



30+
Gift Ideas
INSIDE

2021 EDITION

Heaththy Holiday

GIFT GUIDE



Healthy & Happy GIFTS

Happy Holidays!

We had a lot of fun putting together this healthy holiday gift guide for you. It's packed with healthy and inspiring wellness gifts for everyone on your list.

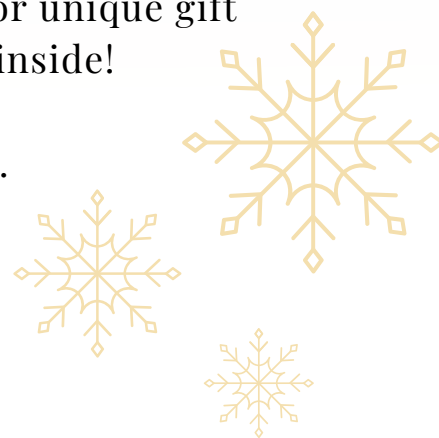
If you're looking for a special gift with a personal touch or unique gift card options ... we've got plenty of ideas waiting for you inside!

We hope this guide makes your gift-giving easy this year.

Wishing you a very happy & healthy holiday season,

Dr. Bjorn & Team

Network Chiropractic Wellness Center



Stocking STUFFERS

Small gifts with big impact



COOLING TOWELS

Your favorite gym-goer or outdoor enthusiast would appreciate a cooling towel to help them fight the heat.



WEIGHTED EYE MASK

This one's for the person who is serious about their sleep (and their beauty routine).

A weighted eye mask can help ease headaches, block out light, reduce stress, and even battle eye puffiness.

STOCKING STUFFERS



INSPIRING JEWELRY

A personalized piece of jewelry can serve as a reminder of what matters to them and help motivate, relax, focus and inspire. There are so many options ... from a simple charm (like a barbell!) or a pendant with a favorite quote.



CBD CLINIC

**\$20 OFF
THRU 12/30**

Perfect for pain relief on the go. Two potent analgesics, camphor (11%) and menthol (16%), penetrate deeply into the skin and essential oils including eucalyptus, clove, peppermint, and tea tree pair up to enhance the cooling effect for the feeling of lasting relief.

AVAILABLE AT OUR OFFICE



ESSENTIAL OIL KITS

Find the perfect blend of essential oils for your wellness-loving friends. You can find or create blends to help energize and elevate your mood ... reduce stress ... relieve headaches, and everything in between. These are always a winner!

AVAILABLE AT OUR OFFICE or ORDER HERE

STOCKING STUFFERS



WARM GLOVES

Warm gloves are a much-appreciated gift for anyone who does a lot of outdoor activities (running, biking, dog walking, skiing, etc.).

TIP: For optimal warmth, make sure the outer layer is waterproof.



ORGANIC LIP BALM

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

AVAILABLE AT OUR OFFICE or ORDER HERE



NORDIC NATURALS

Add Nordic Naturals to your daily supplement routine. This brand sets the standards of excellence in the areas of purity, freshness, taste, and sustainability. We carry ProDHA, ProOmega, Omega-3 Gummies, Probiotic Gummies, Joint Xtra, Vitamin D and more.

AVAILABLE AT OUR OFFICE

**\$15 OFF
THRU 12/30**

STOCKING STUFFERS



AVOCADO HUGGERS

For your friends who LOVE avocados ... these great little covers will keep their avocados fresh for a very long time. These are always a hit!



MINDFULNESS CARDS

The gift that keeps on giving. A deck of mindfulness cards is a great way to "bring awareness, calm, and joy to everyday life."

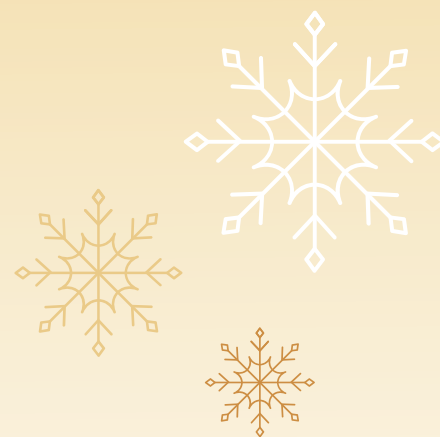


MINI HONEY SET

Nothing makes for a sweeter gift than some delicious, high-quality honey. This gift will last a long time, and is always a winner. Great for anyone on your list.

fitness GEAR

New equipment can add excitement to their workouts!



SUSPENSION TRAINER

This is like a gym-in-a-box, perfect for travel or a home workout space, providing both support and added resistance for a variety of exercises.



DUMBBELLS

Weights are another home-fitness must. Adjustable dumbbells and kettlebells are a great space-saver.



ROLLGA FOAM ROLLER

IMPROVED RECOVERY - Simulate oxygen rich blood flow and improve muscle mobility and flexibility. IDEAL SHAPE - Contours fit your body to target muscles while avoiding bones and tendons.

AVAILABLE AT OUR OFFICE



BOOTY BANDS

These extra-strong looped resistance bands are surprisingly versatile, making squats, lunges, and leg extensions even more effective. Plus, they're portable, perfect for at-home use or in the gym.








WORKOUT CLOTHES

Who doesn't love new clothes? There are so many options on the market now, at so many price points. Gift them shorts or leggings, a hoodie, or a workout top (or all of the above!).



FITNESS TRACKER

A wide variety of fitness trackers at a variety of price points are available these days to help track steps, sleep, resting heart rate, workouts and more.



gifts for HIM

Wellness gifts for the man in your life!



MEN'S HORMONE BLEND

10 ml Roller

8 drops Frankincense
5 drops Rosemary
5 drops Ylang Ylang
3 drops DDR Prime®
3 drops Console®

Top with a carrier oil, shake and apply topically down the spine.



1

MIDNIGHT FOREST BODYWASH

SUPPLIES LIMITED

An unspoken need for Men's health & wellness. This blend will bring balance and support for the man in your life.

ORDER THROUGH OUR OFFICE

SUBSCRIPTION BOX

Give the man in your life the gift that keeps on giving...every month! Subscription boxes are available for all budgets and you'll find everything from men's personal care essentials and clothing clubs to hobby gear boxes and cocktail clubs.

2



3

BALANCE OIL

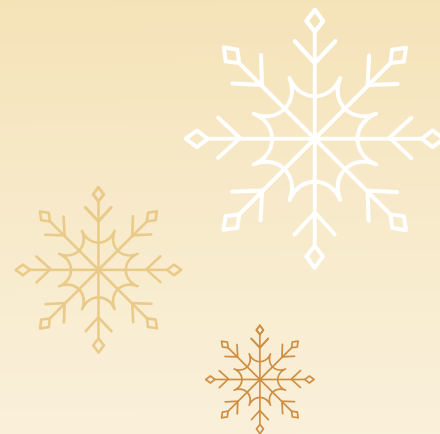
doTERRA's grounding blend, appropriately named doTERRA Balance, offers a tranquil aroma suggesting harmony to the mind and body, and balance to the emotions.

AVAILABLE AT OUR OFFICE or ORDER HERE



gifts for KIDS

Wellness gifts for the kiddos!



DHA JR. XTRA

DHA Jr. Xtra provides three times the DHA as Nordic Naturals top-selling DHA Junior to address two formidable challenges during childhood: widespread deficits in omega-3 intake, and the difficulty getting young kids to take supplements. Ideal for children ages 3-6.

AVAILABLE AT OUR OFFICE



KIDS OIL COLLECTION

The doTERRA Kids Collection is the complete and ready-made “whole body” essential oil toolbox designed to empower caregivers to confidently care for the health and wellness of little ones. Formulated specifically for developing minds, bodies, and emotions.

AVAILABLE AT OUR OFFICE or ORDER HERE



CHIROPRACTIC CARE

The alignment of the spine is important for proper development of growing children and can help with improved sleep, better behavior, their immune system, brain development and of course nervous system support. Ask about our discounted rates for pediatric patients.

Wellness

GIFTS

Great gifts for everyone!



SEAT CUSHION

If they sit on a hard chair all day at work, they might love a seat cushion designed just for home workers (check out the cushions from Purple Mattress).



HOUSE (OR OFFICE) PLANT

Get them an indoor plant that can help purify the air. Ivy, spider plant, snake plant, and aloe vera are popular easy care options.



BLUETOOTH SHOWER SPEAKER

Whether they listen to podcasts, audiobooks, or their favorite songs, they won't miss a beat with a waterproof shower speaker.



CRAFTY STRESS-BUSTERS

Help them relax and have fun at the same time! Gift them a craft kit or artist supplies that will help them flex their creative muscles.



LOCAL SERVICE

Hook them up with a gift certificate for housecleaning, meal prep, snow removal, lawn mowing, or any other service that will give them some real downtime on their day off.



MINI HUMIDIFIER

Dry air is hard on your sinuses and your skin! A mini humidifier can help counteract that – simply fill it up with water and place it on your nightstand or desk ... and let it do all of the work for you.

Mind & Body TOOLS

*Help them find a little more
downtime ...*



MASSAGE GUN

Get a great DIY massage anywhere with the Lifepro Dyna Mini Massage Gun. It helps target sore muscles for pain-free movement and faster recovery.



BATH SALTS

Give them a soothing bath bomb or Epsom salts potion to help them soak their hardworking muscles. Use our dōTERRA Lavender oil to make your own calming salts!

OIL AVAILABLE AT OUR OFFICE



COZY BEANIE

A natural fiber beanie will help them stay warm after a strenuous workout.



HEATED OR WEIGHTED BLANKET

A weighted blanket does more than keep them feeling warm & cozy. It can help relieve stress, promote relaxation, and help battle anxiety.



CHIROPRACTIC CARE

Consider a gift certificate for care with Dr. Bjorn! Spread the love of healing so that your friend or family member can feel better too! Get them started with care for \$129 OR purchase a Care Package that gets them started with care AND provides for their first 10 open room visits for \$840 (savings of \$79).



YOGA STRAPS

A yoga strap can be a helpful tool when it comes to improving flexibility. It can help them to safely go deeper into their stretches while maintaining good form.

FOOD & *Drinks*

Good-for-you treats with benefits.



HEALTHY GIFT BASKET

Send them a gift basket packed with good-for-you treats, like the baby vegetable crate from Harry & David ... or a healthy snack basket from Thrive Market.



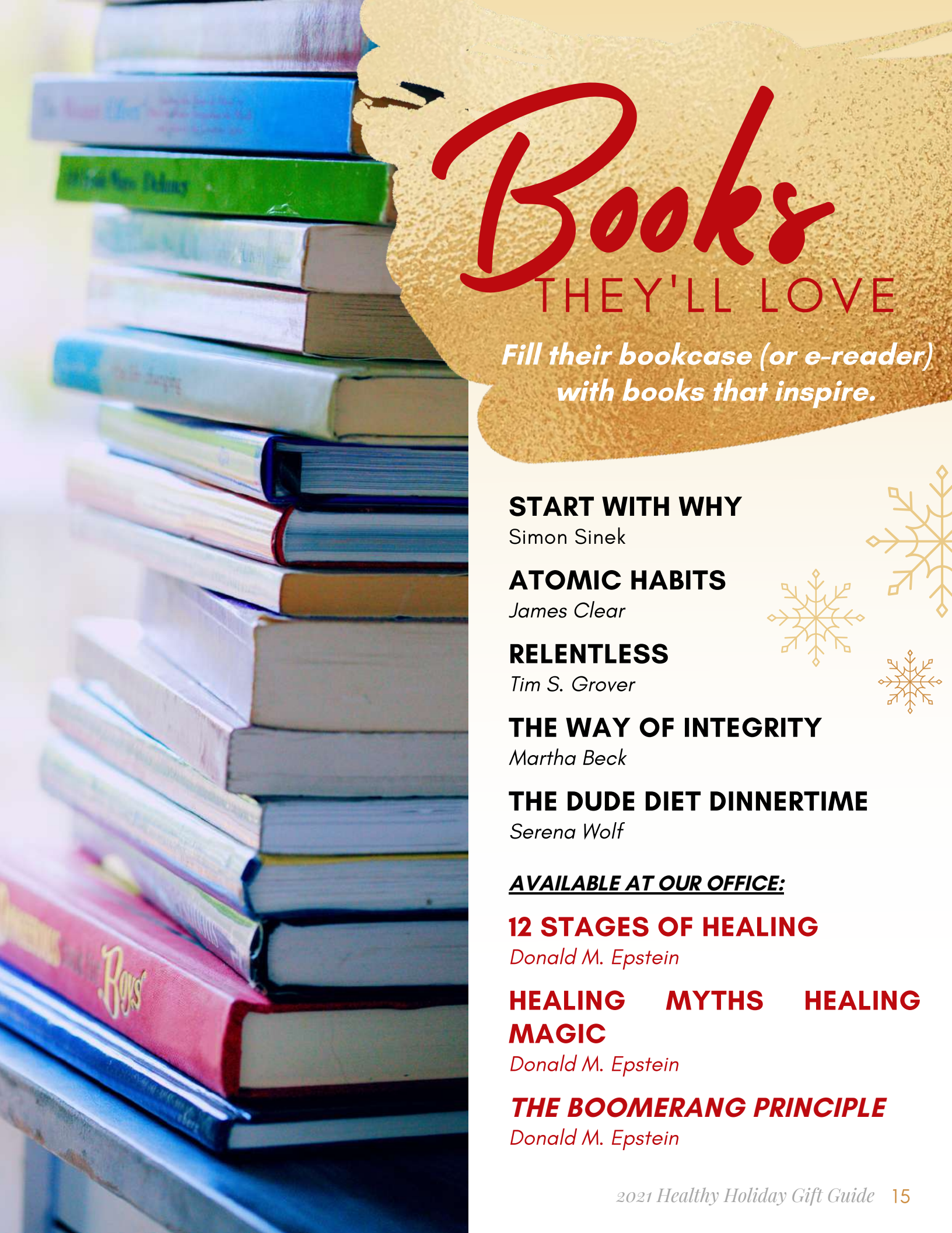
SUPERFOOD LATTE

A trend that continues, superfood lattes blend together nutrition superstars like turmeric, mushroom, matcha, beetroot and more into a tasty beverage.



WINE

For the wine lover on your list, a bottle of their favorite brand or vintage is a fun idea. Or amp up the healthy factor by sending them a bottle of lower sugar "fit" wine.



Books

THEY'LL LOVE

*Fill their bookcase (or e-reader)
with books that inspire.*

START WITH WHY

Simon Sinek

ATOMIC HABITS

James Clear

RELENTLESS

Tim S. Grover

THE WAY OF INTEGRITY

Martha Beck

THE DUDE DIET DINNERTIME

Serena Wolf

AVAILABLE AT OUR OFFICE:

12 STAGES OF HEALING

Donald M. Epstein

HEALING MYTHS HEALING MAGIC

Donald M. Epstein

THE BOOMERANG PRINCIPLE

Donald M. Epstein



Our Wish FOR YOU



A HAPPY, HEALTHY, & FIT LIFE!

At Network Chiropractic Wellness Center our goal is to help you change your spine and as a result, change your life! When your health flourishes, you're ensuring that you can turn outwards and help people around you.

How about a gift for YOURSELF!? Don't forget that self-care is just as important this season! Set yourself up for success in 2022 with a chiropractic care package today.



We are honored to be part of your healing & wellness journey.

Dr. Bjorn & Team

IT'S TIME!

GET YOUR NEXT BUNDLE OF
VISITS AND SAVE MONEY TODAY!

Rates are increasing in the New Year, so now is the perfect time to get your next chiropractic care package and commit to your healing for 2022 while saving some money too! Ask our staff about which package best suits your goals and care plan.