

wellness gift basket ideas

Wellness Gift Basket Ideas: The Ultimate Guide to Gifting Well-being

Feeling stumped on what to gift someone special? Forget the generic chocolates and predictable flowers! This year, give the gift of wellness with a thoughtfully curated gift basket. This comprehensive guide dives deep into wellness gift basket ideas, offering creative and personalized options for every budget and recipient. We'll explore diverse themes, practical tips for assembling your basket, and even address common gifting dilemmas. Get ready to become the ultimate wellness gift-giver!

I. Understanding the Power of a Wellness Gift Basket

A wellness gift basket isn't just about pretty packaging; it's about showing you care for someone's overall well-being. It's a tangible expression of your support for their physical, mental, and emotional health. It's a statement that says, "I want you to prioritize self-care," a message increasingly valued in our busy, often stressful world. The beauty of a wellness gift basket lies in its versatility – you can tailor it perfectly to the recipient's individual needs and preferences.

II. Wellness Gift Basket Ideas Based on Recipient Needs

The perfect wellness gift basket isn't one-size-fits-all. Consider the recipient's personality, lifestyle, and any specific needs or challenges they might be facing. Here are some themed baskets to inspire you:

A. The Pampering Princess Basket: This basket is all about indulgence and relaxation. Think luxurious bath bombs, fragrant candles, silky robes, soothing essential oils, a face mask, and perhaps a comfy pair of socks. Include a small, elegant notebook and pen for journaling or setting intentions.

B. The Fitness Fanatic Basket: For the health-conscious individual, a fitness-themed basket is a great choice. Include a water bottle, a yoga mat, resistance bands, protein bars, healthy snacks, and a motivational fitness journal. Consider adding a subscription to a fitness app or online workout program.

C. The Stress-Relief Sanctuary Basket: Designed to combat stress and promote relaxation, this basket could include calming teas, aromatherapy diffusers with essential oils like lavender or chamomile, a weighted blanket, a guided meditation CD or app download code, and a comfortable eye mask.

D. The Mindful Moments Basket: For those seeking inner peace and clarity, curate a basket focused on mindfulness. Include a beautiful journal, a set of meditation stones, a calming essential oil blend, a book on mindfulness practices, and perhaps a comfortable cushion for meditation.

E. The Sleep Sanctuary Basket: Poor sleep affects so many. A sleep-focused basket is incredibly thoughtful. Include a comfortable eye mask, earplugs, lavender-scented pillow spray, a calming tea blend, a book on sleep hygiene, and perhaps a luxurious sleep mask.

F. The Immunity Booster Basket: In today's world, supporting the immune system is paramount. Include items like vitamin C supplements, elderberry syrup, ginger tea, immune-boosting herbal blends, and perhaps a cozy blanket for those days spent recovering.

III. Adding Personal Touches to Your Wellness Gift Basket

What truly sets a wellness gift basket apart is the personal touch. Consider these additions to make your gift extra special:

Personalized Note: A handwritten card expressing your care and well-wishes is invaluable.

Hand-picked Treats: Include healthy snacks the recipient loves or homemade goodies.

Gifting Experiences: Include a gift certificate for a massage, yoga class, or spa treatment.

High-Quality Items: Invest in quality products rather than cheap alternatives.

Beautiful Presentation: Choose a basket or container that reflects the theme and recipient's style.

IV. Budgeting for Your Wellness Gift Basket

Wellness gift baskets can be created to suit any budget. You can start small with a few carefully chosen items or go all out with a luxurious assortment. The key is to be thoughtful and intentional, focusing on quality over quantity. Even a small, well-curated basket can be incredibly meaningful.

V. Beyond the Basics: Unique Wellness Gift Basket Additions

To truly elevate your gift, consider incorporating some unique elements:

Crystals: Add crystals believed to promote healing and positive energy.

Essential Oil Rollerballs: Convenient and easy to use, these are perfect for on-the-go self-care.

Natural Soaps and Lotions: Opt for organic and sustainable options.

Herbal Teas: Choose a variety of flavors and benefits.

Aromatherapy Diffuser: A great addition for a relaxing atmosphere.

Conclusion

Creating a wellness gift basket is a chance to show someone you truly care about their well-being. By tailoring the basket to their individual needs and preferences, you're giving a gift that's both thoughtful and practical. With a little creativity and planning, you can easily craft a memorable and impactful gift that will be cherished long after the last item is used. Remember, the most important ingredient is the love and intention you put into it!

FAQs

1. Can I make a wellness gift basket for a man? Absolutely! Focus on themes like relaxation (aromatherapy, essential oils), fitness (fitness tracker, protein powder), or stress relief (meditation app, calming teas).
1. What's the best way to package a wellness gift basket? Choose a basket or container that complements the theme. You can add tissue paper, ribbon, and other decorative elements to enhance the presentation.
1. How much should I spend on a wellness gift basket? The budget depends entirely on you. You can create beautiful baskets at various price points, focusing on quality over quantity.
1. What if the recipient has allergies? Always be mindful of allergies and sensitivities. Clearly label all ingredients and choose products that are hypoallergenic whenever possible.
1. Can I make a DIY wellness gift basket? Absolutely! DIY baskets are a wonderful way to personalize your gift and often cost less than pre-made ones. Focus on handmade items, or even simply assembling carefully selected items.

wellness gift basket ideas: Mindfulness Cards Rohan Gunatillake, 2018

wellness gift basket ideas: *Complete Wellness* Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. *Complete Wellness* delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with *Complete Wellness*.

wellness gift basket ideas: Twin Power , 2021-06-10 Sebastian and Simone are not just brother and sister. They are twins! They show little readers some cool things they can accomplish because of their Twin Power. Join them in their adventures to see how Twin Power and working together make being twins super fun ... and convenient. Twin Power is the first in a series of Twin Power Books starring fraternal twins named Simone and Sebastian. The twins learn how to work together and teach little readers about what it means to be a twin and a best friend. The stories and adventures that the twins experience will show all children how to use teamwork to accomplish tasks. Through a series of activities included at the back of each book, little readers will practice memorization while having fun coloring. Authors Ben and Kiyanda Young are the proud parents of an amazing set of fraternal twins, Zara and Owen. As parents, they promote individuality among their children while encouraging their twins to support and rely on one another. The special bond between Zara and Owen is what inspired the Youngs to start Twizzler Bees Entertainment LLC with its first book, Twin Power. It is the first of what the Youngs hope to be a series of books highlighting the unique relationship that twins share while teaching teamwork, camaraderie, empathy, and creativity among young children ages 2 to 7. In addition to being Zara and Owen's parents, Ben is a gastroenterologist and Kiyanda is a surgeon, both with medical practices in Virginia. Twin Power Books are products of Twizzler Bees Entertainment LLC. Sign up for our newsletter at www.twinpowerbooks.com and feel free to reach out with questions or comments at info@twinpowerbooks.com.

wellness gift basket ideas: The Everything Health Guide to OCD Chelsea Lowe, 2007-11-01 OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: * Diagnosis and the identification of symptoms * The types of OCD * Current treatment options * Some coping strategies * Support groups * Useful resources like an OCD self-test With The Everything® Health Guide to OCD, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

wellness gift basket ideas: Happily Grateful Kobi (CRT) Yamada, 2008-06 This create journal is he ideal place to sketh, write, ponder and plan. Celebrate your creativity.

wellness gift basket ideas: F*CK I'm Bored Tamara L Adams, 2018-01-03 Here's the first fantastic book of sh*t to do in case you're F*CKING BORED! Now you don't have to waste away the hours pleasuring yourself, wishing there was a f*cking better way to keep your mind and hands busy. Featuring 100 F*cking Adult Activities: Coloring, Sudoku, Dot-to-Dot, Word Searches, Mazes, Fallen Phrases, Math Logic, Word Tiles, Spot the Difference, Where the F*ck did the Other Half Go, Nanograms, Brick-by-F*cking-Brick, Word Scramble, and Much More! **Contains Inappropriate Language**

wellness gift basket ideas: Grown and Flown Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and

preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

wellness gift basket ideas: Your Body Beautiful Jennifer Ashton M.D., Ob-Gyn, Christine Rojo, 2012-01-05 The popular medical correspondent challenges women to reinvent their health and wellness routines, and make midlife their most vibrant years yet. Demi Moore, Cameron Diaz, Courteney Cox, and the list goes on. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Today's women can maximize this stage- and lay the foundation for optimal health and well-being. Dr. Jennifer Ashton embodies this philosophy and wants to help you enjoy these often overlooked years and feel and look your absolute best. Dr. Ashton's passion, warmth, and wit have made her America's fastest-rising women's health expert and medical correspondent. Here, she outlines a powerful approach to health care that can help you unleash new energy, strength, and sexiness. Integrating the latest scientific research, she has created a five-part plan, including: A simple eating plan, tailored to keep energy high and your weight healthy for your changing metabolism A high-powered fitness program to help you work out harder in less time Stress-reduction techniques and simple strategies for relaxation An effective, step-by-step sleep plan Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, Your Body Beautiful and its transformative strategies will help you look and feel younger, stronger, and more vibrant than ever.

wellness gift basket ideas: Valentines's Day Greetings and Gift Basket Ideas to Duplicate and Use Alpha Pyramis Publishing, 2004

wellness gift basket ideas: Beauty Food Maria Ahlgren, 2018-06-07 Nourish your hair and skin with recipes to bring out the very best in you, inside and out. Enjoy healthy recipes for breakfast, filling main meals, juices, smoothies and even delicious desserts and decadent cocktails - all carefully chosen to bring you the perfect blend of natural superfoods that boost beauty from the inside. Beauty Food also includes a Beautypedia, telling you which ingredients contain just the right oils, minerals, vitamins and acids to help with common beauty ailments.

wellness gift basket ideas: Run Fast. Cook Fast. Eat Slow. Shalane Flanagan, Elyse Kopecky, 2018-08-14 NEW YORK TIMES BESTSELLER • IACP AWARD FINALIST • Cook the recipes that Shalane Flanagan ate while training for her historic TCS New York City Marathon win! Run Fast. Eat Slow. taught runners of all ages that healthy food could be both indulgent and incredibly nourishing. Now, Olympian Shalane Flanagan and chef Elyse Kopecky are back with a cookbook that's full of recipes that are fast and easy without sacrificing flavor. Whether you are an athlete, training for a marathon, someone who barely has time to step in the kitchen, or feeding a hungry family, Run Fast. Cook Fast. Eat Slow. has wholesome meals to sustain you. Run Fast. Cook Fast. Eat Slow. is full of pre-run snacks, post-run recovery breakfasts, on-the-go lunches, and thirty-minutes-or-less dinner recipes. Each and every recipe—from Shalane and Elyse's signature Superhero muffins to energizing smoothies, grain salads, veggie-loaded power bowls, homemade

pizza, and race day bars—provides fuel and nutrition without sacrificing taste or time.

wellness gift basket ideas: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 Let Go of Emotional Overeating and Love Your Food is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, Let Go of Emotional Overeating and Love Your Food offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally – neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

wellness gift basket ideas: The Newlywed Cookbook Sarah Copeland, 2011-12-16 "A guide to nurturing your marriage through food . . . The book has everything a couple needs to build a life together in the kitchen." —Relish Decor This cookbook is an indispensable reference for modern couples looking to spend quality time together in the kitchen. Inside are more than 130 recipes for both classic and contemporary cooking that are perfect for day-to-day à deux and special occasions with family and friends. More than a collection of recipes, The Newlywed Cookbook is also a guide to domestic bliss. Author Sarah Copeland, a newlywed herself, knows that sourcing, cooking as well as sharing food together at the table makes for a happy couple! This beautiful and sophisticated contemporary cookbook is the new go-to for brides and grooms. "What's better for couple's cooking than a book based solely on recipes for newlyweds? Check out Sarah Copeland's inventive, easy-to-execute dishes that are perfect for a pair." —Brides "Celebrates the joy of cooking for two, but the recipes aren't necessarily scaled that way, making enough for dinner guests, leftovers or simply to satisfy bigger appetites. The savory recipes span the globe, with influences from Asia, the Mediterranean and the Mideast, among other places." —Columbia Daily Tribune "It aims to inspire you to bring the love of your relationship and to translate it into the food you prepare together. While none of the recipes are difficult by any means, they're all dishes that you'd be proud to put on your table, whether that table belongs to a newlywed couple or not." —The Huffington Post

wellness gift basket ideas: Brain Games - 3-In-1: Word Search, Crosswords and Sudoku Publications International Ltd., 2016-08 This 256 page spiral-bound collection is a great value for any dedicated puzzler! 200 sudoku-style puzzles, including a few variants such as Logidoku and Chain Sudoku 39 themed crosswords to test verbal skills 44 word searches - range from simple one-page searches to complex two-page puzzles with extensive word lists and hidden messages Answer keys included

wellness gift basket ideas: *55 Surefire Homebased Businesses You Can Start for Under \$5000* Entrepreneur Press, 2009-02-01 Coaching you all the way, the experts at Entrepreneur guide you into the thriving homebased industry, revealing unique, slam-dunk opportunities, outlining vital business basics, sharing priceless industry need-to-knows, and so much more! If you can bankroll \$5,000 (some even less!), you can boldly choose your next big business move, decide to be your own boss, and start making profits! • Choose from a diverse list of 55 surefire homebased businesses •

Spend less than \$5,000 on startup • Quickly and legitimately setup your home office • Master industry language and fundamentals • Use business-specific marketing techniques to secure success • Create repeat business with engaging customer service practices • Plan for expansion • And more You're on target for success—let us help you hit the bullseye! (maybe use the target image from the logo in the background)

wellness gift basket ideas: Simple Farmhouse Life Lisa Bass, 2020-02-01 Transform your home into a simple farmhouse--no matter where you live--with this beautiful guide to slow living. Country girl and popular blogger Lisa Bass shares her favorite hearty recipes, handmade projects, and tips for natural living that she uses in her own from-scratch life. Slow down and enjoy the simplicity of a country lifestyle with recipes and projects such as: Natural Kitchen: rosemary lemon foaming dish soap, stonewashed linen apron, market tote Handmade Décor: pillow covers from reclaimed materials, dipped beeswax candles, linen ruffle throw blanket Natural Body: chamomile body butter, lavender calendula salve, relaxing bath soak and body mist Natural Laundry: essential oil spot remover, wool dryer balls, lavender linen spray Natural Cleaning: orange dusting spray, glass cleaner Farmhouse Cooking: cast iron sourdough cinnamon roll, orange cream kefir smoothie, roasted red pepper and tomato soup Gardening: windowsill herb garden, cut flower garden, essential oil pest spray

wellness gift basket ideas: The Cancer-Fighting Kitchen Rebecca Katz, Mat Edelson, 2010-10-06 A Culinary Pharmacy in Your Pantry The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. The Cancer-Fighting Kitchen brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award. From the Hardcover edition.

wellness gift basket ideas: Burren Dinners Trevis Gleason, 2019 Influenced by their rugged surroundings, pristine indigenous ingredients and generations-old passion for communal dining, the leading voices in The Burren food scene share treasured three-course dinner-party menus they'd serve in their own homes.

wellness gift basket ideas: Hashimoto's Protocol Izabella Wentz, PharmD., 2017-03-28 Instant #1 New York Times Bestseller Dr. Izabella Wentz, the author of the phenomenal New York Times bestseller Hashimoto's Thyroiditis, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects. But there is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In Hashimoto's Protocol, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days.

Drawing on her own personal experience as well as her work consulting with thousands of patients, Hashimoto's Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. Hashimoto's Protocol also features original recipes. Grounded in the latest science, Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

wellness gift basket ideas: *Hashimoto's Food Pharmacology* Izabella Wentz, PharmD., 2019-03-26 "When I was in pharmacy school, I discovered that food has a profound impact on our healing and that what we put in our bodies will either heal us or make us sicker. In the same way that we use pharmaceuticals to impact our biology, we can use food as our medicine. I call this concept food pharmacology. Food is one of the most powerful tools in your healing journey." - Dr. Izabella Wentz More than 35 million Americans currently suffer from Hashimoto's—the country's fastest-growing autoimmune disease, which affects the thyroid gland and causes the body to attack its own cells. Many individuals with or without a formal diagnosis suffer daily symptoms, including chronic cough, acid reflux, irritable bowel syndrome, allergies, persistent pain, hair loss, brain fog, and forgetfulness. Hashimoto's Food Pharmacology combines Dr. Izabella Wentz's revolutionary and proven approach to reversing thyroid symptoms with delicious, easy-to-use recipes that delight the taste buds while they heal the body. Inside you will discover: • 125 delicious and nutritious recipes for salads, smoothies, bone broths and crockpot and bibimbap-style meals, with thyroid-supporting nutrient details on every page • Over 100 stunning food and lifestyle photographs • Tips for revamping your kitchen and pantry • An FAQ for easy reference and quick answers • Easy-to-use, personalized meal plans and food rotation schedules to accommodate any diet Successfully transforming the lives of thousands, Dr. Izabella Wentz makes it easier than ever before to live a life free from the suffering of autoimmune disease.

wellness gift basket ideas: *Stronger After Stroke* Peter G Levine, 2008-10-01 Billions of dollars are spent on stroke-related rehabilitation research and treatment techniques but most are not well communicated to the patient or caregiver. As a result, many stroke survivors are treated with outdated or ineffective therapies. *Stronger After Stroke* puts the power of recovery in the reader's hands by providing simple to follow instructions for reaching the highest possible level of healing. Written for stroke survivors, their caregivers, and loved ones, *Stronger After Stroke* presents a new and more effective treatment philosophy that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The book covers the basic techniques that can catapult stroke survivors toward maximum recovery. *Stronger After Stroke* bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation.

wellness gift basket ideas: *Did I Say That Out Loud?* Kristin van Ogtrop, 2021-04-13 From the former editor-in-chief of Real Simple, enjoy this hilarious and deeply insightful take on the indignities of middle age and how to weather them with grace: A pure pleasure to read (Cathi Hanauer, author of *Gone*). Do you hate the term "middle age?" So does Kristin van Ogtrop, who is still trying to come up with a less annoying way to describe those years when you find yourself both satisfied and outraged, confident and confused, full of appreciation but occasional disdain for the world around you. Like an intimate chat with your best friend, this mostly funny, sometimes sad, always affirming volume from longtime magazine journalist van Ogtrop is a celebration of that period of life when mild humiliations are significantly outweighed by a self-actualized triumph of the spirit. Finally! Featuring stories from her own life, as well as anecdotes from her unwitting friends

and family, van Ogtrop encourages you to laugh at the small irritations of midlife: neglectful children, stealth insomnia, forks that try to kill you, t.v. remotes that won't find Netflix, abdominal muscles that can't seem to get the job done. But also to acknowledge the things you may have lost: innocence, unbridled optimism, smooth skin. Dear friends. Parents. It's all here: the sublime and the ridiculous, living together in the pages of this book as they do in your heart, like a big messy family, in this no-better-term-for-it middle age.

wellness gift basket ideas: Self-Care for Grief Nneka M. Okona, 2021-08-03 Process your grief, protect your mental health, and find moments of happiness with these 100 self-care activities specifically designed for difficult and distressing situations. When faced with loss or trauma, the grief can oftentimes feel overwhelming. It can feel difficult, if not impossible, to focus your attention elsewhere. And yet, during hard times is the perfect time to look inwards for support and practice self-care. Tuning in to your personal needs and taking the time to create a thoughtful self-care practice can make all the difference in moving forward in a healthy way. In Self-Care for Grief, you'll find 100 self-care activities that are specifically designed to help you protect your mental health, even while grieving. You'll find useful activities like: -Cooking to honor your loss -Practicing saying "No" -Naming your emotions -And many more No matter what the circumstances are, Self-Care for Grief has the activities you need to de-stress, stay calm, and even find moments of joy in the most challenging of times.

wellness gift basket ideas: Happiness Through Hardship Caryn Sullivan, 2019-06-29 Does your diagnosis have you desperate as to what to do next? Shocked, scared and practically paralyzed with your next steps? Help is here in this brilliant, quick and simplified book backed with the best advice from a two-time cancer survivor who walked in similar shoes. Like a good friend holding your hand, Caryn Sullivan's Happiness through Hardship is written in support of cancer patients, their caregivers and/or friends who need direction during the first few weeks after diagnosis. This cancer-surviving guide book empowers readers to take immediate steps for being prepared, less-stressed and able to find a little joy within the journey. Happiness through Hardship directs those facing an initial cancer diagnosis with positivity and hope. Structured with thoughtful tips and anecdotes, this short book provides gentle guidance from the first few days to the thickness of treatments, and includes a journal and note-taking pages to be used as a reference during doctor appointments and meetings. After her own cancer diagnosis, Caryn understands the importance of a book that's easily digestible and not overwhelmingly long. Her insight provides a little light during the darker days. The first few weeks after diagnosis are often most challenging. Caryn was blessed to have three angels, Ellen Cavauiolo, Mary Ann Wasil and Meghan Zucker guide her throughout the early days. This book is dedicated to them and half the proceeds will be donated to metastatic breast cancer research through The Cancer Couch Foundation.

wellness gift basket ideas: Super Gift Set Amit Malik,

wellness gift basket ideas: The Complete Diabetes Cookbook America's Test Kitchen, 2018-11-06 2019 IACP Award Winner in the Health & Special Diet Category 2019 James Beard Award Finalist Take control of managing diabetes with a one-stop cookbook of 400-plus creative diabetes-friendly recipes. Meticulously tested recipes deliver exceptional flavor and maximum nutrition and provide a healthy way to cook and eat that truly benefits everyone but especially those battling diabetes. Complete nutritional information is provided with every recipe for easy reference. Diabetes is a health crisis. America's Test Kitchen's urgent mission is to provide a path to healthier eating for anyone cooking for diabetes and encourage home cooks to get into the kitchen with a complete collection of great-tasting recipes. Vetted by a dietician and a doctor, all of the more than 400 inspired recipes maximize healthy ingredients and flavor while adhering to specific nutritional guidelines. Enjoy every meal with fresh and creative recipes for breakfast, lunch, and dinner, including options for entertaining, snacks, and occasional sweet treats.

wellness gift basket ideas: The New Yorker Book of Doctor Cartoons and Psychiatrist The New Yorker, 1993 101 cartoons

wellness gift basket ideas: Hashimoto's Thyroiditis Izabella Wentz, Marta Nowosadzka,

2013 Hashimoto's is more than just hypothyroidism. ... The body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion, inflammation, and thyroid hormone release abnormalities. ... The lifestyle interventions discussed in this book aim to dismantle the vicious cycle piece by piece, ...allowing the body to rebuild itself.--P. 4 of cover.

wellness gift basket ideas: The Wellness Basket Kelly Moore-Ogg, 2012-11-16 Seldom does one locate a collection of stories, bound together, with faith it will provide inspiration. The Wellness Basket is just such a book. Prose for everyone is contained within this creative process. The Wellness Basket is a collection of inspiring, poignant and amusing writing which all exist, as well as some stories which touch moments in each person's life path, with a dose of wellness from the Authors' personal experiences. As this piece is a collection, one can read passages, individually, without having to turn the page to discover the end. It is interesting, honest, and even may evoke a few chuckles. This is the Books goal, to include everybody it touches, one chapter at a time. Enjoy!

wellness gift basket ideas: The How-To's of Gift Baskets Carol Starr, 1992-03

wellness gift basket ideas: 100 Hugs Sandy Gingras, 2013-11-05 There are times in life when all you need to find solace is a small gesture of consolation. 100 Hugs, a collection of everyday comforts, offers such solace. Each hug is a reminder to slow down and take comfort in the little things, from indulging in warm cookies and milk to watching fireflies on a summer evening. Sandy Gingras's "hugs" are the beacons of light that shine through the fog of everyday life. Sandy Gingras's uplifting words illustrated with her original watercolor art create pretty little "hugs." These hugs are perfect to give as a gift or to keep for your own personal growth. They are nourishment for the body, mind, and soul, reminding you to take a step back and become that flourishing version of you again.

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