

**The end.**

**If you'd like more healthy gift guides, here are a few resources you may check out:**

<https://www.self.com/gallery/healthy-gift-ideas-for-wellness-gurus>

<https://www.mindbodygreen.com/articles/2021-gift-guide>

<https://www.verywellfit.com/best-healthy-gifts-4178843>

<https://thesleepdoctor.com/holiday-gift-guide-2021/>



**Happy, healthy holidays,  
Abby**

*Merry Christmas*