

THE ART OF  
*Living Well*  
PODCAST

# 2021 Holiday Gift Guide



We are excited to share our annual holiday gift guide with fantastic, unique gifts, many of which support local and small businesses. Happy gifting!



## AOLW Water Bottle

24-oz stainless steel water bottle. Use for both hot and cold beverages with or without the straw.



## Clean Crafted Wine

Clean crafted wine is always a great gift! And do not miss out on the great holiday gift sets.



## Meditation Cushion

Zero-waste meditation cushions are made right here in Minnesota. 15% off with code **THEARTOFLIVINGWELL**



## The Tea Spot

From award-winning teas to innovative tea steeping tumblers, The Tea Spot has great gifts for health seekers and tea lovers alike.





## Thrive Market Membership

This membership gives you access to the best healthy products, delivered at your door. Great gift for college students.



## Mini Trampoline

Take mini-breaks from work and school with a quick jump.



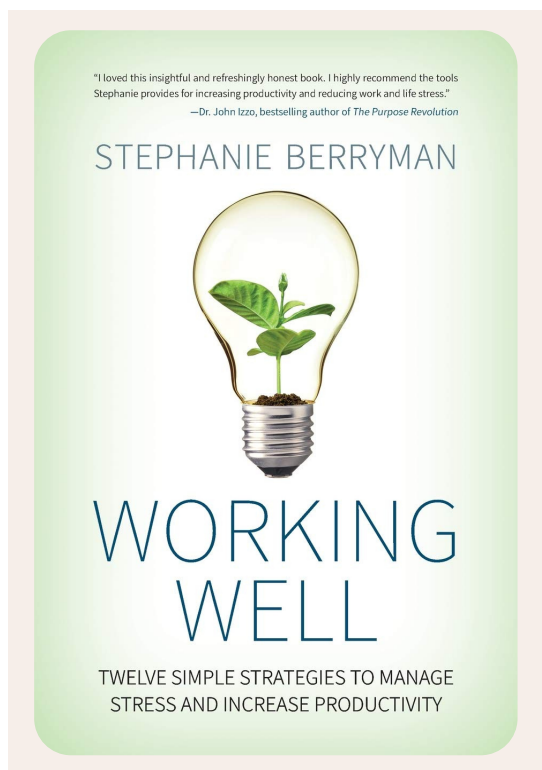
## Madeline Baubles

Adorable stackable bracelets made in Minneapolis. Use code **AOLW20** for 20% off your purchase.



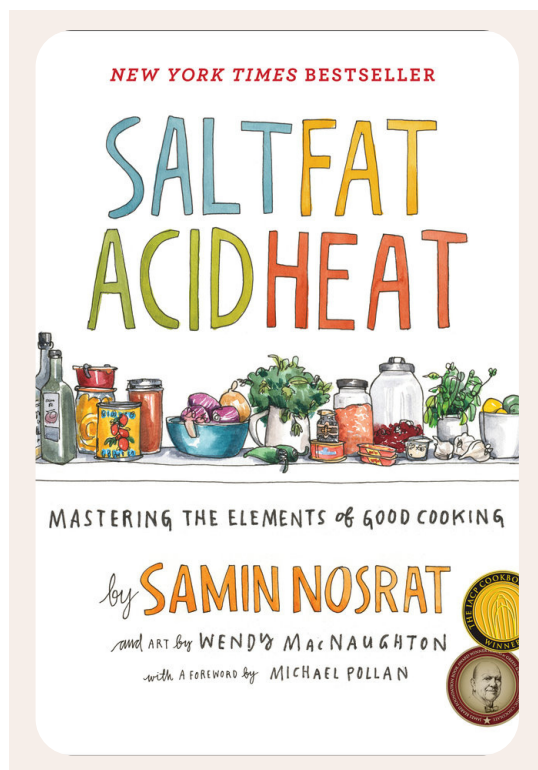
## Big Raven Yoga

Beautiful, uniquely designed yoga mats designed for comfort and durability. Use code: **THEARTOFLIVINGWELL** for discount.



## Working Well by Stephanie Berryman

Learn practical strategies to help you instantly reduce your stress and manage your life.



## Salt Fat Acid Heat by Samin Nosrat

In this essential book, Nosrat demystifies the kitchen, explaining why and how salt and fat enhance and build flavor.



## Scout Circle Wine Club

Give the gift of exclusive Clean-Crafted wine right to to your loved-ones' door!





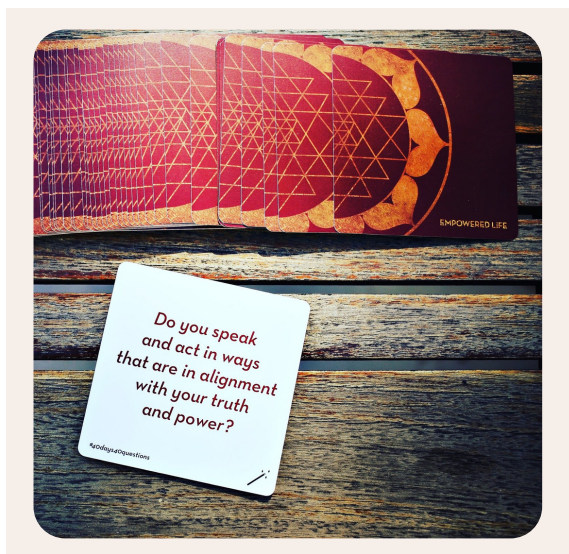
## AOLW Twin Journal Set

Enjoy a set of our beautiful new AOLW journals, perfect to keep one for yourself and give one to a friend.



## Wise Women Bangle Set

BuDhaGirl's set of three beautiful AWB, in gold silver & rose gold bangle set.



## Empowered Life Self-Inquiry Oracle

This oracle deck is a set of 72 Soul Cards that inspire you to move towards the truth of who you really are.



## Oneskin

From episode 88, OneSkin Tropical Supplement promotes long-term skin health. use code **SKINSPAN15** for 15% off.



## Minnesota Nice Botanicals

From episode 82, pickup some handcrafted in MN with all-natural ingredients and CBD Isolate, a salve is perfect for your achy body.



## Branch Basics Starter Kit

Replace all of your toxic cleaning supplies with their reusable Starter Kit. Listen to E101 to hear from their co-founder". Use code **LIVINGWELL** for 15% off Starter Kits.



## RuAURA DIY Mask Sprays

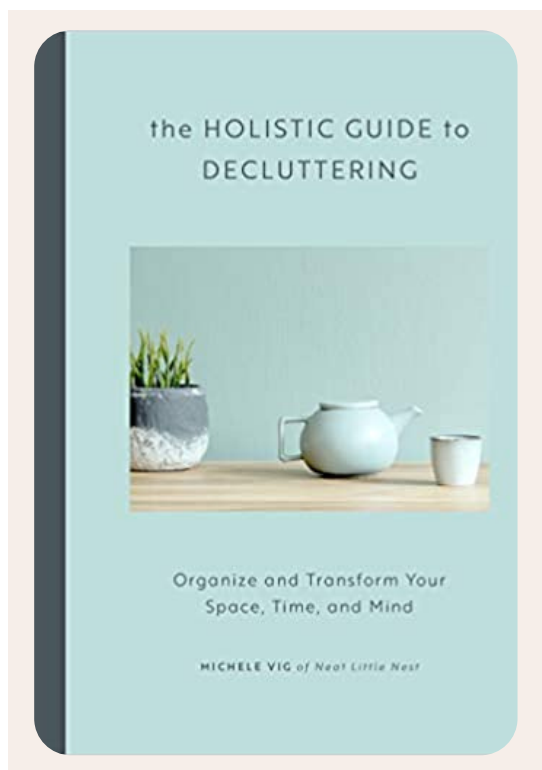
Purchase a mask spray that matches your aura so you can present yourself more authentically to the world.



## Dr. Cabral Detox

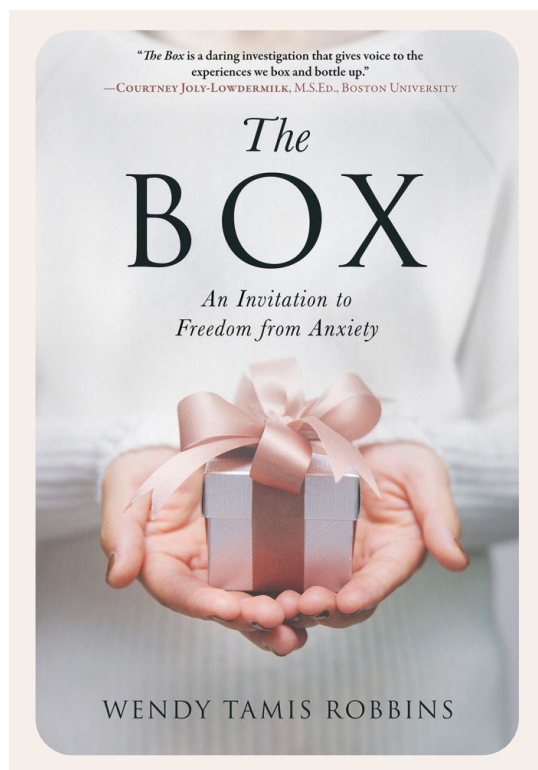
Reset your body and feel fabulous with Dr. Carbal Detox. Perfect for after this holiday season.





## The Holistic Guide to Decluttering Book

Learn how physical space, time, and mental clutter are intricately linked and how to organize them to bring the peace that our souls desire.



## The Box by Wendy Tamis

The Box is a memoir and an invitation, which portrays a courageous journey to find the source of a debilitating disorder in order to find the power to overcome it.



## Good Health Saunas

It's time to Relax, rejuvenate, and renew. Infrared Saunas delivers the most impactful results for your overall health and wellness.