

HOLIDAY GIFT IDEAS

Let me be your personal shopper! Do you have a lot of people to buy for this holiday season? Don't have a clue what to buy? Want to give the gift of good health? If you answered yes to any of these questions, then you have come to the right place. Here are some ideas for gift giving, from simple to extravagant, teachers to bosses, I have you covered. If these don't resonate with you then email me or give me a call and I will try to fix you up with something awesome, healthy and personal.

GIFT CERTIFICATES

NUTRITION CONSULTATION

(\$75, \$150, or package pricing-see website)

HEALTHY COOKING CLASS

(\$75 (or another denomination)~ for an individual to join an existing scheduled class)

CUSTOM COOKING CLASS FOR UP TO 6 PEOPLE (\$510)

GENERIC FEEDING THE WHOLE FAMILY GIFT CERTIFICATES

(any denomination, can be used for nutrition or products)

BEAUTY

DRY SKIN BRUSH ONLY

DRY SKIN BRUSH AND ESSENTIAL OIL

(choose from Lavender or Grapefruit Essential Oil)

SKIN-LOVING SUPERFOODS KIT

SMOOTHIES

SMOOTHIE KIT ~ BASIC (my favourite protein powder, an eco-friendly glass straw, 1 superfood, a few recipes)

SMOOTHIE KIT ~ THE WORKS (everything that I use in my super healthy, healing green smoothies everyday, plus an eco-friendly glass straw and lots of delicious recipes)

SUPERFOODS

GIDDY YOYO RAW CHOCOLATE BARS: Choose one or a selection of different flavours (yes chocolate can be healthy so why not skip the junk and go for the good stuff, and eat it guilt-free!)

SUPERFOOD KIT: This kit contains a selection of my favourite superfoods. Or choose from one or a few to all, prices from \$10 and up.

RECIPE KITS

MY FAVOURITE RECIPES, READY-TO-GO, PACKAGED UP FOR YOU WITH THE ESSENTIAL INGREDIENTS, AND OF COURSE THE RECIPE.

Choose from Power Pancakes (great for sporty types or breakfast skippers), Oaty Bites (delicious and no-bake), Gluten-free Chocolate Chip Cookies (kid-friendly), Oat, Chia and Goji Breakfast Energizer (great for traveling or eating on-the-go), Hot Cacao (seriously good for you!) and Make Your Own Deodorant kit (teen-friendly).

COLD & FLU KIT

MY INCREDIBLE IMMUNE BOOSTING KIT. This kit contains my favourite anti-viral essential oils and supplements. It works!

APPLIANCES

CHOOSE FROM MY FAVOURITE BLENDER, JUICER, SPIRALIZER, ETC.

I have done the research, let me know what you need and I can help you find that special something.

CHOOSING THE RIGHT GIFT:

FOR YOUR BOSS:

Cold and Flu Kit, Smoothie Kit, Healthy Eating Starter Kit, Raw Chocolate, Gift Certificate.

FOR YOUR EMPLOYEES:

Group Cooking Class, Cold and Flu Kit, Smoothie Kit, Healthy Eating Starter Kit, Raw Chocolate, Gift Certificate.

FOR YOUR WIFE, MOM OR SISTER:

Blender, Smoothie Kit, Healthy Eating Starter Kit, Superfood Kit, Raw Chocolate, Cold and Flu Kit, Dry Skin Brush with Essential Oil, or Gift Certificate.

FOR YOUR HUSBAND, FATHER OR BROTHER:

Blender, Smoothie Kit, Healthy Eating Starter Kit, Superfood Kit, Raw Chocolate, or Gift Certificate.

FOR YOUR CHILD'S TEACHER:

Dry Skin Brush with Essential Oil, Recipe Kit, Smoothie Kit, Healthy Eating Starter Kit, Cold and Flu Kit, or Gift Certificate.

HOSTESS GIFTS:

Raw Chocolate, Raw Vanilla Powder, Superfoods Kit, Dry Skin Brush, Healthy Eating Starter Kit, Gift Certificate.

STOCKING STUFFERS:

Raw Chocolate, Superfoods, Dry Skin Brush, Essential Oils, Recipe Kit, Gift Certificate.

Etc.! You get the idea. I have you covered. Contact me.