



Ayurvedic Gift Guide

kitchen rituals



Burlap & Barrel Spice Set

\$49



Ground Up Nut Butter Holiday

Flight \$30



FarmTrue Warming Spice Blend

\$15



Pique Tea Ceremonial Matcha

\$58



Surya Spa Spiced Ghee

\$23



Diaspora Co. x Just Date Sauce

\$17

morning rituals



Ion Biome Gut Health
\$49



Wildling Beauty Gua Sha Tool
\$65



Sesame Oil \$14



Copper Tongue Scraper \$13

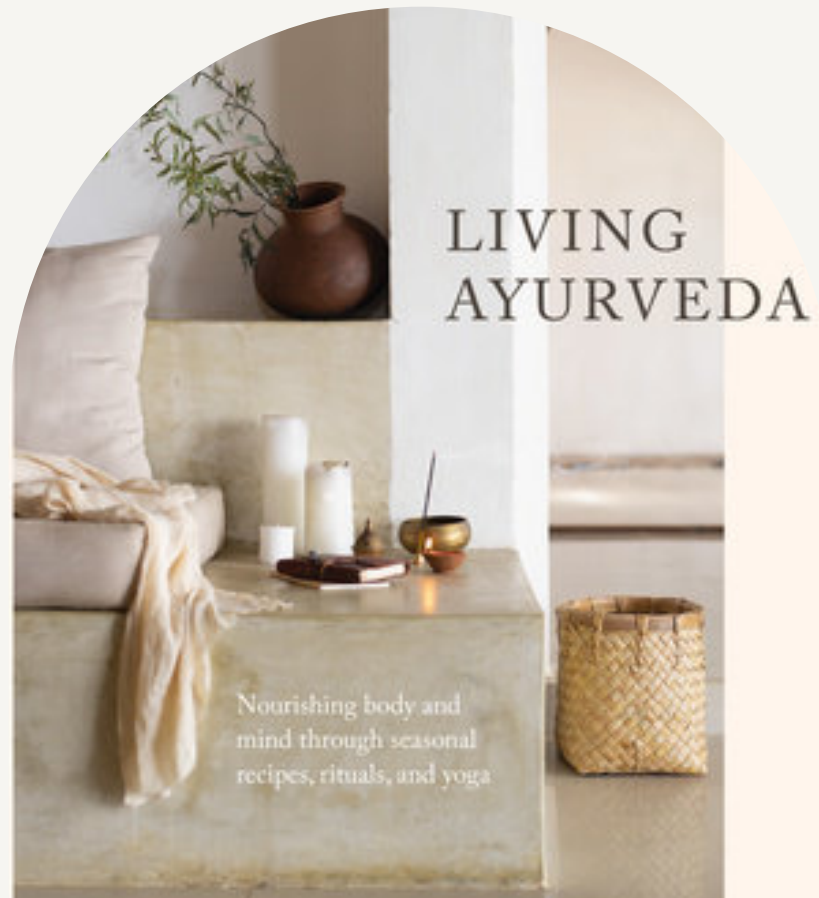


Dry Brush Set \$24 - \$49



Softest Sheets on Earth
\$251

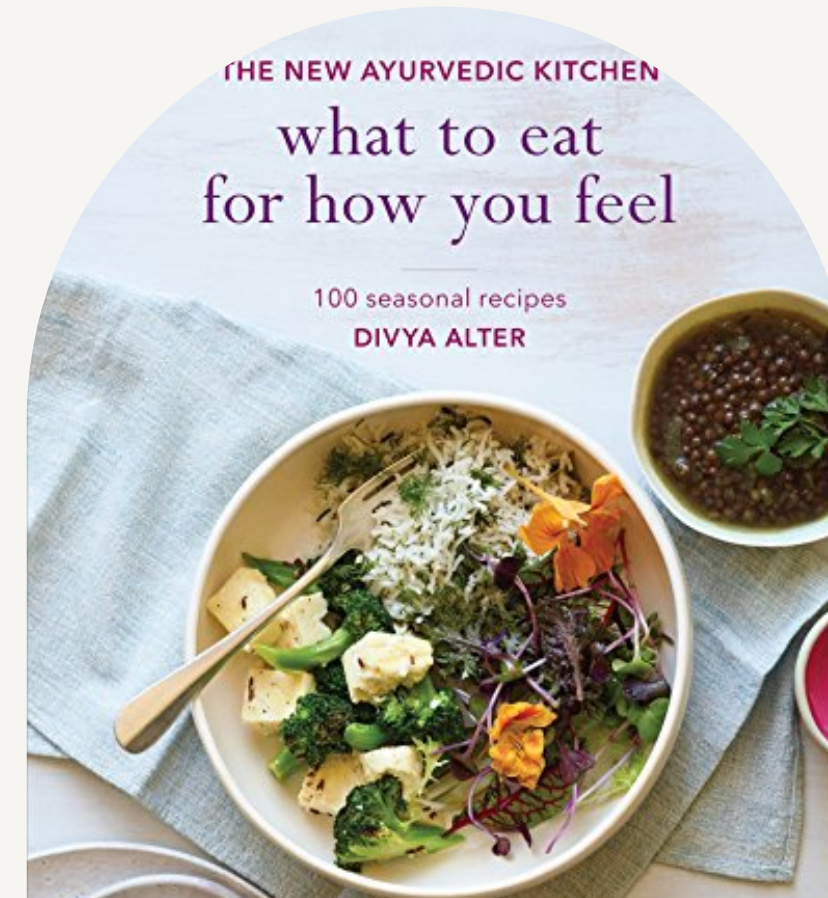
kitchen reading



Living Ayurveda
by Claire Ragz \$29



The Kosmic Kitchen
by Sarah Kate Benjamin and
Summer Singletary \$30



How to Eat for How You Feel
by Divya Alter \$28

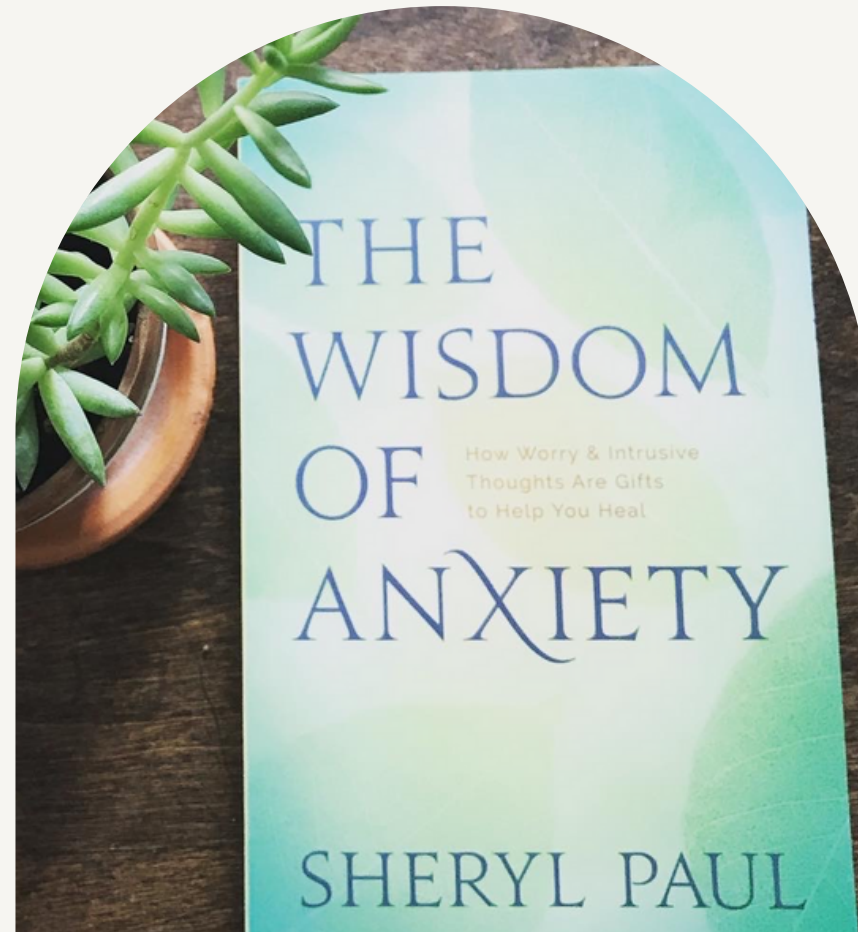


Help Yourself by Lindsay
Maitland Hunt \$28

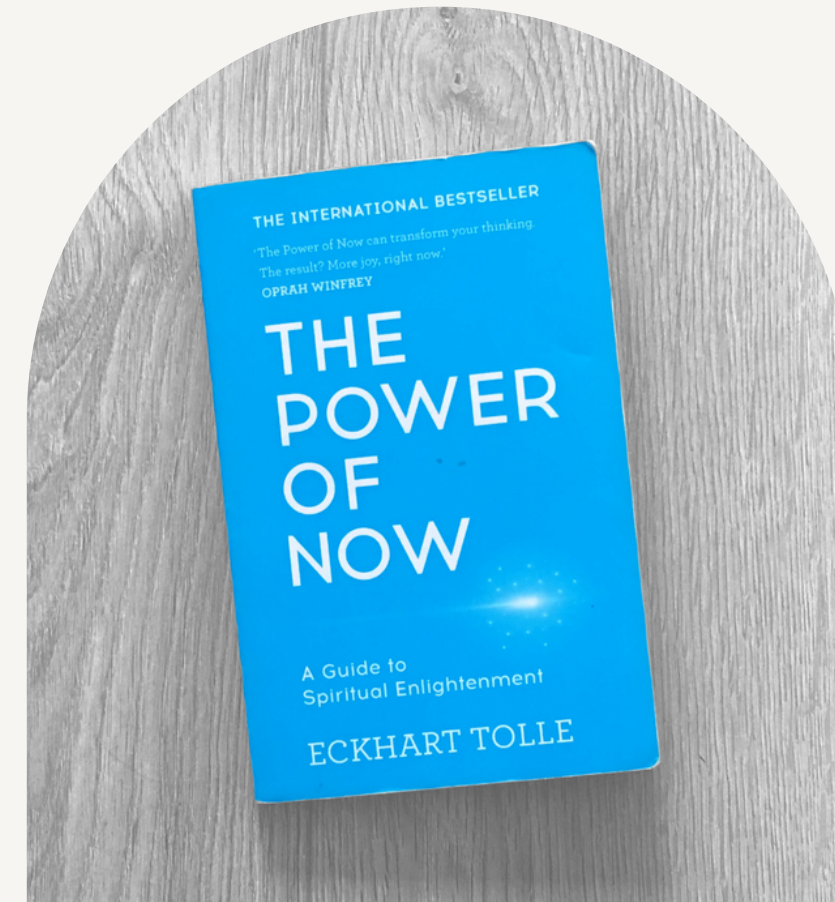
night time reading



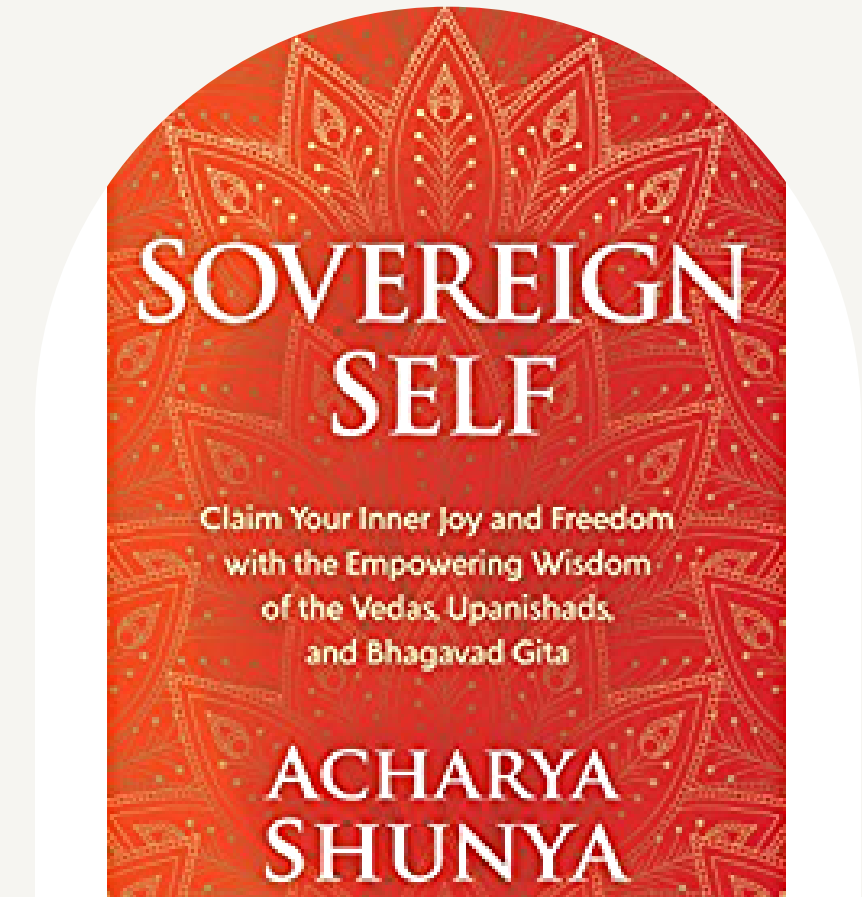
Moon Lists
by Leigh Patterson \$18



The Wisdom of Anxiety
by Sheryl Paul \$15

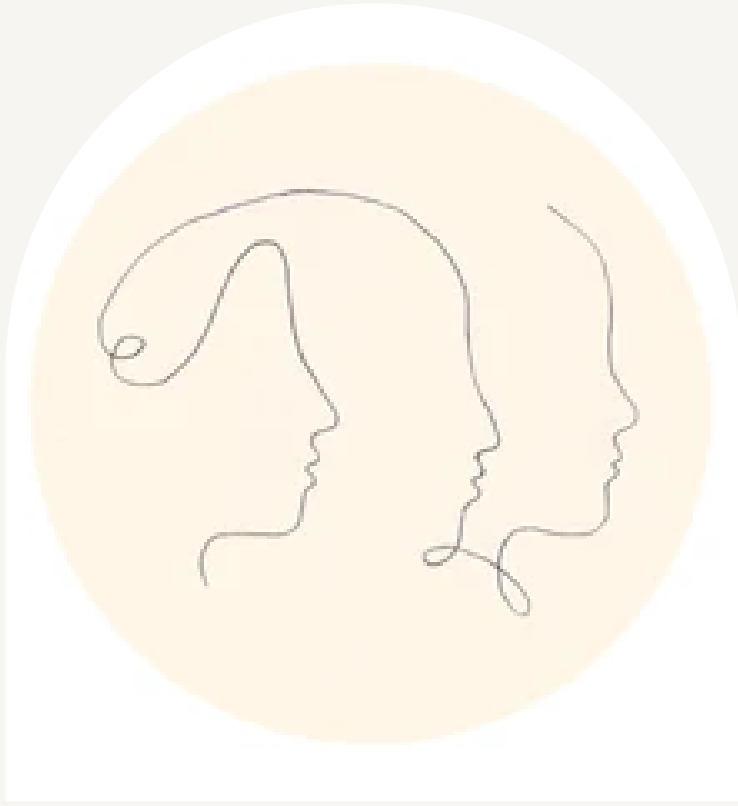


The Power of Now
by Eckhart Tolle \$15



Sovereign Self by
Acharya Shunya \$29 (to be
released Dec 29)

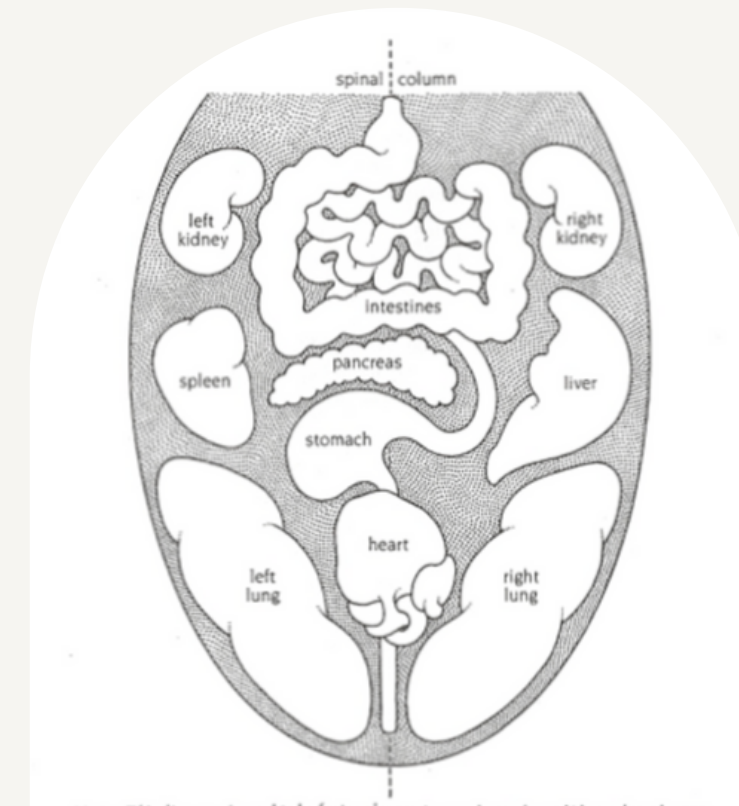
healing rituals



gua sha tutorial



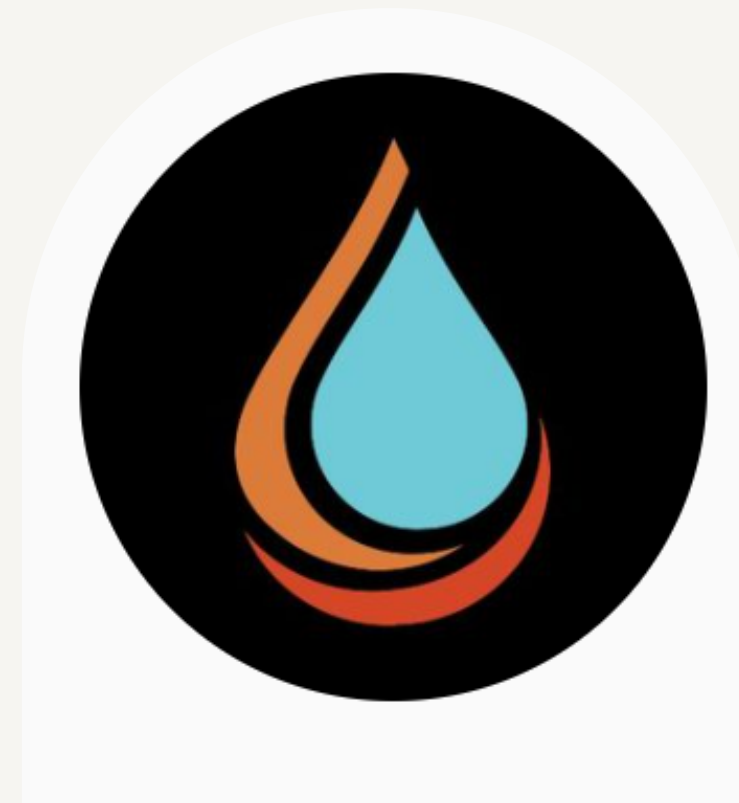
Sound Therapy Session



One Week of Guided Liver
Detoxification



mind / body balance program



The Ocean Lab Sauna Membership



5 Day Meal Subscription