



Excellent health is a lifelong journey and the Holiday Season gives opportunity to share information and products that promote health and well being. We believe the season affords an excellent opportunity to give expressions of health and products that expand our ability to be healthier and make superb choices for our bodies. We invite you to explore our top picks for the holidays below and wish you happy shopping!

2011 Health and Wellness Holiday Gift Guide

Products:

Extra virgin olive oil: A bottle of high quality extra virgin olive oil is sure to please the health-conscious cooks on your list. A trip to a gourmet market or even the [St. Petersburg Saturday Morning Market](#) should provide you with many possibilities. Depending on your budget, you could even put together a sampling of two or three bottles.



Do-It-Yourself:

Handmade Recipe Book: Fill a notebook or 3-ring binder with personal recipes or even your favorite healthy recipes you've clipped from magazines. You can create a fun title and cover page and it's sure to be a touching gift for the cook or chef-in-training, plus it's fun to make. With a few photos and a little creativity, you can even create a hard bound book at online services such as snapfish.com .

Gift Baskets: Who doesn't love gift baskets? Pick a fun theme like Spa Day, filled with candles, lotions or even gift certificates or a theme like Holiday Cooking filled with kitchen gadgets, jarred jams or something homemade.

Personal Vouchers: We've all given or received them as gift, whether it was when we were a child or from a special love interest. But, homemade gift certificates are still a gift that says "I care!" Consider making personal vouchers for a home cooked healthy meal, a night out dancing or even a foot rub. They're not just for kids and the recipient will appreciate the generosity of your time.

Season Pass:

Give someone you love a season pass to somewhere educational or interesting. A park, the zoo or even the aquarium. Places such as these encourage walking, outdoors and they're always more fun with friends and family.

[Lowry Park Zoo](#) st. petersburg, florida



[Museum of Fine Arts](#)

[The Dali Museum](#)

[Glazer Children's Museum](#)

[The Florida Aquarium](#)

Charitable Giving:

Make a donation - it's easy to get caught up in the hustle and bustle of the holidays. But, we as good stewards, can't forget those that aren't as fortunate as we are. Several online charities offer cards that are sent to a person you designate saying that you've made a donation in their name. Even the smallest amount of giving can make a huge difference for someone in need. Below are just a few of our favorites:

[Suncoast Hospice](#)

[Charity Choice](#)

[American Redcross](#)

[Feeding America](#)

Shop with a Purpose:

Consider making your holiday purchases at local rescue organizations such as the SPCA or Friends of Strays store, non-profit thrift store, or stores that donate portions of their proceeds to charitable organizations. Stores such as Whole Foods have partnered with the No Kid Hungry Campaign and a portion of your purchases directly support the campaign.

Services:

i spa Gift Certificates: Almost everyone loves to be pampered, to heal, to relax and unwind without guilt or responsibility hovering close by, yet so many people don't take the time on themselves to enjoy this. i spa Health Studio offers gift certificates for Massage Therapy , Acupuncture or Facials to give the perfect gift of well-being.

The Gift of Sight: For those stubborn family members that still squint to read the "fine print", consider making them an ophthalmologist appointment at your doctor or ours at the offices of [Dr. Francis Barreiro OD, PA](#)

Also, you could consider taking them for a 5 pack of reading glasses at Sam's Club. They'll love seeing the holidays more clearly!

Once the Holiday Season comes to a close and life begins to slow to its natural rhythm and pace remember to schedule your appointments for acupuncture, massage therapy and skincare/facials here at i spa Health Studio. We encourage you to continue your own personal path to wellness and well-being in 2012 and beyond. We appreciate you and the energy you bring to our business and look forward to creating more fun and exciting expressions of healing and wellness in 2012.

Happy Holidays,

Adrienne G. Honeywell , Dr Debra Bebell and Davonne Smith