



Healthy Holiday Gift Guide

10 Fabulous Gifts for the Health Conscious



Jo Schaalman and Jules Peláez

Happy Holidays From the Conscious Cleanse!



The holidays are fast approaching and whether we like it or not, the stress of the season can take its toll.

To-do lists grow by the minute and the tally of caretakers, loved ones, and helpers to thank feels insurmountable.

Gift giving is a way to communicate thanks, love, and appreciation for another. It's never meant to be stressful, and yet... we all know how it often turns out. Frantic trips to the mall and late nights pouring over the internet, hoping to find the perfect gift that will arrive on time.

This year, in hopes of alleviating some of the stress of shopping, we've compiled a list of our favorite gifts that your loved ones are sure to adore.

From the big splurge to the simple thank-you, we've got you covered!

We hope we've made your list a little shorter and your stress a little lighter. Enjoy each and every day this holiday season and hug your loved ones tight.

From us to you, we wish you peace and blessings now and always!

With love and holiday cheer,

Jo & Jules ♥





Looking for a linen upgrade?
Turkish-t has got you covered
and then some. Trust us.



For the tea lover in your life,
The Tea Spot has everything
you need! Be sure to check
out the Conscious Cleanse
Tea Spot Detox Tea and
all the accessories any tea
lover would enjoy. You really
can't go wrong.



For the loved one who
likes to create a little
buzz when it comes to
pampering. **Frank Body**
coffee-based body scrub
is sure to please on all
fronts.

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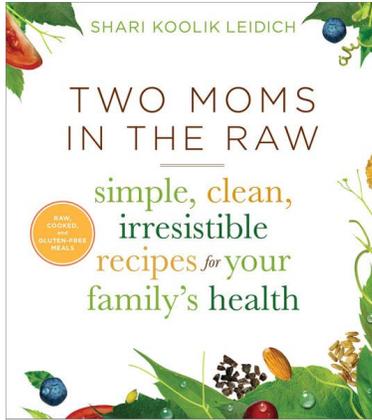


Does the ingredient list on your face
wash or cream have you running for
the hills? **SW Basics** out of Brooklyn
brings it back to the basics and
delivers a stellar product you're sure
to love. One for you, one for me...



Looking for a more personalized
gift to last the test of time? Let
Mark and Graham lead the way with
personalized options ranging from
ornaments to luggage.





For the foodie in your life who, like us, appreciates that healthy and tasty go hand in hand, check out **Two Moms in the Raw**. This is one cookbook that won't be collecting dust on any shelf.



Want to show your music lover a little love? Check out this **portable turntable**, making it easy to listen to beloved vinyl even on the move.



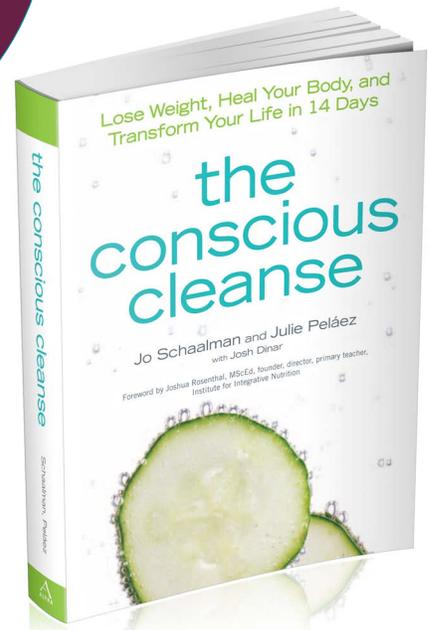
What to give the hostess with the mostess? Whether used for work or play, this **reusable utensil** set is the gift that keeps on giving. Stocking stuffer anyone?

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For the sweet-tooth in your life, **The Good Chocolate** is a treat you can feel good giving. Using 100% organic ingredients and no added sugar, you might want to tuck away a few bites for yourself while you're at it.



Give the gift of health and vibrancy right at their fingertips. **The Conscious Cleanse** is always a win, naughty or nice!



Let Your Vibrancy Show!

Sign up for the next Conscious Cleanse

The Conscious Cleanse is a proven 14-day program that teaches a gentle whole-foods-based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment. Expertly led by co-creators, **Jo and Jules**, and a team of **health coaches**, the Conscious Cleanse community inspires every participant to thrive.

For more delicious recipes and tips for vibrant living, please join us for our next live cleanse, order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days* or visit our **blog**.



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