ruth Zukerman

We asked these fitness mavens and business partners what they're giving each other this holiday season.



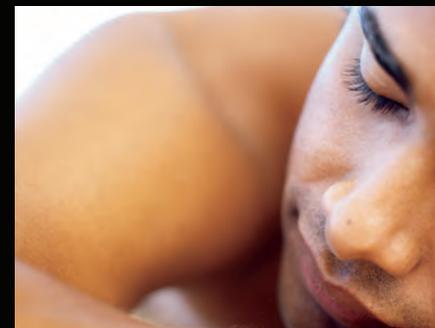
Jillian Michaels
Health & Wellness Expert/Co-host, The Doctors

For the holidays, I'm getting Ruth a Body Media FIT Armband for my 360 Weight-loss Navigator, so she can see how many calories she's burning when she tears into her students at Flywheel NYC.

Ruth Zukerman
Co-owner, Flywheel Sports

I'm getting Jillian a scarf from Theodora and Callum for her holiday gift. It's an amazing new line that I love. This way she can keep warm whenever she comes to visit me at Flywheel headquarters in NYC this winter.

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chelseapiers.com/sc | 212.336.6000

Standout Shoes and Bags

Shoes and bags make the women, even at the gym. We found the most fashion forward footwear and bags to accessorize those toned biceps and calf muscles.



1 Prancing Leopard Hand-Knit Infinity Scarf. Super stylish and handcrafted in 100 percent organic Turkish pima cotton, this scarf benefits the Women Artisan Project, which helps homebound artisans. \$80, www.prancingleopard.com

2 Sidi Dominator 5 Spinning Shoes. Put pedal to the metal in spin class with these snakeskin-inspired shoes from Sidi, the Prada of cycling gear. \$259.99, www.sidiamerica.com

3 Adidas by Stella McCartney Florifer Bag. Finally, a gym bag that borrows heavily from the fashion world, but comes in a more durable material with lots of zippered pockets to stash gym gear. \$200, www.adidas.com

4 Blake Brody Daryl In-Studio Shoes. So cute they should be worn out-of-studio. We love their grandpa-chic houndstooth design with the corset heel, plus they're eco-friendly. \$105, www.blakebrody.com

5 Tory Burch Pierson Canvas Backpack. This fashionable backpack pulls out all the fitness function stops, with easy-to-access enclosures and lots of padded pockets. Plus two thumbs up from the chiropractor. \$365, www.ToryBurch.com

6 See by Chloe Sherpa Flat Boots. These faux-shearling boots will warm your feet, and your conscience. Perfect for traipsing through winter snow banks en route to Pilates or yoga. \$445, www.shopbop.com

The "It" Bike

Biking is en vogue. Don't let your pal pedal the streets on a clunker.

Schwinn City IG3 This adorable eggplant-colored urban roadster has a rear rack built into the frame, ideal for shuttling groceries. The three-speed also comes with a comfy saddle and fenders. (A guy-friendly counterpart bike is also available.) \$680, www.schwinnbikes.com



Nutcase Helmet ▶

There are no excuses for not wearing this cute (and safe) helmet that comes in colors (Gold Sparkle!) to match every bike frame—and outfit. \$55, www.adelineadeline.com



Five Fitness Finds Under \$25

Need something for your fitness boot-camp buddy, a yoga-practicing coworker, or your snowboarding brother-in-law? These are pretty and practical.

- 1 Zohba Boyshort.** Yogis swear by these whisper-light undergarments because they're seamless, which is key for no visible panty lines. \$18, www.zobha.com
- 2 Gaiam Inflatable Bolster.** A restorative prop for an overworked New Yorker to wind down at home. Deflates for closet-friendly storage. \$25, www.gaiam.com
- 3 Athleta Pilayo Braid Headband.** The braided texture holds it in place (and looks super cute), while the absorbent fabric fights sweaty-bangs syndrome. \$12, www.athleta.gap.com
- 4 Burton Touchscreen Liner Glove.** Change the song or check a voicemail while on a winter run without risking frozen fingers. They come in six plain to funky patterns, like this Sumo one. \$17.95, www.burton.com
- 5 WaterGeeks Bottle.** A filter is built into the lid of this 24-ounce stainless steel bottle. Great for refilling from the water fountain at the gym. \$24, www.thewatergeeks.com

Bespoke Natural Beauty

Artisanal, handmade, organic, and rare. This describes many of our favorite natural beauty brands, whose cosmetic craftsmanship makes these special to give and use.



- 1 **Intelligent Nutrients Destress Express Certified Organic Spirit Essence.** This tension-taming tonic doubles as a unisex anti-bacterial spray. It's perfect in place of perfume—or those toxic body-deodorants. \$40, www.intelligentnutrients.com
- 2 **Tammy Fender Spontaneous Recovery Crème.** This is pure skin-care gold, developed with protective plant oils (ideal for sensitive skin and year-round outdoorsy types) and infused with the celeb facialist's love and intention. \$165, www.tammyfender.com
- 3 **H. Gillerman Organics Sleep Remedy.** Beauty sleep is easier to get with a whiff of these high-quality essential oils, like lavender, which helps calm a restless mind. \$48, www.hgillermanorganics.com
- 4 **Preserve Skincare Geranium Leaf or Orange Blossom Pads.** These are ideal for the gym locker, a yoga studio sans sink, or just lazy face-washers. \$38, www.preserveskincare.com
- 5 **Give All-Natural Perfume Oil.** Yoga superstar Elena Brower created this pure sultry-spicy scent blend (think vanilla, citrus, and a hint of leather). A portion of its proceeds also goes to Women for Women, an international aid organization. \$48, www.givescent.com

GIFT EXCHANGE

Tata Harper & Keri Waxer

We asked these natural beauty mavens and business partners what they're giving each other this holiday season.

Tata Harper

Founder of Tata Harper beauty

I'm giving Keri a three-day relaxation retreat at the stunning Canyon Ranch Spa in Lenox, Massachusetts.



When she comes to the Farm in Vermont, she will get her stocking stuffers—mostly makeup from fabulous natural lines like Kjaer Weis, RMS, and a new red nail polish from Priti that's perfect for the holidays.

Keri Waxer

Founding Ambassador of Tata Harper beauty

I'm giving Tata the Mandarin Oriental Signature Spa Therapy at the gorgeous Spa in New York City. It's a takes a holistic approach for the new mother to be. I'm also giving her a luxurious Rahua hair treatment at Butterfly Salon, and, because she's a constant traveler, an uber-chic Chan Luu silk-cashmere scarf and an organic cotton Laura Langley Eco Sleep Eye Mask.





Custom Creation

Truth Art Beauty. You cherry pick the key ingredients for these made-to-order natural beauty products—oatmeal or lemon peel for your body scrub? sugar or salt?—which makes for a super personalized gift. \$32-\$54, www.truthartbeauty.com



Naturopathica Weekend Warrior Gift Set. The Arnica Muscle Gel and Peppermint Foot and Body Cream are ideal for those male or female workout-aholics in your life. \$40, www.naturopathica.com

Give the Gift of Giving

Make a donation in your BFF's name to these wonderful wellness non-profits.

The Center for Anti-Violence Education Help keep the Park Slope self-defense and karate programs for women sliding scale. www.caeny.org

You Can Thrive! Wellness services for breast cancer survivors. www.youcanthrive.org

Bent on Learning Provides yoga in under-served New York City schools. www.bentonlearning.org

88 Bikes Just \$88 gives a kid a bike in a developing country. www.88bikes.org



Organic Pharmacy Party Girl Gift Set. Know a holiday party hostess or a champagne sipper? Here's a holistic way to help her look and feel her best. Includes: Hang Over and Super Tonic supplements, Peppermint & Manuka Foot Cream (ouch, those heels), Lifting Eye Gel, and Ultra Glossy Lip Plump. \$128, www.theorganicpharmacy.com



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FLORIDA

Amala Hydrate Ritual Collection. A complete eco-luxe skin-care routine, in travel-size servings: Cream Cleanser, Face Cream, Face Polish, Yogurt Mask, and Hand Cream. Plane ticket not included. \$50, www.amalabeauty.com



Aesop Resurrection Duet. Ideal for the chef, the skier, and the avid texter of both sexes. The Resurrection Aromatique Hand Wash and Hand Balm coddle hard-working hands and have a botanical (not floral) scent. \$125, www.aesop.com



A Perfume Organic. These USDA-certified organic perfumes are made from flowers, plants, and herbs—not chemicals—in small batches. Which means your special signature scent won't be worn by millions. A Perfume Organic (various scents), \$65, www.aperfumeorganic.com

Beauty Buyer Beware: 5 Beauty Products Never to Gift

Lest you want your gift to go over like a lump of coal, stay away from giving beauty products that feature the following phrases, claims, or intentions:

- ✗ Fights cellulite
- ✗ Corrects dark circles
- ✗ Firms sagging skin
- ✗ Clears blemishes and acne
- ✗ Minimizes signs of aging
- ✓ Instead reach for skin-care, bath, and makeup products that will make people feel great about themselves—and you!

Downtown's best kept secret.



PILATES



PERSONAL TRAINING



SPA

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1



3



2



4

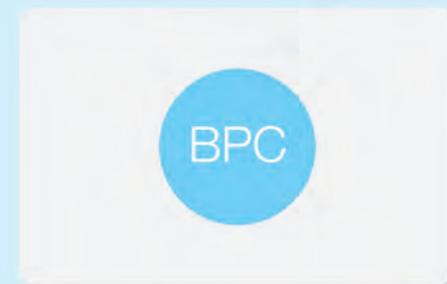
1 In Fiore Nourrit Face Oil Concentré. A luxe plant-based serum, handmade by a master formulator, that nourishes and revitalizes winter-wan skin. \$60, www.infiore.net

2 Tata Harper Core Beauty Set. A gorgeous trio by a leader in prestige natural beauty. Includes Regenerating Cleanser, Rejuvenating Serum, Hydrating Floral Essence. \$280, www.tataharper.com

3 One Love Organics. Staples from this year's organic-beauty breakout brand. Easy Does It Foaming Cleanser (\$29), Brand New Day Microderma Scrub & Masque (\$39), Love Springs Eternal Serum (\$98). www.oneloveorganics.com

4 Absolution. This sexy natural line of France skin-care products had us at hello. The design lends itself to some serious dressing table drama. And the cleverly arranged collection caters to those who like a day and night cream, and those who want one do it all. \$40-\$89, www.spacenk.com

Cheers.



Give the Gift of Health

BluePrintCleanse.com
©BluePrintCleanse2011

Uncommon Cosmetics: Natural Makeup, Hair, and Nails

Give the gift of a glowing complexion, luscious locks, or the perfect pout with these beauty picks. They're all luxurious, natural or organic, and not found just anywhere.



▲ **Nvey Eco Creative Eye Color System.** The up-and-coming organic makeup line uses corn silk and jojoba oil to create deep, long-lasting colors. Six color palettes complement any complexion. \$61, www.nveymakeup.com



▶ **Kjaer Weis Refillable Eye Shadow.** Your girlfriend can click natural, deep-hued color replacements into this high-design silver compact when she's finished with the first color. \$44 (\$20 for refills), www.spacenk.com



▶ **Rahua Travel Set.** Rahua oil, culled from the Amazon, is a rich hair nourisher. The set comes with original and voluminous shampoo and conditioner. \$32, www.rahua.com



▶ **Jane Iredale Chocoholicks.** A palette of hydrating, colorful lip glosses that blend chocolate truffle flavor with blood orange, espresso, berry, and chili pepper. \$35, www.janeiredale.com



▼ **RMS Beauty Essentials Gift Set.** The ultimate starter kit—for eyes, cheeks, and lips—from the leading New York-based organic makeup brand. \$150, www.spiritbeautylounge.com



1 Vapour Organic Beauty Holiday Collection. This four-piece collection includes staples of the cult-favorite makeup line: lipstick, eyeliner, a three-free polish, and the illuminating Trick Stick. \$49, www.vapourbeauty.com

2 Revolution Organics Freedom Glow Beauty Balm. An all-in-one beauty multitasking product, this balm brings a dewy glow to lips, cheeks, and eyes. \$34, www.revolutionorganics.com

3 Priti Skiing in St. Moritz Winter 2011 Collection. Priti's new shades are inspired by a Swiss ski lodge—April Snow, London Brocade, Lilac Queen, and Monkey Puzzle. \$12.50 each, \$37.50 set, www.pritinyc.com

4 Josie Maran Makeup Bag With Brushes. Five essential makeup brushes, from the model and natural makeup maven, come in this stylish bag sewn with silk and hemp. \$65, www.josiemarancosmetics.com

5 Northwest Goods Metal Hair Barrette. Dress up a post-workout ponytail with this unique twist and lock barrette, handmade in Portland. \$28, www.northwestgoods.etsy.com

everything
is better by
red flower
indian jasmine
candlelight.



A Spa State-of-Mind

Spa escapes—and spa-inspired products you can use at home—make wonderful gifts. As does a gift certificate to a muscle-melting massage or holistic facialist. Whale-sound CDs do not.



1 Hydrea Beaming Body Box. Know an avid detoxer? This four-piece set includes all the supplies she'll need for at-home body brushing and lymphatic drainage. \$48, www.spiritbeautylounge.com

2 Lipault Plume Carry-On. This 22" weekend-size suitcase comes in five stylish colors—that kind of match the chakras. It's just 6 pounds, and has 360-degree spinning wheels. \$200, www.flight001.com

3 Aromatherapy Associates Little Luxuries. Almost as lovely as a treatment at the London flagship spa or the Mandarin Oriental? The company's best-selling bath and shower oil blends, bundled in this little box. \$21, www.aromatherapyassociates.com

4 Manduka Eko SuperLite Travel Mat. No more knocking into innocent bystanders with a bulky rolled-up mat. This one folds into the size of *W Magazine*. \$39, www.manduka.com

5 Tatine Forest Floor Candle. Wet dirt, rain soaked leaves, and damp wood. That's the special heady scent of this candle handmade with natural waxes. \$35, www.abchome.com

6 Red Flower Himalayan Larch Intensely Scented Room Diffuser. Evokes a pure pine forest on a crisp, clear winter day, with a hint of juniper berry. \$74, www.redflower.com

7 New Chapter Holy Basil. Like spa bliss in a bottle, this cortisol-reducing supplement, suggested to us by Dr. Jim Nicolai at Arizona's Miraval Spa, is the closest thing there is to a happy pill. \$21, www.drugstore.com



The Spa at Cal-A-Vie

Five Spa Retreats

Five top spas that we visited this year—and we want to visit again. Any spa-goer would love a long weekend or a gift certificate (or both) to these standouts:

Buttermilk Falls Inn & Spa, New York. An affordable fave. www.buttermilkfallsinn.com

Cal-A-Vie, California. Fitness and service finesse. www.cal-a-vie.com

Miraval, Arizona. Mind-body mastery. www.miravalresorts.com

Montage, California. Coastal setting, custom treatments. www.montagelagunabeach.com

Peninsula Spa by ESPA, NYC. Cossetting urban retreat. www.peninsula.com/NewYorkSpa



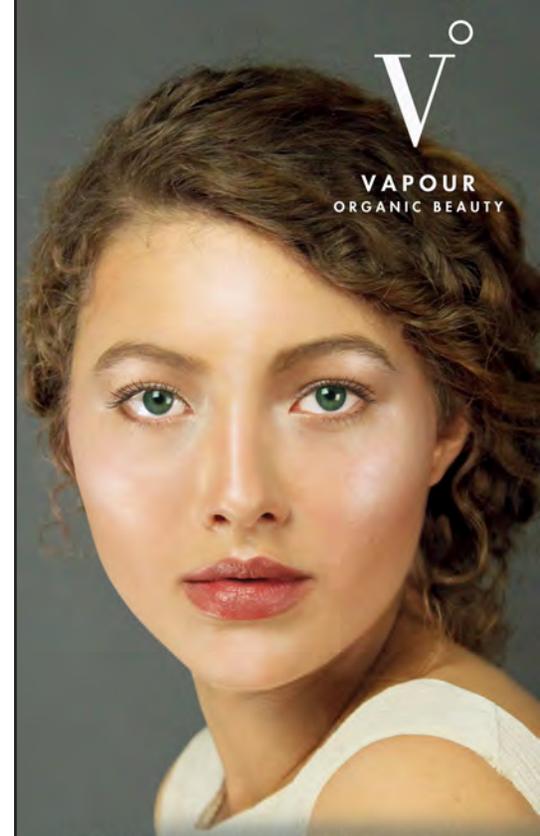
The Standard Bearer

We'd be remiss if we didn't sing the praises of The Standard Spa in Miami. The boutique hotel has become the warm-weather destination for yoga retreats with top instructors from New York as well as Wanderlust, a yoga-music festival (pictured). And we're fans of the affordable access to the outside hammam, the Adult Playground (a tricked out pool area with mud baths), and the selection of natural spa treatments. www.standardhotels.com



Personal Sauna

Infrared saunas are usually clunky and designed to be set up out of view. But the Aspire mPulse won't distract from your design sensibility in plain view, take up more space than an entertainment center (its just 43.6" W x 41.6" D x 76.6" H), or ratchet up your ConEd bill. It uses no more electricity than a blow-dryer. \$3,799 basswood (also available in cedar \$3,999 and teak, \$5,299), www.sunlighten.com



VAPOUR ORGANIC BEAUTY revolutionizes luxury and performance cosmetics with Pure Organic formulation, unique light-as-air textures and sophisticated color artistry. Made from natural mineral pigments suspended in Certified Organic botanicals, Vapour delivers the look of flawless, glowing skin without compromise.

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Healing Gurus

For a home-run holiday gift, give someone a treatment with these New York City gurus we love.



1

Holistic Facial with Julia March. The integrative skin-care guru takes a mind-beauty approach to skin, by using exfoliating currents, organic products, and a touch of energy work to diminish stress and draw out your glow. Facials start at \$170, www.juliamarchskincare.com



2

Massage with Cheri Keeler. A sought-after practitioner of massage and flower essences (used to ease maladies like insomnia or anxiety), Keeler gets our seal of healing approval—and that of long-time client, model Miranda Kerr (aka Mrs. Orlando Bloom). Massage starts at \$130; flower essence \$75, cherikeeler@gmail.com



3

Natural Makeup Consultation with Jessa Blades. Blades is probably the city's top natural makeup artist. During a session, she'll restock your makeup bag with gorgeous, non-toxic makeup, and show you how to use it to bring out your natural beauty. Sessions start at \$250 (plus products), www.bladesnaturalbeauty.com

Best New York City Spas for Gift Certificates

For the Natural Beauty Lover. Great Jones Spa has an all-natural menu of treatments (including Dr. Alkaitis facials), given by generally solid therapists, and a subterranean co-ed bath, sauna, and steam for lingering between treatments. www.greatjonesspa.com

For the Food and Wine Lover. Like its Bordeaux flagship, Caudalie at the Plaza Hotel has vinotherapy treatments, meaning they use antioxidant grape-seeds and skins. The best? A Crushed Cabernet Scrub and Barrel Bath. The spa lounge doubles as a wine bar. Call 212-265-3182 to order a gift certificate. www.caudalie-usa.com

For the Fitness Obsessed. Exhale, with several NYC locations, excels at core-focused fitness and natural-meets-high tech treatments, like fabulous facials and killer Fusion Massage. www.exhalespa.com

For the Downtown Sophisticate. The Shibui Spa at Tribeca's Greenwich Hotel is a Japanese oasis with a temple-like swimming area and beautifully choreographed treatments with names like Drunken Lotus. www.thegreenwichhotel.com

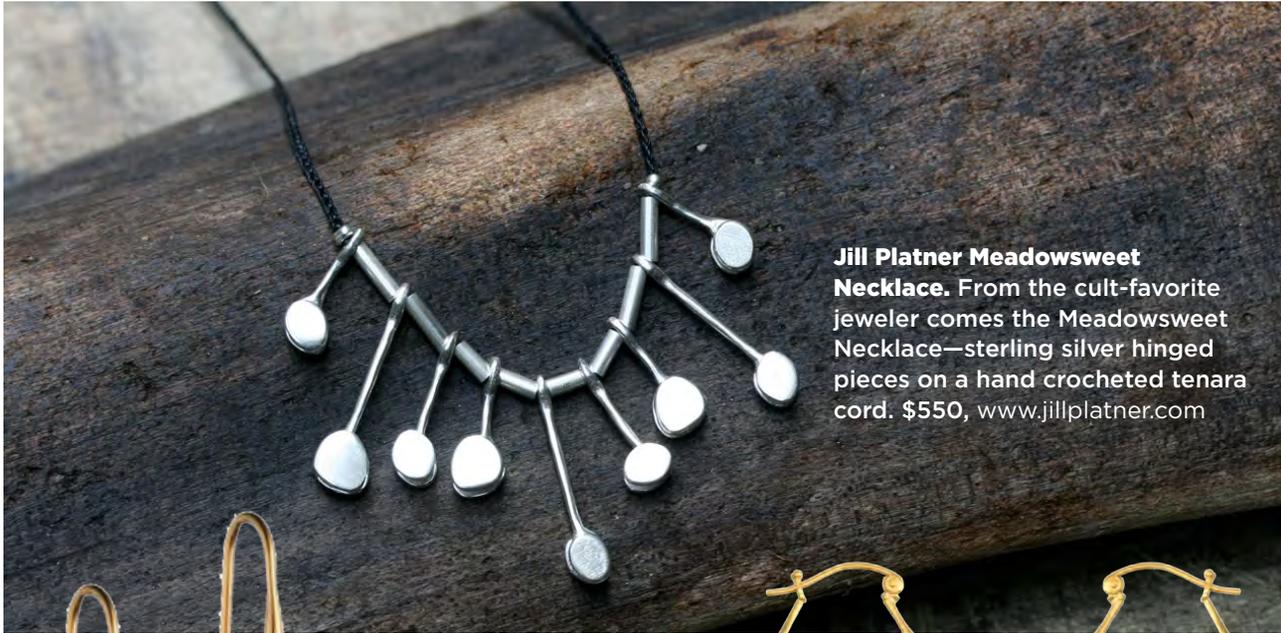


For the Spa Aficionado. The Spa at the Mandarin Oriental draws inspiration from Asia's ritual-length treatments and gorgeous spa design. The therapists here might as well have spa PhDs and their skill is worth every penny. www.mandarinoriental.com

For the Mani-Pedi Lover. TenOverTen in Tribeca feels like a chic clothing boutique. Clients are offered an iPad to peruse along with the most stylish non-toxic nail-polish colors, and a simple detail—amazing service. www.tenoverten.com

You, Adorned: Jewelry and Watches

These easy stylish pieces epitomize the studio-to-street lifestyle. And while several are Well+Good favorites, we've also spied many of our yoga and fitness instructors practicing in them, too.



Jill Platner Meadowsweet Necklace. From the cult-favorite jeweler comes the Meadowsweet Necklace—sterling silver hinged pieces on a hand crocheted tenara cord. \$550, www.jillplatner.com



Alexis Bittar Miss Havisham Crystal Encrusted Teardrops.

The chunks of Labradorite in these sparky stunners are said to strengthen intuition, and who couldn't use that in the new year? \$235, www.alexisbittar.com



Satya Floating Lotus Earrings.

These tear-shaped hoops (24kt gold plate over brass) come with a bit of yogic embellishment. \$88, www.satya.com

GIFT EXCHANGE

Gabrielle Bernstein & Kris Carr

We asked these wellness mavens what they're giving each other this holiday season.

Gabrielle Bernstein

Self-improvement guru and author of *Spirit Junkie*

I'll be getting Kris Carr a gong. Yup, a gong. This is a holiday gift and a housewarming present. I always give gongs when friends move into a new space. I'll suggest she give a tap when she walks in the door. It's a beautiful way to let go of negative energy, and recalibrate her loving vibration before she enters her sacred space.



Kris Carr

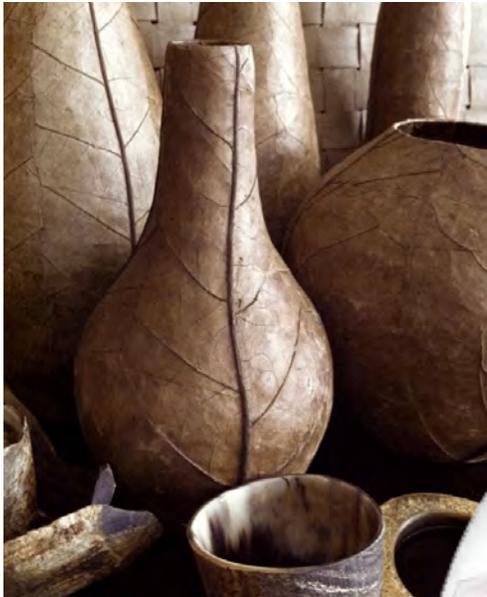
New York Times best-selling author, *Crazy Sexy Diet*, and founder of Crazysexylife.com

I'll be giving my soul-sister Gabby Bernstein a box of handwritten Crazy Sexy prayers and affirmations. Inspirational card decks add a blast of wisdom and unplanned reflection to my daily journaling practice.... What better way to honor my inner circle of friends than to personally write uplifting suggestions just for them? I'm still looking for the perfect paper to scribble them on, but thankfully there's time.





Julie Nolan Astrological Necklace. The jewelry equivalent of doing someone's chart! These sweet brass pendants feature the constellations for each of the 12 astrology signs. \$45, www.catbirdnyc.com



Urban Zen Tobacco Leaf Vase. And to adorn your space, these Haitian crafted vases come in assorted shapes, each with a delicate botanical look. Proceeds benefit Donna Karan's Hope, Help & Relief Haiti Foundation. \$55-75, www.urbanzen.com

Polar FT40 Watch. ▶

This athletic watch with a sleek design delivers just the right amount of information. Heart rate and calories burned—yes. Crazy, confusing splits—no. \$179.95, www.polarusa.com



glow

Active wear inspired by well-being

Lolë creates versatile, feminine, technical fashion for active urban women.

Join us at our new Tribeca showtique to share our fun, healthy lifestyle and be inspired to move with us.

Get your glow on with meet-ups, shopping and more at 24 Hubert Street, New York

Mention "Well+Good" for your free gift with purchase*.

*November 7 to November 22, while quantities last.

The Healthy Kitchen

Deck the halls and the kitchens of your favorite foodies, vegans, and locavores with these creative tabletop pieces and eye-catching counter-top accessories.



1 5-Piece Canning Set. Everything you need to preserve your veggies through the winter. Pick up some glass jars for the perfect gift set. \$16.95, www.fishseddy.com

2 Breville Dual Disc Juice Processor. This Cadillac of juicers can also puree for a fruit smoothie. \$399.99, www.brevilleusa.com

3 Bambu Mini Coconut Lacquerware Bowls. These sustainable-design colorful bowls are handmade from coconut shells in Vietnam. \$12, www.branchhome.com

4 Fresh Food Fast. Former Executive Chef of Angelica Kitchen, Peter Berley makes it easy to prepare seasonal vegetarian meals. \$23, www.amazon.com

5 Le Creuset Wok with Glass Lid. Perfect for stir-frying or steaming veggies, this cast iron wok is non-toxic and comes in four bright colors. \$240, www.lecreuset.com

6 Graze Organic Reusable Sandwich & Snack Bags. Hand silk-screened on organic cotton, these bags are a fun, green way to tote lunch to the office or elementary school. \$24 set of 3, www.grazeorganic.com



Meet the Hip and Healthy Holiday Gift Basket

BluePrintKit. BluePrint Cleanse packs healthy kitchen essentials into a handcrafted wooden box made by a Brooklyn artisan. The box doubles as a planter, perfect for the organic herb seeds included. \$160, www.blueprintcleanse.com



The Kitchen Yogi Cookie Cutters. Add some Om to holiday baking with cookies in every pose from Tree to Warrior One. \$20 set of 3, \$175 for 18-pack, www.thekitchenyogi.com

New York Vintners Farm-to-Table Organic Food and Wine Class.

Ideal for wine-loving traditionalists and organic enthusiasts. An evening of organic, biodynamic wine tasting is paired with fresh, sustainable foods. \$50, www.newyorkvintners.com



22 www.WellandGoodNYC.com

Give the Gift of Fitness of the 92Y May Center.

HOLIDAY FIT KIT*

- One month preferred 92Y May Center membership
- One-hour fitness equipment orientation
- Plus your choice of any combination of TWO of the following personalized services:



30-minute personal training session



30-minute nutrition counseling



30-minute private swim lesson

\$92 (a value of more than \$250)

Visit 92Y.org/FitKit or call **212.415.5729**

*Restrictions apply. Offer expires Dec 31, 2011. Must be redeemed by Jun 30, 2013.

Just for Kids

Banish plastic with these healthy, organic, and adorable gifts for the five-and-under set.



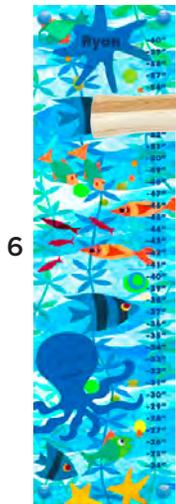
1



2



3



6



4



5

1

Tracksuit from Kids Adidas Originals. Channel some Royal Tenenbaum adorableness with a mini-me Adidas tracksuit. Go for the old school royal blue or red, and wrist bands while you're at it. \$45, www.shopadidas.com

2

Moomah's Super Tryer Placemat. These playful, sturdy placemats give kale and cauliflower star treatment. \$16, www.moomah.com

3

Table Ping Pong Set. Transform your dining room table into a ping pong arena—it's an Olympic Sport after all. Perfect for winter days when kids are stuck indoors. \$25, www.giggle.com

4

Green Babies Aromatherapy Mists. Any nursery will smell like a spa with these new calming mists that are totally free of synthetic fragrances and phthalates. \$6.99, www.greenbabies.com

5

The Little Yoga Mat. Created by a yogini-mommy, this eco-friendly yoga mat is the first one sized for children under 4. Comes in two designs, Lotus and Sun. \$25, www.thelittleyogamat.com

6

Personalized Growth Chart. Packaged for gift giving and personalized with a first name, this canvas growth chart, printed with an aquatic design, will be a keeper. \$64, www.giggle.com



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- ☆ Yoga Stars (3 - Tween)
- ☆ Private Sessions

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Well+Good's Not-So-Secret Santa

In case you were curious....what we're giving each other from this Guide.

All of us at Well+Good wish you a healthy and happy holiday season.



Alexia Brue
Co-founder

"I'm giving **Melisse** the special Well+Good workout plan at FITiST.com, because it contains her favorite type of triathlon: boot camp, spinning, and yoga.

Lisa loves the Yoga Room in Astoria, so I'm getting her a class card and the cute Tanya B top to wear to class!"



Lisa Elaine Held
Staff writer

"**Melisse** loves to entertain guests with healthy style, so I'm getting her the adorable Bambu Mini Coconut Lacquerware Bowls, which she can fill with almonds and apricots and arrange 'just so' on her coffee table.

Alexia shampoos her hair each and every day, so I'm getting her the Rahua Travel Set, which will nourish her locks."



Melisse Gelula
Co-founder

"I think **Lisa** should have those amazing tie-dye Hard Tail yoga pants and the cute red suitcase for a yoga or spa trip in 2012. **Alexia** is getting Kjaer Weis eye shadow because it's a gorgeous, natural substitute for her Bobbi Brown dependence, and a spa treatment at the Montage Laguna Beach."

Like this Healthy Holiday Gift Guide?

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