

+ The latest research findings of 2011

active

CANADA'S NATURAL HEALTH AND WELLNESS MAGAZINE

DECEMBER 2011

the Gift of Health

recipes

FOR A HEALTHY HOLIDAY

houseplants

THAT CLEAN THE AIR

stress

LESS AT WORK AND HOME

exercise

WARM-UPS AND COOL-DOWNS



ALL I WANT FOR Christmas...

Healthy, green gifts for everyone on your list | Leah Karpus

Welcome to *alive's* 2011 holiday gift guide! We've been hard at work searching for the latest and hottest gift ideas for even the most hard-to-please person on your list, so you can do a stress-free one-stop holiday shop at your local natural health retailer.

LIFESTYLE

Kids

Gone are the days when eco-friendly toys were unfashionable and uncool—kids will want to show these gifts off at school!



Green Toys

You won't be finding any PVC, BPA, phthalates, or other harmful plastics in the Green Toys tugboat or jump rope. Colourful and made from safe materials including recycled milk jugs, these toys encourage fun and environmental values.
greentoys.com

Piggy Paint Nail Polish

Piggy Paint colourful nail polish will make every girl feel like a princess. It's made from all natural and organic ingredients.

piggypaint.com



Nature Clean Treehouse Bubble Bath and Soaps

Kids' favourite TV and book characters join them on Nature Clean's bubble bath and soaps. They're natural, gentle enough for sensitive skin, and their fun designs make encouraging healthy habits a breeze.
naturecleanliving.com/treehouse



Stocking stuffers

These stocking-stuffed gifts will complete your holiday shopping.



Kaia Facial Cleansing Cloths

Kaia biodegradable bamboo cleansing cloths are a cleanser, makeup remover, and toner in one, so there's no excuse not to take off your makeup—even after a long day of holiday partying!
kaianaturals.com

Carebags

It can be hard to remember to bring produce and bulk bags when shopping, but Carebags makes it easy with light, durable bags that fit easily into your purse or pocket.
carebagsonline.com

Ecojot Stationery

Ecojot offers journals, greeting cards, and sketchbooks made from post-consumer recycled paper printed in Canada. Their hand-painted designs make them almost too pretty to write on.
ecojot.com

Having shopped at a natural health retailer, *alive* editor Leah Karpus loves helping people find the perfect gifts.