

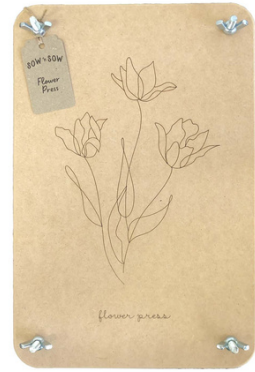
# *CANCER GIFT GUIDE*

AFRAID OF CHOOSING SOMETHING  
INAPPROPRIATE? DON'T STRESS.

WE'VE GOT YOU!

• EAT NOURISH TEAM •





### *Chilly Towel*

One of our personal favourites! Chilly Towel is the perfect gift for anyone experiencing overheating due to chemotherapy, other cancer treatments and hot weather.

The Chilly Towel is made from a unique hyper-evaporative fibre that is dry to the touch when wet and cools to 30 degrees below average body temperature when exposed to ambient air.

Chilly Towel will maintain a temperature that feels cool to the skin.

It is so easy to use - simply run the towel under cold water, wring and shake.

Pair with Dry Chill Sleepwear for the perfect gift.

[\*Click here to learn more\*](#)

### *SleepPhones*

SleepPhones are the world's most comfortable headphones for sleeping, especially.

The luxuriously soft headband is gentle on ears and sensitive heads after hair loss.

They contain thin removable speakers to play any type of audiobooks, podcasts, apps, or music you prefer.

Regular headphones and ear buds are not comfortable to wear all night long but SleepPhones® are fully padded with nothing sticking into the ears and are comfortable even for side sleepers.

Lightweight, washable, hypoallergenic, and RoHS/CE compliant SleepPhones® makes the perfect considerate gift.

[\*Click here to learn more\*](#)

### *Sow n' Sow*

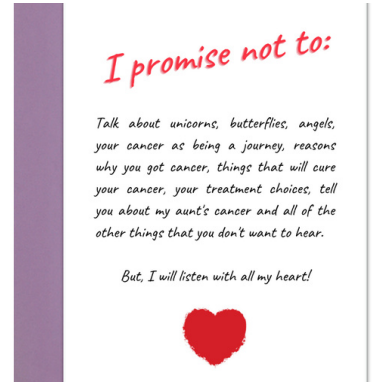
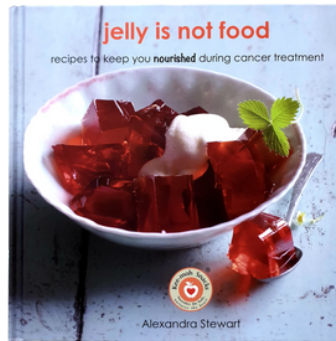
Sow n' Sow's hand-crafted Flower Press allows your flowers, blossoms & flora to be preserved to become works of art.

Simply pick your pretty blooms from the garden, arrange them on the sheets of cardboard provided & tighten the nuts. Leave the blooms for 3-4 weeks then use your beautiful dried posies to adorn gift cards, picture frames or whatever your heart desires.

Featuring a gorgeous illustration by Daniella Germain, each press is hand crafted in Australia out of hard-wearing materials to ensure stable pressure & long-lasting use.

The perfect accompaniment to Son n' Sow's seed packets.

[\*Click here to learn more\*](#)



### *The Survivorship Diary*

### *Kee-moh Snacks*

### *Gifts For Cancer Patients*

The Survivorship Diary is a FREE resource developed by a brain cancer patient for brain cancer patients.

Nourishing the body with good nutrition can be tricky when cancer treatment side-effects limit how and what you can eat.

When saying it with flowers just doesn't say enough - Gifts For Cancer Patients is your go-to place.

The information in the diary provides general information collated by medical professionals and designed to be accessible to all newly diagnosed patients to assist with keeping track of appointments, medications, and essential questions to ask medical specialists.

Jelly Is Not Food has recipes adapted to suit cancer treatment side-effects that would otherwise completely take all enjoyment of food.

Their range of cards are humorous, empathetic and just a little bit swearsy. You will find something to suit all tastes.

Medical details and contributions have been received from Care2Cure from Royal North Shore Hospital and St George Public Hospital.

It also helps the people you love maintain connection with family and friends by being able to sit down at the table and share a meal together. It helps to keep people connected and bring joy in every bite again.

The products include handmade one-off and unique scented eye pillows and tote bags.

And their handmade scented angel dollies have to be seen to be believed.

Jelly Is Not Food will help nourish your loved one with vital nutrients so they can concentrate on their path to wellness.

Get in early though because the unique nature of the gifts means they take time to make and every item is made to order.

[\*Click here to learn more\*](#)

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### *Songly*

Perhaps you struggle to put your feelings to words. Perhaps you are tired of giving the same gift every year.

Whatever the reason, everyone has a story and everyone deserves their own song. The gift of a personalised song is the most thoughtful and meaningful gift you may give!

That's where Songly comes in - the unique gift of a personalised song!

We take your favourite stories, memories and feelings and transform them into a studio-recorded song completely from scratch!

Our tracks are written and recorded by professional Australian artists, allowing you to surprise that special someone with a gift and memory that will last forever.

***Click here to learn more***

### *Fabriculture*

Do you know what a Woylie is? Did you know the Dinosaur Ant is considered a living 'fossil' or that Numbats don't need to drink?

Australia has some of the most amazing and diverse wildlife in the world.

This pack of beautifully hand illustrated playing cards feature unusual and vulnerable Australian animals, accompanied by interesting facts and why they are considered at risk.

As well as playing your favourite games to while away the hours spent in hospital, these fascinating cards help enrich our collective knowledge of Australia's natural environment, bringing all ages together.

***Click here to learn more***

### *Dry Chill Sleepwear*

Overheating due to cancer treatment interrupts the restful and restorative sleep that is so important for healing and wellbeing.

Dry Chill sleepwear is made from an innovative woven fibre technology that draws moisture away from the skin and encourages breathability and coolness.

Antibacterial and antimicrobial, the quick-drying fabric eliminates odour-causing bacteria on the skin and reduces sweat, discomfort and irritation during sleep.

Durable and long-lasting, the Dry Chill range is scientifically proven to withstand over 25,000 abrasion and pilling tests and maintain colour integrity and shape after washing.

***Click here to learn more***



### *Ugly Xmas Rashie*

We know all about being sun smart in Australia and a rashie is a must. Even more so for anyone whose cancer treatment or medications makes them extra sensitive to the sun's harmful rays.

Why not make waves in an Ugly Xmas Rashie, summer's answer to the ugly Xmas sweater.

Super comfortable and durable, they're designed for ultimate sun protection with a UPF50+ rating. Every rashie breathes easy with 100% elastane fabric

Patterns are printed so your rashie won't fade, shrink or crack. This is a rashie made to last!

Unisex, long sleeve design for a stylish, comfortable fit, there are sizes to keep the entire family safe in the sun.

***Click here to learn more***

### *esst*

Did you know that cancer treatment can lower immunity? It can be an unfortunate side-effect of treatment.

This year, esst launched the world's first sanitising hand cream, combining all of the essential components of a luxury hand cream, with the safety and responsibility of antibacterial function.

It has even been government lab tested and proven to kill 99.9% of bacteria.

esst products are multipurpose, vegan, cruelty free, non toxic and 100% Australian owned and manufactured. It can be used as an after-shave balm for gents and ladies as well as a refreshing foot cream, aid for chafing and even to help calm acne and rosacea.

***Click here to learn more***

### *Sow n' Sow*

Nothing takes the mind away from treatment like the therapeutic effects of gardening.

Spread Christmas cheer this year with a packet of flower seeds, greeting card and gift all in one eco friendly package.

There is space on the back of the package to write a message, a plant label is included as part of the packaging and each Gift of Seeds comes with a brown kraft envelope for mailing.

Perfect for those family and friends who can't be with you this year. This gift and card in one is plastic free and made in Australia from 100% recycled card.

Once the flowers are in full bloom, why not preserve them with a Sow n Sow Flower Press.

***Click here to learn more***