

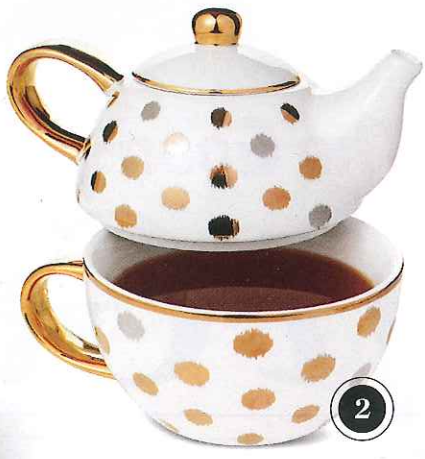
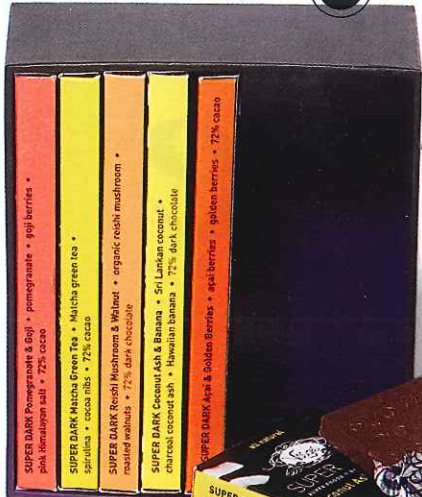
The Good-for-You
Gift Guide



Call these finds stealthy healthy—
they're fun and fabulous, with mind and body benefits built in.
Because *that's* how to show your love.

PHOTOGRAPHED BY CHRISTOPHER COPPOLA | STYLING BY EMILY MULLIN

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1. Amped-up chocolate
This set of mini-bars blends dark chocolate with exotic superfoods like goji berries, coconut, and pomegranate. **\$25**

2. Especially for tea lovers
Give them an excuse to drink more of the ultra-healthy bev with this sweet pot-and-cup combo. **\$48**

3. Puffer with perks
Uniqlo's latest ultra-light down jacket is slim, fitted, and ideal for layering—and the collarless style is the cutest look yet. **\$60**

4. All-natural wash
These cool shower gels will inspire a "where did you find that?" They all smell great and are full of energizing or calming essential oils. **\$20 each**

5. Fruity rainbow
Inside you'll find a delicious assortment of nectarines, peaches, dried cherries, and more—so gorgeous and guilt-free. **\$49**



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6. A sleep-better machine

With various sound settings, it helps anyone nod off. And the remote means you can adjust it from your bed. **\$80**

7. Nourishing glosses

Talk about lip service. These all-natural, argan oil-infused glosses deliver shine and moisture. **\$53**

8. Make their water sparkle

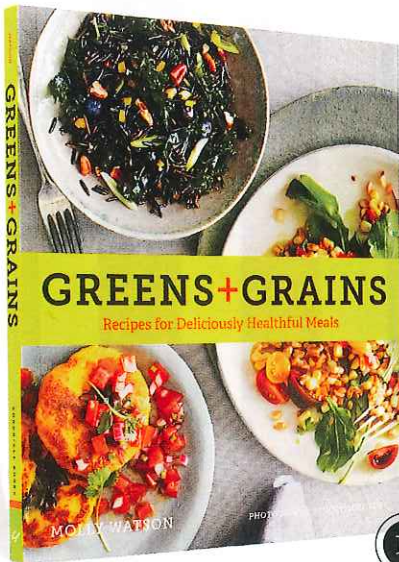
The sleek, colorful new machine from bestseller SodaStream offers a smart alternative to sugary soda. **\$90**

9. Chic fitness tracker

This Tory Burch bracelet is fashion with a bonus: It works with Fitbit Flex devices to track steps, calories, and sleep. **\$38**

10. Rainy day mind-bender

Give your gray matter a workout with this challenging puzzle. Then enjoy the punchy finished product. **\$25**



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11. A book to savor
This collection of recipes combines trendy, fiber-packed grains like millet with vitamin-rich greens like collards to make delish dishes. **\$20**

12. Spicy rack
She'll use this set of 12 spices to give weeknight meals an exotic touch. Some might even boost immunity. **\$50**

13. Best nut butters
Snack on these three high-protein spreads—Chai Spice, Peanut Cocoa, and Almond Ginger—with fruit or crackers. **\$40 for 3**

14. A gym bag (that doesn't look gym-y)
Carry it or wear it as a backpack; this tote has pockets for a laptop, yoga mat, cosmetics, shoes, and your phone. **\$120**

15. Relief in a pretty package
Heat one of these barley- and lavender-filled mini-pillows in the microwave to soothe achy muscles. **\$40 each**



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16. Grow-anywhere garden

They'll have fresh herbs at their fingertips with a mini garden that feeds, waters, and gives plants plenty of light. **\$100**

17. Color treats

Pamper a beauty junkie with this set of luxe nail polishes. She'll dig the sophisticated hues; her hands will love the toxin-free formula. **\$48**

18. Super-rich robe

This plush organic cotton bathrobe makes curling up on sick days (or stepping out of the shower in the dead of winter) cozier. **\$59**

19. Water with a twist

The nifty citrus press in the bottom jazzes up H₂O with the bright flavors of fresh orange, lemon, or lime. **\$16**

20. Fun poetry

Open this whimsical volume of poetry, "cures" for life's little challenges, from a messy house to bedtime with a toddler. **\$16**

21. Balance board

Gift it to anyone who likes a workout with a side of fun. It lets you rock and pivot while torching calories and building muscle. **\$100**

22. Vinegar extreme

Infused with roasted garlic, this balsamic drizzle is yummy over salad, roasted veggies, or crudité's. **\$15**

23. Smoothies on demand

Blend up something fruity, then twist off the cup and take it to go (it fits most car holders). **\$20**

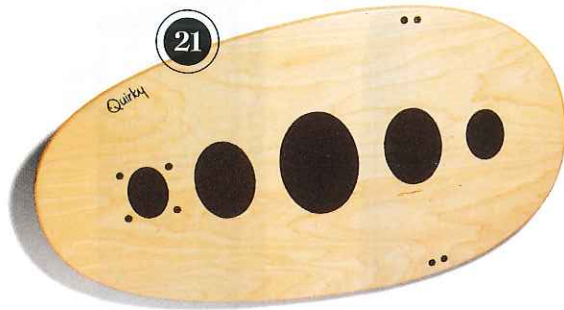
24. The prettiest lunch box

Replace the brown bag with a floral pack and suddenly everyone wants to bring a healthy meal to work. **\$30**

25. Buzzy skin soothers

Honey is the star ingredient in this box of products—a body scrub, body butter, lip balm, and eau de toilette. **\$50**

Go to page 142 for shopping info.



**DR. OZ'S
GO-TO GIFT**

"I like giving a pack of wild smoked salmon: It's rich in protein and omega-3s." Try the one by Santa Rosa Seafood, \$25, sanfranciscocrabshipping.com.

SHOPPING INFO

The Good-for-You Gift Guide



1. Super Dark Mini Chocolate Bar Library, \$25, vosgeschocolate.com

2. Tea for One Set, \$48, cwonder.com

3. Women's Ultra Light Down Jacket, \$60, Uniqlo

4. Plant Bodywashes, \$20 each, plantbrooklyn.com

5. Dean & DeLuca Dried Fruit Tray, \$49, deandeluca.com

6. Deep Sleep Sleep Therapy Machine, \$80, homedics.com

7. Josie Maran Argan Oil Five-Piece Lip Quench Set, \$53, qvc.com

8. SodaStream Play, \$90, Walmart

9. Tory Burch for Fitbit Silicone Printed Bracelet, \$38 each, toryburch.com

10. Remember Puzzle Symbols, \$25, piqproducts.com

11. Greens + Grains: Recipes for Deliciously Healthful Meals, \$20, amazon.com

12. The CHEFS Collection Spices of the World, \$50, thespicelab.com

13. Nut Butter Trio Pack, \$40, shop.bigspoonroasters.com

14. Lily Tote, \$120, lolewomen.com

15. Heat Pillow, \$40 each, shopfirefly.com

16. Smart Herb Garden, \$100, clickandgrow.com

17. Holiday Chic Cocktail Trio, \$48, scotchnaturals.com

18. Organic Cotton Velour Bathrobe, \$84, shopninespace.com (30% off with code DrOzGift)

19. Citrus Zinger Original, \$16, zinganything.com

20. Poetry First Aid Kit: Poems for Everyday Dilemmas, Decisions and Emergencies, \$16, amazon.com

21. Drift Balance Board, \$130, quirky.com (\$100 with code DrOzGift)

22. Blaak Roasted Garlic Drizzle, \$15, shop.beekman1802.com

23. Hamilton Beach Single Serve Blender, \$20, amazon.com

24. Built Bento Lunch Box, \$30, broadwaypanhandler.com

25. Honeymania Premium Selection, \$50, thebodyshop-usa.com

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