



THE SUN & MY SOUL  
self-care club

# Corporate Gifting Guide

GIVE THE GIFT OF SELF-CARE





# How We Can Help

## 1. GIFTS FOR EMPLOYEES

### ONE OFF PERSONALISED GIFTS

Welcome new staff, celebrate achievements and holidays, and leave a lasting impression that reflects your brand and values. Personalise each box with your chosen items and make your next employee gift truly special.

### AUTOMATED

Our wellbeing gift boxes are prepared and sent on time, ensuring you never miss a significant occasion again. From employee appreciation and milestones to birthdays, we've got you covered.

### MONTHLY SUBSCRIPTION

Join our Monthly Subscription Program and proudly incorporate wellbeing as one of the benefits you offer to your employees. Enable employee wellbeing customisation within a designated budget. Let your employees choose the products they need to enhance their personal wellness.

## 2. GIFTS FOR CLIENTS

### EXPRESSING GRATITUDE TO CUSTOMERS & CLIENTS

Strengthen your relationships with customers and clients by expressing your appreciation for their business through a thoughtful and wellbeing-focused gift box.

### PR BOXES & GOODIE BAGS

If you're looking to generate buzz around your company or brand, we have you covered. Our wellness-focused gift boxes are perfect for creating excitement among influencers, media outlets, and potential partners.



## 3. GIFTS FOR EVENTS

### IN-PERSON EVENTS

From team-building exercises to conferences, meetings, presentations, and social gatherings we can help you curate unique gift boxes that align with the occasion and reinforce a positive and inclusive work culture.

### ONLINE EVENTS

Our wellbeing gift boxes serve as a delightful addition to your online workshops. These are carefully curated to align with the theme of your workshops, providing participants with tangible items that enhance their overall wellness.

Furthermore, we also offer a range of online workshops. Our expert facilitators conduct interactive sessions on topics such as

- Mindfulness
- Work-life Balance, Burnout
- Anxiety & Stress Management
- Self-love, Confidence & Self-compassion

# How It Works

## 1. CHOOSE YOUR GIFTS BY THREE METHODS

### A.) READY TO SHIP GIFT BOXES

Choose from our range of unique and luxury self-care boxes that have all the essentials they need to make them feel nourished and appreciated both inside and out. All of our self-care boxes arrive in beautiful gift packaging.

### B.) BUILD YOUR OWN

Choose all the items you would like in your box, from our selection of self-care essentials or add your own product to the box.

### C.) SEND A GIFT CARD OR VOUCHER

We can post gift cards or send e-cards with voucher codes so your recipients can choose their own gifts.

## 2. SELECT OR PERSONALISE YOUR BOX

Choose from our range of signature boxes or pay extra for a branded box. You can personalise all details in your packaging including the card, tissue paper and filling paper, etc.



## 3. LEAD TIME

Small orders can be done within a week depending on stock availability, whilst customised orders that include branded gift boxes and/or gifts will take up to three weeks.

If you need your order sooner for an event or occasion we can offer an express service.





# Ready To Ship Gift Boxes

We have created a range of curated gift boxes designed for different events and occasions. Choosing from our ready to ship range is the fastest and most cost effective service. All of our self-care boxes arrive in beautiful gift packaging. Including our signature white box, luxury tissue paper, cream shredded filling and a complimentary card with your personalised note. Free UK Tracked Shipping included.

[Browse our full range of self-care boxes](#)



## UNWIND SELF-CARE BOX £49.95

Nathalie Bond Himalayan Bath Salts with Lavender, Bergamot  
Nathalie Bond White Kaolin Clay Soap Bar - Lavender, Bergamot  
Lavender Scented Premium Soy Wax Candle  
TeaPigs Peppermint Tea  
Love Cocoa English Mint Dark Chocolate Bar (vegan)



## HOME SPA LUXURY SELF-CARE BOX £64.00

Corinne Taylor Calm Himalayan Bath Salts Sachet  
Upcircle Pamper Kit - Set of 10  
Eucalyptus Scented Premium Soy Wax Candle  
Nathalie Bond Himalayan Salt Body Scrub, Peppermint + Eucalyptus  
Nathalie Bond Organic Body Oil - Lavender, Bergamot



## UPLIFTING SELF-CARE BOX £38.00

Corinne Taylor Recharge Himalayan Bath Salts Sachet  
Nathalie Bond Yellow French Clay Soap Bar - Lemongrass  
TeaPigs Uplifting Tea - Happy with Lemon Balm  
Love Cocoa Salted Caramel Milk Chocolate Bar



## COFFEE AND CHILL SELF-CARE BOX £39.95

Two Chimps Medium Roast Specialty Coffee 250g  
Corinne Taylor Calm Himalayn Bath Salts Sachet  
Eucalyptus Scented Premium Soy wax Candle  
Love Cocoa Peruvian Dark Chocolate bar (vegan)

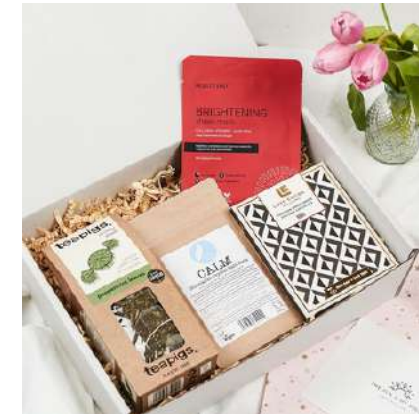
# Ready To Ship Gift Boxes



## RELAX SELF-CARE BOX

£38.00

Wanderflower Lavender + Fig Luxury Hand Cream  
BeautyPro Eye Therapy Under Eye Mask (3 pairs)  
Corinne Taylor Calm Himalayan Bath Salts Sachet  
Nathalie Bond Unwind White Kaolin Clay Soap Bar - Lavender, Bergamot



## ME-TIME SELF-CARE BOX

£36.50

BeautyPro Brightening Collagen Sheet Face Mask  
Corinne Taylor Calm Himalayan Bath Salts Sachet  
TeaPigs Peppermint Tea  
Love Cocoa Peruvian Dark Chocolate Bar (vegan)



## CALM SELF-CARE BOX

£38.00

Moon Velvet Moisturising Cream Sheet Face Mask  
Corinne Taylor Calm Himalayan Bath Salts Sachet  
Nathalie Bond Organic Body Oil - Lavender, Bergamot  
TeaPigs Organic Relaxing Tea - Calm with Valerian



## MINDFUL MORNING SELF-CARE BOX

£52.00

BeautyPro Eye Therapy Collagen Under Eye Mask (3 pairs)  
Mindfulness - Fresh Citrus, Bergamot, Jasmine Soy Wax Candle  
Mal Paper Mindfulness Meditation Cards  
VENT For Change Earth 100% Recycled Notebook, Lined  
TeaPigs Breakfast Tea - Everyday Brew



## COFFE AND CHILL SELF-CARE BOX

£32.00

BeautyPro Brightening Collagen Sheet Face Mask  
Corinne Taylor Recharge Himalayan Bath Salts Sachet  
Wanderflower Jasmine + Neroli Luxury Hand Cream



## RELAX & INDULGE SELF-CARE BOX

£52.00

BeautyPro Rejuvenating Collagen Sheet Face Mask  
Nathalie Bond Organic Himalayan Bath Salts - Lavender, Bergamot  
Spa Day - Eucalyptus Scented Premium Soy Wax Candle  
TeaPigs Peppermint Tea  
Love Cocoa Mini Salted Caramel Truffles



# Nourishing Pamper Products

[Browse our full range of pamper products](#)



EYE THERAPY  
COLLAGEN  
UNDER EYE MASK  
(3 PAIRS)

£4.99



REJUVENATING  
COLLAGEN SHEET  
FACE MASK

£4.99



BRIGHTENING  
COLLAGEN SHEET  
FACE MASK WITH  
VITAMIN C

£4.99



MOON VELVET  
MOISTURISING  
CREAM SHEET  
FACE MASK

£3.99



GREEN CLAY  
DETOX FACE  
MASK

£14.00



THE PAMPER KIT  
SET OF 10

£10.99



AVOCADO INFUSED  
CALMING SHEET  
FACE MASK

£4.99



ROSE INFUSED  
CALMING SHEET  
FACE MASK

£4.99



UNWIND  
HIMALAYAN BATH  
SALTS, LAVENDER  
& BERGAMOT

£8.95 - 100 ML  
£14.95 - 250 ML



UNWIND  
ORGANIC BODY  
OIL, LAVENDER &  
BERGAMOT

£10.00



MIND SPA™  
CALMING PULSE  
POINTS ROLL ON

£7.50



RELAXATION  
LAVENDER  
AROMATHERAPY  
EYE PILLOW

£14.50



# Nourishing Pamper Products

[Browse our full range of pamper products](#)



BLOOM PINK  
FRENCH CLAY  
SOAP BAR,  
PATCHOULI &  
ROSE GERANIUM

£6.50



GLOW YELLOW  
FRENCH CLAY  
SOAP BAR,  
LEMONGRASS

£6.50



UNWIND WHITE  
KAOLIN CLAY  
SOAP BAR,  
LAVENDER &  
BERGAMOT

£6.50



MOROCCAN ROSE  
HIMALAYAN BATH  
SALTS

£12.00



CALM HIMALAYAN  
BATH SALTS,  
LAVENDER,  
FRANKINCENSE  
& PATCHOULI

£6.50



ACHES & PAIN  
HIMALAYAN BATH  
SALTS, EUCALYPTUS,  
BLACK PEPPER,  
MARJORAM

£6.50



BALANCE  
HIMALAYAN BATH  
SALTS, CYPRESS,  
ROSE GERANIUM  
& CLARY SAGE

£6.50



RECHARGE  
HIMALAYAN BATH  
SALTS, GRAPEFRUIT,  
SWEET ORANGE  
& YLANG YLANG

£6.50



HAND CREAM  
-LAVENDER, FIG  
-EUCALYPTUS, VERBENA  
-JASMINE, NEROLI

£8.50



LIP BALM  
-FRESH MINT  
-SWEET ALMOND  
-WHITE TEA

£7.00



HARMONY BATH  
BOMB WITH JADE  
CRYSTAL

£6.50



GEODE BATH  
BOMB

£6.50

# Notebooks, Planners, Affirmation Cards

[Browse our full range of notebooks, planners and affirmation cards](#)



EARTH RECYCLED  
LINED NOTEBOOK  
£9.50



INSPIRATIONAL QUOTE  
LINED NOTEBOOK  
£14.00



30 DAYS OF  
GRATITUDE JOURNAL  
£9.99



MINDFULNESS  
JOURNAL  
£26.00



SELF-LOVE JOURNAL  
PAPERBACK £16.50  
HARDBACK £24.00



ANXIETY JOURNAL  
£26.00



YOU GOT THIS PEN  
SET (SET OF 3)  
£14.00



QUESTIONS TO  
EMPOWER CARDS  
£14.00



DAILY POSITIVE  
AFFIRMATION CARDS  
£14.00



MINDFULNESS  
MEDITATION CARDS  
£14.00



POSITIVE  
AFFIRMATION CARDS  
£16.50



STRESS RELIEF  
AFFIRMATION CARDS  
£14.00



# Premium Scented Soy Wax Candles

[Browse our full range of scented sox wax candles](#)



MINDFULNESS -  
CITRUS,  
BERGAMOT,  
JASMINE SOY  
CANDLE, 120 ML

£10.50



SPA DAY -  
EUCALYPTUS SOY  
CANDLE, 120 ML

£10.50



BALANCE -  
SAGE SEA SALT SOY  
CANDLE, 120 ML

£10.50



RELAX -  
LAVENDER SOY  
CANDLE, 120 ML

£10.50



SUNDAY  
MORNING -  
FRESH LINEN SOY  
CANDLE IN GIFT  
BOX, 200ML

£18.00



MINDFULNESS -  
CITRUS, BERGAMOT,  
JASMINE SOY CANDLE  
IN GIFT BOX, 200 ML

£18.00



RELAX -  
LAVENDER SOY  
CANDLE IN GIFT  
BOX, 200 ML

£18.00



SPA DAY -  
EUCALYPTUS  
SOY CANDLE IN GIFT  
BOX, 200 ML

£18.00



LAVENDER SOY  
CANDLE, 120 ML

£10.50



EUCALYPTUS SOY  
CANDLE, 120 ML

£10.50



FRESH CITRUS,  
BERGAMOT +  
JASMINE SOY  
CANDLE, 120 ML

£10.50



SAGE + SEA SALT  
SOY CANDLE,  
120 ML

£10.50



# Drink and Sweet Treats

Browse our full range of drink and sweet treats



UPLIFTING TEA, HAPPY  
WITH LEMON BALM  
£5.95



RELAXING TEA, CALM  
WITH VALERIAN  
£5.95



SLEEPY TEA, SNOOZE  
WITH LAVENDER  
£5.95



PEPPERMINT HERBAL  
TEA  
£5.50



EVERYDAY BREW  
BREAKFAST TEA  
£5.50



SUPER FRUIT TEA  
£5.50



PERUVIAN DARK  
CHOCOLATE BAR (V)  
£5.50



SALTED CARAMEL MILK  
CHOCOLATE BAR  
£5.50



HAPPY BIRTHDAY, MILK  
CHOCOLATE BAR  
£5.50



HONEYCOMB MILK  
CHOCOLATE BAR  
£5.50



MINI SALTED  
CARAMEL TRUFFLES  
£6.95

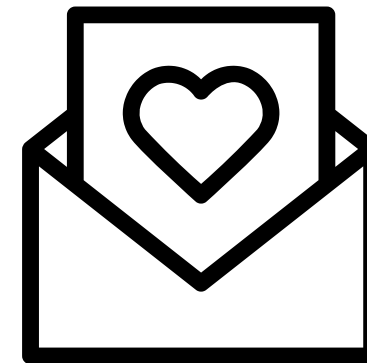


SPECIALTY COFFEE -  
MEDIUM ROAST 125 G  
£5.95



# Send A Gift Card

Our e-card voucher service allows your recipients to choose exactly what they want and keeps your workload to a minimum.



## SET THE BUDGET

Tell us your budget so we can let you know your different options.

## PROVIDE THE EMAILS

We will send an e-card to all the giftees with a unique url link with details of how to get their gift and any other information you want to share.

## WE DO THE REST

Once your giftee has ordered their self-care essentials, we will send it out and let you know that it's been claimed.

# Packaging and Personalisation

## Boxes and Box Filling

### THE SUN & MY SOUL GIFT BOX

Box with biodegradable peanuts and black ribbon - £4.50

Box with luxury tissue paper, cream shredded filling and black ribbon - £6.50

Fast turnaround, No MOQ



### GIFT BOX

Gift Box - £3.00

Personalised Sticker with your logo - £1.50/box

Available Colours: White, Black, Pink, Red, Blue, Navy

### PREMIUM GIFT BOX

Gift Box with magnetic closure and ribbon from £10.95 depending on size

Personalised Sticker with your logo - £1.50/box

Available Colours: White, Black, Pale Pink, Red, Rose Gold, Navy, Pale Blue, Silver, Gold, Holographic

### TISSUE PAPER

Premium Quality Tissue Paper

Biodegradable - £1.00/sheet

Available Colours: Forest green, Lime green, Teal, Light pink, Lilac, Red, White, Navy, Black, Rose gold sparkling, White sparkling, Light Blue, Blush, Burgundy, coral, orange, yellow, sand, ivory, rose, fuchsia, royal blue, oxford blue.

### BOX FILLING PAPER

Shredded Filling Paper - £1.50/box

Available colours: Cream, Black, White, Red, Deep Red, Pink, Kraft Brow, Cool Grey, Navy Blue, Chocolate Brown, Green, Forest Green, Lime Green, Orange, Yellow.



# Packaging and Personalisation

## Cards, Envelopes, Adding Your Products

### CARD - £1.00

One or two sided A6 notecard with your logo and personalised message

### ENVELOPE - £1.00

A6 premium heavyweight envelopes available in 20 different colours to match with your branding.

Available Colours: Burgundy, Deep Rose, Dusty Rose, Blush Pink, Terracotta, Buttermilk, Cherry Red, Olive, Khaki, Jade Green, Hunter Green, Almond, Navy Blue, Teal, Dusty Blue, Aubergine, Lilac, Dove White, Mid Grey, Storm Grey, Jet Black

### ADD YOUR OWN PRODUCTS

If you would like to include external gifts or your branded products, we generally charge a £1.50 pick and pack fee per item.

Sometimes we will offer this service for free or at a lower cost on larger orders.



# Shipping and Additional Costs



## PICKING AND PACKING

A Picking and Packing fee applies to all orders. This is for the packaging materials and the picking and packing of the boxes.

The cost is £1.50 per box for orders over 100 units and £2.00 per box for orders under 100 units.

## UK SHIPPING

Boxes are sent with Royal Mail Service. Individually sent, prices by box size are:

**Small Box:**  
Royal Mail Tracked 24 - £5.50  
Royal Mail Tracked 48 - £3.95

Medium Box: price on asking

Sent to one location: price on asking

## INTERNATIONAL SHIPPING

Boxes are sent with Royal Mail Service. Individually sent, prices by box size are:

**Small Box:**  
Royal Mail International Tracked (7 to 21 days subject to customs) - £25

Medium Box: price on asking

Please note that any import duties or taxes are the responsibility of the customer or recipient of the gift.

## HAVE QUESTIONS?

Contact Jutta at [sales@thesunandmysoul.com](mailto:sales@thesunandmysoul.com)



# Partners we have worked with



THREADS



"The perfect pick me up for our team. Excellent products that brought so much joy and such great customer service. Thank you so much and can't wait to shop here again!" - D.J.

"Amazing service. Wonderful products and so organised when sending to large groups. Thanks so much I'll be ordering again for sure!" - Maureen