

Health, Wellness & Modern Green Living

organic spa

MAGAZINE

HOLIDAY GIFT GUIDE

170+

Unique Green Gifts For Everyone

Give the Gift of Wellness

10 Ways to Shop Ethically

SPIRITUAL SPAS



DECEMBER 2014
\$5.99
0 09281 01399 0

A Lifestyle Publication
www.organicpsamagazine.com

Delicious Seasonal Dishes

PANATEA CEREMONIAL GRADE MATCHA GREEN TEA SET Inspired by the Japanese tea ceremony, the husband-and-wife owners launched a chic, modern interpretation of the ritual, complete with bamboo whisk and high-grade matcha tea; their site has lots of great recipes, too. \$54; panateagreen.com



ember-December 2014

The Mindful

Thoughtful gifts of wellness and mindfulness for



MOMENTS OF MINDFULNESS Dr. Nina Smiley, director of mindfulness programs at Mohonk Mountain House, has created a perfect gift: silk eye mask, lavender eucalyptus sachet, notebook, tin of chamomile tea and more, in a pretty box—to enhance life’s mindful moments. \$98; mohonkgiftshops.com

WELLNESS WARRIOR Spa and fitness industry icon Deborah Szekely, co-founder of Rancho La Puerta and The Golden Door, has done it again. Her nonprofit, Wellness Warrior, is working to reverse the unhealthy lifestyles that are making us—and our planet—sick. Make a donation, for a friend, and give a powerful gift to support wellness. wellnesswarrior.org



INSPIRATIONAL CLOTHING Every piece is inspired by an uplifting quote, from Thomas Merton to Maya Angelous to Buddhist monks, printed on the inside of the garment. Ten percent of your purchase goes to the ATAGives cause of your choice. \$24.99 and up; ata-clothing.com

EO EVERYONE ESSENTIAL OILS AROMATHERAPY BLENDS

These oils, in “Relax,” “Focus,” and “Fresh” blends are formulated with intention to lift the mood and focus the mind—and they come with instructions for the novice user. \$10.99 and up; wholefoods.com



PATTERN PLAY Made in Finland using fabric remnants, the 19-inch Rest cushions are filled with recycled polyester wadding. \$117.60; suiteny.com

QUIET NIGHT RELAXING BALM

In a cute, TSA-friendly tin, a little dab of this Lather multipurpose lavender-infused balm on the temples at night will help travelers sleep—and soothe dry skin and flyaway hair. \$9; lather.com



FOR THE BEES We love this little Way Out Wax beeswax Buddha Meditation Timer candle, created with so much intention: It burns for 60 minutes, time enough to sit quietly and meditate or reflect. Made with pure beeswax, pure essential oils and recycled packaging, the company donates a portion of each sale to the Pollinator Protection Campaign. \$7.99; wayoutwax.com



PANATEA CEREMONIAL GRADE MATCHA GREEN TEA SET Inspired by the Japanese tea ceremony, the husband-and-wife owners launched a chic, modern interpretation of the ritual, complete with bamboo whisk and high-grade matcha tea; their site has lots of great recipes, too. \$54; panateagreen.com

