

# Holiday Gift Guide: 20 Healthy Items to Give This Year



Long list but short on ideas? There's something for everyone on your list in our natural beauty and wellness holiday gift guide. Better yet, each item is available online. Now whip up a [holiday beer punch](#), sit back, and get to sipping and shopping!

## Gifts of Natural Beauty

Who doesn't love a bit of self love for the holidays? Beauty items make the perfect gift, especially when they are luxe indulgences that recipients wouldn't normally splurge on for themselves. Give the gift of good health and glowing skin with these natural beauties.



### 3. Kari Gran Lip Whips

Tempting pots of pretty lip color make the best stocking stuffers. These come in a wide variety of hues with a thick and glossy texture. \$16