

Gifts for health

Description

Gift Ideas for a Healthy Life

Here is a suggestion list of beautiful ways to remember someone's birthday, anniversary, special achievement or goal with a simple gift for a healthy life. Your friends and family will know how much you care when you give one of these *gifts for health*.

TO SLIP IN WITH A CARD

*[180 Pomegranate Tea Stick\(s\)](#) with a **Girardelli Chocolate Square** with a little note to "enjoy this gift of energy" and to "remember to enjoy all antioxidants all year-long."

*[Energy Chew\(s\)](#) with a little note to "enjoy the energizing treat of Olympians."

*[180 Drink Mix Packet](#) with a little note "a gift of healthy fast food this busy season."

FOR GUYS

*[Performance Sports Drink](#) (Orange or Lemon-Lime), [180 Snack Bars](#), and **Joint & Muscle Pain Cream** along with a sports bottle, football, soccer ball, a signed ball or signed photograph.

***180 Snack Crisps (Sea Salt or Barbecue or both)** in a basket circled with ribbon along with some movies or a subscription to Netflix, etc.

*[Basic-H2](#) with a sponge in a bucket filled with car magazines. Add [Scour Off Paste](#) for the tires and tough spots.

*[**ENFUSELLE Sun Screen**](#), **Performance Sports Drink** (Orange or Lemon-Lime), and **ENERGY CHEWS** with golf stuff, ball, gym bag, etc.

*[**180 Meal Bars**](#) with brochures for hiking trails, bike routes, fishing holes, etc.

FOR GALS

*[**ENFUSELLE Anti-Aging Skin Care collection**](#) with a lighted makeup mirror.

*[**Cocoa Meal Shake**](#) or [**180 Chocolate Shake Mix Canister**](#) or **Packets** for healthy hot chocolate snacks along with a warm hat, scarf, and gloves.

*[**Herbal Blend Multi-Purpose Cream**](#) with some nice slippers and/or cute designer sox. Include a note about how the cream soothes sore tootsies year round. You can even refrigerate it to cool feet in summer.

*[**MB Cleansing Bar**](#) and [**Hand & Body Lotion**](#) wrapped with a pretty ceramic soap dish and colorful bath accessories.

*[**ENFUSELLE Infusing Mineral Masque**](#) and [**Skin Polisher**](#) with a silky robe, one in each pocket.

*[**ENFUSELLE C+E Repair**](#) in a chic black matte cosmetic clutch with a designer mirror.

*[**ENFUSELLE AM Repair**](#) with a beautiful scarf in a gold organza bag.

FOR NEIGHBORS, COWORKERS

*[**Cocoa Energizing Soy Protein**](#) with the recipe for cocoa soy-peanut butter “energy balls” and a festive container full of them. Or [**Instant Protein**](#) with a container of fruit or chocolate dessert bars made with it and the recipes.

***Travel Bag filled with ENFUSELLE Products** along with travel magazines and/or a video of a fun destination.

***[Chewable C](#)** and/or **[ENERGY CHEWS](#)** in a beautiful candy dish wrapped with a big bow.

***Instant Protein Soy Mix** with pumpkin bread or cranberry/orange bread you've made, using it as an ingredient, along with the recipe.

***[180 Tea](#)** with a cute teapot and tea cozy or **[180 Cafe latte](#)** with cool coffee mugs.

STOCKING STUFFERS

***[MB Cleansing Bar](#)** sewn into satin material and decorated as a drawer sachet, or wrapped in a pretty handkerchief tied with a velvet ribbon.

***[Joint & Muscle Pain Cream](#)** with a tag wishing them many nights of perfect sleep!

***[Toffee & Chocolate Crunch Snack Bar](#)** wrapped with a ribbon.

FOR YOUNG PARENTS AND KIDS

***[Basic-H2 Organic Super Cleaning Wipes](#)** and **[Germ Off Wipes](#)** with some fun tub toys, or a set of baby clothes, blanket, etc. (Include info why these products are safer for baby and the whole family.)



germicidal wipes

*[MIGHTY SMART “Smart Candy”](#) with books and fun pens for a grade schooler.

*[Vita-Lea](#), Meal Shake and a [SHAKLEE Shaker](#) with a fun wake-up alarm clock.

FOR SERVICE PROVIDERS

***180 Snack Bars** wrapped in a see-through colorful net and tied with ribbon

*[ENFUSELLE Shower Gel](#), **ENFUSELLE Hand & Body Lotion**, and **Bath Sponge** in a pretty shower caddy or with a set of monogrammed towels.

***Basic-H2 Sample** rolled in the sheet called “How to Use This Little Bottle of Basic-H2,” tied at each end with festive ribbon with a card that says, “My gift to you is a gift to the Earth, too! Enjoy!”

*[Chewy Apple Cinnamon Bars](#) with some polished apples in a festive box or basket.

FOR MOM, GRANDMOM, AUNTS

***Joint & Muscle Pain Relief Cream** with a microwaveable comfort pillow.

***180 Tea** with a cookbook of decadent gluten-free desserts.

- *[ENFUSELLE Firming Serum](#) with a pretty scarf, or jewelry, or designer shades.
- *[180 Snack Crisps](#) (**Sea Salt or Barbecue or both**) in a basket circled with ribbon along with gourmet soup makings and a cookbook.
- *[Get Clean Pitcher](#) (possibly with a year's supply of filters) with a set of fashionable drinking glasses, ice trays, fresh lemons.
- ***CorEnergy and B-Complex** with boxes of various kinds of teas and a mug.
- ***Instant Protein Soy Mix** with recipes for fish batter, muffins, etc.
- ***Instant Protein Soy Mix** with recipes and colorful baking pans and utensils.
- *[Menopause Balance Complex](#) with a box of chocolates.

FOR DAD, GRANDDAD, UNCLES

- *A bottle of [VIVIX](#) with a bow and a nice calendar with a message about having a “youthful” year.
- *[Vitalizer](#) with a picture of the kids or grandkids or great grandkids. And add **ENERGY CHEWS** with a gift of gym membership.
- ***Herbal Blend Multi-Purpose Cream** with some nice slippers. Include a note about how the cream soothes sore tootsies year round—refrigerate it to cool in summer.
- *[NUTRIFERON](#) with ear muffs and **HAND & BODY LOTION**.

UNIQUE GIFTS

- *[Stress Relief Complex](#) with tickets to something fun for “stress relief” or add **VITALIZER** with a map and a shaving kit or cosmetic bag for traveling.
- *[EZGEST](#) and [Stomach Soothing Complex](#) with a coupon for a supply of ice cream for

someone who usually can't eat it or with a coupon for dinner out at a restaurant known for 4 Alarm chili, or Mexican food, or spicy Indian cuisine, etc.

***SHAKLEE Sun Screen SPF 30** with sun hat, ball cap, sunglasses, or picnic basket.

***[180 Turnaround Kit](#) or [Lean & Healthy Kit](#)** to start the new year right, along with a funky calendar, and a coupon for a shopping spree for clothes in 90 days.

***Orange and Lemon-Lime Performance Drink Canisters** with a walking audio like Dr. Weil's. (Remember that mixing the two flavors gives you a tropical flavor!)

***[Ultra Moisturizing Shea Butter Cream](#)** with gift of a massage.

***[Fresh Laundry Concentrate](#) & [Soft Fabric Concentrate](#)** with some luxurious towels.

***Performance** with gardening things like a hat, cotton gloves, and/or kneeling pad. You could add **Joint & Muscle Pain Cream**, and **Basic-H2** as a safe bug repellant, an invisible glove, as fertilizer, and more.

***[PHYSIQUE Recovery Drink](#) and [Joint Health Complex](#)** with a jump rope or exercise DVD for someone making new year resolutions.

***[ProSanté Hair Care System](#)** with a really nice brush and hair things, along with info about how hair will stop falling out.

***SHAKLEE First Aid Kit or SHAKLEE "Non-Medicine" Cabinet** in a pretty basket. Choose any combination of the following or the Packages below.

FROM THE ALPHABETICAL TABLES BELOW, CREATE:

A COLDS & FLU PACKAGE (about \$239) Alfalfa, Defend & Resist, Extra Vita-Lea without Iron, Garlic, GERM OFF Wipes, Liqui-Lea, Optiflora Pro-biotic, Performance Lemon Lime, Performance Orange, Vita-C Chewable, Vita-C Tablet, Vitamin D3, Zinc.

Alfalfa Complex
Defend & Resist
Extra Vita-Lea without Iron

EZGest
Garlic
Gentle Sleep Complex
GERM OFF Wipes
Herb-Lax
Joint & Muscle Pain Relief Cream
Vita Lea Plus Iron
Multi-Purpose Cream
Nutriferon
OPTIFLORA Pre- and Pro-biotic
Pain Relief Complex
Performance Lemon/Lime
Performance Orange
PHYSIQUE
Stomach Soothing Complex
Vita-C Chewable
Vita-C Tablet
Vitamin D3
Zinc

AN ACHEY BREAKY EMERGENCY PACKAGE (about \$265) EZGest, Gentle Sleep Complex, GERM OFF Wipes, Herb-Lax, Joint & Muscle Pain Cream, Joint Health Complex, Multi-Purpose Cream, Pain Relief Complex, Performance Lemon Lime, Performance Orange, PHYSIQUE, Stomach Soothing Complex, Vitamin D3, Zinc.

Feel good about the gift you give when you give a gift for health.



Category

1. Be Well health tips

Tags

1. gifts for health
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Date Created

January 4, 2014

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