

# The Art & Joy of Mindful Gift Giving

THE 2023  
HOLIDAY  
MINDFUL  
GIFT GUIDE

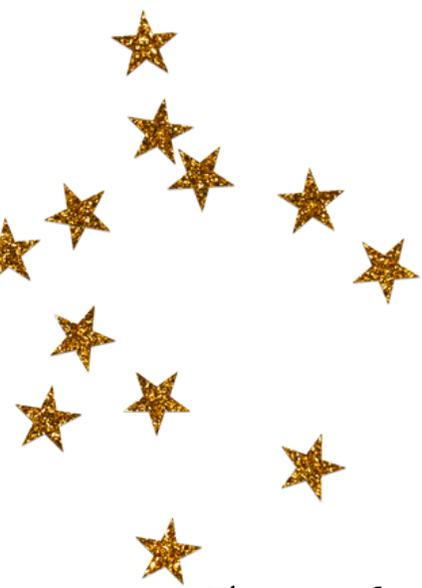
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# 2023 Gift Guide

## What is Mindful Gift Giving?

- The art of creating or choosing gifts with intent and purpose
- Gifts that are meaningful to the passions and values of the giver & receiver
- Providing joy and meaning for both the giver & receiver

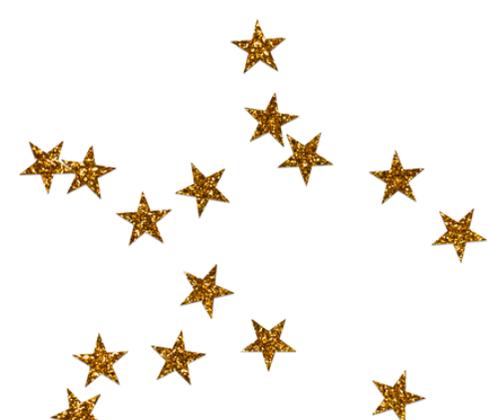
What's better than watching the surprise & delight that someone you care for feels when they open a gift from you that they truly love.

## What are Mindful Gifts?

Mindful gifts can be meaningful things you buy, and include experiences that create memories, new traditions and increase well-being and happiness.

Meaningful gifts result in deeper connections and community between the giver & receiver and often the businesses that are involved in the creation and delivery of the gift.

Everyone wins and feels good when thought and intent are part of gift giving!





# How to Practice Mindful Gift Giving

Start by thinking about the person you want to gift.  
What do they care about? What do they love to do?  
What are their interests and hobbies?  
Do you have activities you like to do together?

How can you create new memories and show you care?  
What do you love that you think they too would value?

Focus on the experience and emotions a gift evokes vs a physical item.  
Personalize the gift with a thoughtful note or photo that expresses your love and appreciation for the receiver.  
Choose a gift experience, activity or item that will bring well-being and happiness to the receiver.

My Gift to You :  
My Favorite Mindful Holiday  
Gift & Experience Ideas

Happy Holidays,

With Love & Gratitude

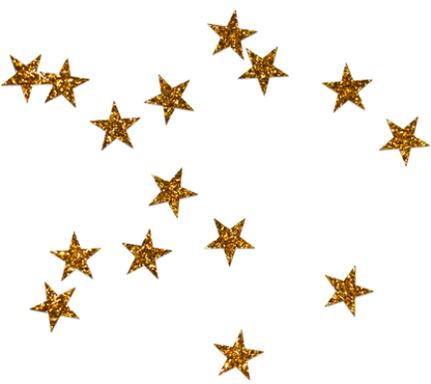


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Note: None of these items or experiences are sponsored or earn any commission.



# Clean Beauty & Wellness Gifts

## Adoratherapy

ROLL ON. BREATHE IN. TRANSFORM.

Get back to your healthy center and your purpose. Experience the power of uniquely formulated organic essential oils and absolutes in a base of organic jojoba blend.

**CHAKRA BOOST DISCOVERY SET OF 7 MINI ROLL ON PERFUMES--**

\$85.00

<https://adoratherapy.com/collections/discovery-sets/products/chakra-boost-discovery-set>



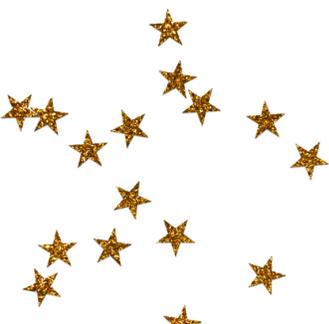
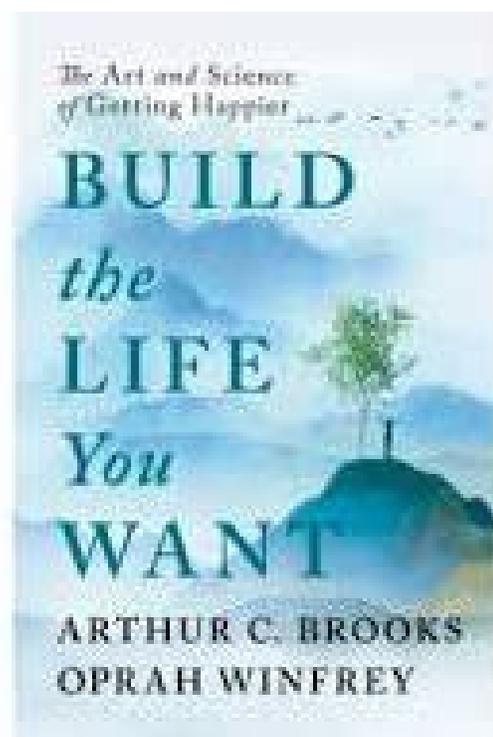
## The Gift of Happiness

-The Art and Science of Getting Happier

Build the Life you Want

By, Arthur C. Brooks and Oprah Winfrey

Great Reading and can be purchased at independent booksellers and Amazon



# Clean Beauty & Wellness Gifts

## Tata Harper

The Clean Dream Team - \$75 <https://tataharperskincare.com/products/the-clean-dream-team>

Tata's Daily Essentials - \$80 <https://tataharperskincare.com/products/tatas-daily-essentials>



## RMS Beauty

The 5-Minute Clean Routine -  
\$122.00.

Who doesn't like to save time, money and have a great skin and clean make up routine It's totally customizable to your colors and skin!

I personally use these products and am a huge fan!

[www.rmsbeauty.com](http://www.rmsbeauty.com)



# Clean Beauty & Wellness Gifts

## Sleep & Light



Hatch Restore Reading Light, Sound Machine & Sunrise Alarm  
Clock- \$199.99

Creating a new sleep routine in 2024 is definitely a priority for so many.  
Here is a great way to get started and support new habits for all ages.

They have a kids version too!

Happiness & Sleep = Self Care & Wellness

<https://www.nordstrom.com/s/hatch-inc-hatch-restore-reading-light-sound-machine-sunrise-alarm-clock/>

## Music & Dance



Portable Bluetooth Sound Bar – Bose Flex – Take Your Music wherever  
you go! - \$119.00

Have an impromptu Dance Party with friends or family or Relax to Your  
favorite sounds in the Shower

<https://www.bose.com/p/speakers/bose-soundlink-flex-bluetooth-speaker/>



# Travel Gifts



Apple Air Tags - \$29 - [www.apple.com](http://www.apple.com)

For peace of mind while you are traveling or even locally to keep track of a handbag, backpack, keys, animal, or anything you are prone to easily forget or misplace! Don't leave home without them!

You can purchase in multiples at more locations including Amazon & Best Buy.



Twelve South Airfly Adapter - \$54.00  
[www.twelvesouth.com](http://www.twelvesouth.com)

It's a gamechanger!

AirFly is a wireless adapter that lets you use your wireless headphones or earbuds in places that only have a headphone jack, like airplanes and treadmills. Plug this tiny transmitter into the headphone jack to listen to in-flight movies or TVs at the gym.

# Journals & Note Cards Personal Development Gifts



The Power of the Written Word!

Journals with systems to help you achieve your goals and dreams

## Ben Nemtin - The Bucket List Journal = \$35.00

Based on data-driven and experimental research, The Bucket List Journal is designed to help you overcome common barriers that stop you from achieving your goals. This means breaking down goals into actionable steps, building structures of accountability, and moving past your fears and doubts. There is a formula to turn your dreams into reality, and The Bucket List Journal can guide you through it.

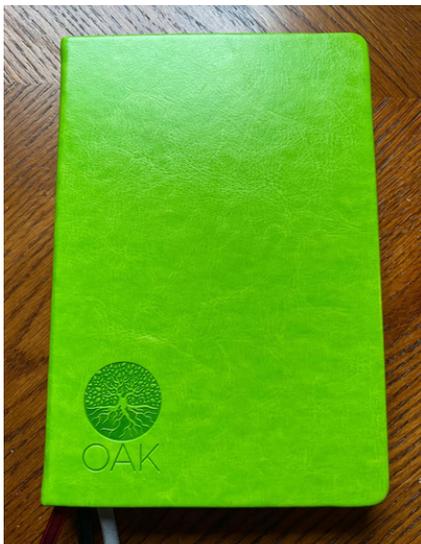
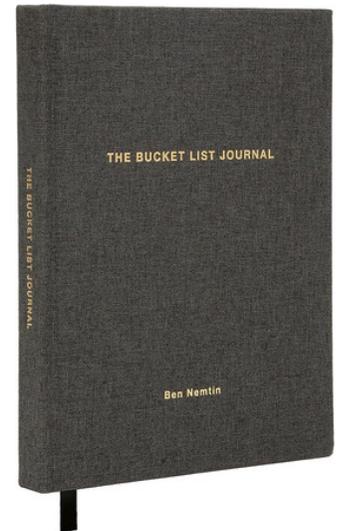
<https://writeyourlist.com/product/the-bucket-list-journal/>

## Keith Roberts - The Oak Journal - \$35.00

OAK Journal is the only structured journal based on positive

psychology and neuroscience that provides the curated tools to effectively set and achieve goals for entrepreneurs all over the world, looking for a quantifiable methodology so that they can literally accomplish anything they may imagine.

<https://oakjournal.com/>



Hand Written Notes Make a Difference!  
Personalized Notecards or Stationery are a great gift and not something you often do for yourself!

You can create a design on Vista Print at

[www.vistaprint.com](http://www.vistaprint.com) or

[www.papier.com](http://www.papier.com)



# Entertaining & Food Gifts

One of the best ways to create connection and joy is around the dining table. Who doesn't love great company, food, drinks and conversation! Here are some ways to help make that happen!

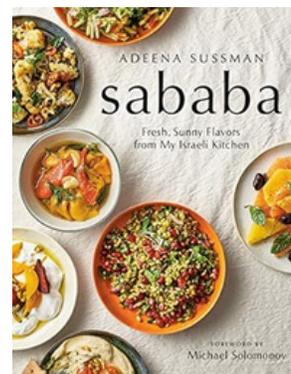
The Lost Kitchen Cookbooks by Erin French <https://findthelostkitchen.com/pages/books> or on Amazon.

## Big Heart Little Stove The Lost Kitchen

ps. when you are done eating, I highly recommend watching her TV series on Discovery +, Hulu, and Prime. Erin creates her amazing dinners while building community and using only local ingredients! It's great for the whole family.

## Adeena Sussman Cookbooks Sababa & Shabbat

Adeena's three most recent collaborations, including Cravings and Cravings: Hungry For More with Chrissy Teigen, were New York Times best-sellers. AVAILABLE on Amazon and at Local Booksellers



What better way to share with company than great charcuterie, hummus or dessert boards! All sharing boards are great!

Crate and Barrel - <https://www.crateandbarrel.com/a-monogrammed-serving-board/> - \$50.00  
I love this monogrammed/personalized serving board!



## A Goldbelly Gift Card

If you want to share some of your favorite meals from the best chefs in the country, this is a great gift! It's like giving someone a night out, in a cool city, the best food, and all in the comfort of their home!

[www.goldbelly.com](http://www.goldbelly.com)





# Photography Gifts

Frames, Photobooks, Family Sessions



**The Skylight Digital Picture Frame** - \$130+ depending on size

A truly meaningful gift when you preload it with photos and friends and family can add anytime from anywhere in the world!

<https://www.skylightframe.com/products/the-skylight-frame/>

**Mixbook Photo Book** - Prices vary based on size.

[www.mixbook.com](http://www.mixbook.com)

This easy to use site has lots of options of themes, layout, sizes and more. Getting a printed photobook in the mail is a wonderful surprise and a great way to keep in touch. share your year and preserve your memories. A picture is worth a thousand words doesn't get old!

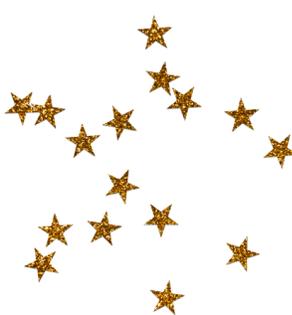
## Family Photo Session

What Grandparent wouldn't love the gift of time with their family and being part of a family photo session? Result are photos to keep forever as memories for themselves and their kids! Gift time with a local independent photographer . Another option is to hire flytographer and they will provide a local professional photographer for a photo session. The are available in many cities worldwide.

[www.flytographer.com](http://www.flytographer.com)

Treating yourself, friends or family to a professional photo session is priceless and has benefits across generations. Prices vary based on location and availability.

if you aren't able to afford a session or are in a remote location, think about just using your phone and capturing the moment. You can then crate photobooks or use a regular or digital frame to create a special gift for someone.





## 2023 Mindful Gift Experiences

As an Architect of Experiences & Connections, it's no surprise that I love creating & curating personalized experiences as gifts.

Gifting experiences takes on even more meaning when they can be shared and you can join the recipient.

The new traditions & memories created can last a lifetime. You will always remember the moment that you tried something new-- learned to play pickleball together, attended a Broadway Musical, cooked your first holiday dinner or spent a year on a wellness journey doing online yoga with a new group of friends.

It's great to gift an experience that the recipient is dying to try but never treats themselves to. Once you find out what some of those things are, creating a fun day or activity is the best surprise! Go enjoy an adventure together.

Experiences can be created from scratch or purchased from existing offers .

If you purchase an experience, you can still add your own spin and personalization. Think a special lunch or drinks before, some fitness clothing or whatever will enhance & personalize the experience even more.

Importantly, know that the cost of an experience doesn't correlate to the impact it has on the recipient. It can be simple and free - a handwritten note card or a surprise phone call or a plan to walk around the city looking at the holiday lights. Or, it can be more extravagant - travel, heli-skiing, or year--long memberships . Either way, showing someone you are thinking of them, appreciate them, want to spend time if possible and share in something that brings them joy, is what matters.

That is mindful gift giving!

Here are some ideas for many experiences that can be gifted. If you need more ideas, we are here to help. Scroll to the end for more info!

# 2023 Mindful Experience Ideas



## Mindfulness, Wellness, Fitness, Personal Development

There are many modalities that provide wellness experiences. You can purchase the gift of a single session, series, membership or gift cards.

Purchase in-person or online mindfulness classes or programs with purpose that you can do with a friend or spouse. Meditation, Yoga, Sound-healing, Massages or whatever modality brings you both well-being and joy. There are many options – individual local studios or you can try: [www.theclass.com](http://www.theclass.com) for their digital studio, [www.alomoves.com](http://www.alomoves.com) for yoga, fitness, mindfulness and more or [www.Peleton.com](http://www.Peleton.com).

Have you tried Sound Healing? Reach out to Monica Lowick-Russell on Instagram [@monicaelaine1rh](https://www.instagram.com/monicaelaine1rh) for details for virtual or in-person sessions.

I'm also a huge fan of gifting Spa services, mani pedis and going with friends, having lunch, tea or follow with cocktails. You never know how the time spent together talking, laughing, and relaxing can change life.

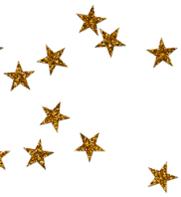
Some additional experiences that are fun to do with friends - Rock climbing (Indoors and out), Ziplining and Ropes Course, hot air ballooning, horseback riding, biking through vineyards with some tasting (electric bikes help), Tango dancing, Pottery, wine or bourbon tasting, Gifting an online business related course - Learning a new skill is always mind expanding.

## Breathwork

The HypnoBreathwork App is a different type of program you can do on their app and with their online community. -<https://Masteryexperience.com> -App download with options for private coaching. An experience to create connection and discover your purpose. From custom sessions, innovative workshops, personalized coaching and transformative experiences, they provide a safe and supportive space where individuals can heal the past, explore their passions, and connect more deeply to themselves and others.

## Virtual Storytelling Workshop for Career and Business Transitions

Gifting yourself, a colleague or friend a 1:1 or small group experience to help ReCraft their message as they ReDesign their career and life, shows unwavering support and love. It can truly alter the trajectory of someone's life. You can reach out to Karin Regev, Storybranding Expert for details at her email - [dimant@gmail.com](mailto:dimant@gmail.com)



# 2023 Mindful Experience Ideas

## Food

★ Food always brings people together for shared conversation and creates memories. You can gift a dinner at a special restaurant, gift a holiday cooking class in-person or online, gift private chef for a special lesson or meal! Try a subscription to a wine club, mixology class or baking class. There are local cooking schools, adult ed and kids cooking programs, find a chef on [Thumbtack.com](http://Thumbtack.com)

## Music, Theater & Dance Performances

\*Tickets to a holiday musical or dance performance. Seeing the Nutcracker or attending a holiday musical can easily become a tradition! It's OK to do this pre- or post-holiday as a gift to one another. Add in a pre or post drink, dinner, lunch or activity! Local theater productions can be great.

## Sporting Events

\*Tickets to a future sporting event is always a winner with one of my nephews who loves all live sporting events and I love going with him. If a professional event is too pricey, look at farm teams, pre-season games, open practice sessions and even college games! It's going together that counts!

## Inexpensive or Free Experience Ideas

As I've said, cost does not determine the impact of a gifted experience. Here are some simple experience ideas that are meaningful, have strong impact & are inexpensive to deliver.

Drive or walk around and see the holiday lights with family and friends.

Design photo albums or scrap books together –physical albums with photos and items from time spent together.

Create and Share Playlists and have a dance party

Teach each other a new skill or hobby

Get a group of friends or family to walk the neighborhood caroling

Volunteer together or adopt a family. Help them with special projects.

## The GIFT of FRIENDSHIP & CONNECTION

SPEAK to friends, family, colleagues and even someone you may not know during the holidays! Spend time with those that are important to you & reach out to someone that may be alone, or struggling with their life. Please try to use a phone, Facetime, WhatsApp or Zoom to have a conversation & let them know you care.

That call can change or save a life. It can make a difference in ways that are unimaginable to you. Being seen, heard & loved is priceless. Mindful Gift Giving at its BEST!



## Still need some help with Mindful Gift Giving? I'm here to help you.

As many of you know, I founded and led a corporate gift concierge service called Barrels of Fun. It provided mindful customized gifts for companies and individuals for more than 10 years. We created over 30,000 customized gifts prior to my selling the company. I've continued my entrepreneurial journey by focusing on curating and creating once-in-a-lifetime and unique experiences for businesses and individuals globally through my companies Global Events & Retreats and MastHERmindEX.

I am always on the lookout for and curating meaningful items and creating experiences that educate, entertain and bring joy to my clients and to their clients and customers. If you need help for your company or personal gift giving, I am happy to help.

You can also purchase an experience gift card for our services to gift your colleagues, friends and family! We will do all the work & surprise and delight them.

You can reach out to me by email: [csaitz@globaleventsandretreats.com](mailto:csaitz@globaleventsandretreats.com),  
[csaitz@MastHERmindEX](mailto:csaitz@MastHERmindEX) or on instagram [@carynsaitz](https://www.instagram.com/carynsaitz).

Wishing you & your family a mindful, peaceful, fun &  
happy holiday season.

*XOXO, Caryn Saitz*

