



MYBOD  
GIFT GUIDE 2021

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Hi there!

If you're stuck for gift ideas this year, here's some Mybod approved picks that are healthy, sustainable and local.

Supporting other small businesses is important to me as is finding those with values I can relate to around health, wellness, sustainability, fair trade and use of natural and organic products. Some of these businesses have also been kind enough to offer a Christmas discount!

I've also included some DIY Christmas gift recipes that are cost effective and can also be fun holiday activities with the kids should you run out of time to make them for Christmas giving.

I hope you find this helpful, and if you do, feel free to pass this on!

Rae,

Holistic Movement and Health Coach

021 232 6692

[rae@mybod.co.nz](mailto:rae@mybod.co.nz)



Nick at Stone Arrow Jewellery, Takaka, makes the most amazing stuff and is committed to operating a socially and environmentally sustainable business on an ongoing basis.

Stone Arrow have a comprehensive environmental policy, focusing on using recycled material as much as possible and supporting a number of environmental organisations and non-profit charities.

I love how everything is handmade and the use of recycled glass bottles into objects of beauty.



**Stone Arrow**  
JEWELLERY FROM AOTEAROA

[Shop here](#) or [check out their Facebook page here](#)

Get 15% off

All products  
purchased online until  
24 December 2021

With the code  
**Mybod2**







# BACK TO THE WILD

Back To The Wild make beautiful natural, organic, and ethical skin, body and home products in Kaiapoi.

Their products are friendly on your skin, the environment, and your wallet.

Safe for babies, great for people with sensitive skin, and anyone who wants to cut down on the amount of toxins in their life and reduce their carbon footprint!

Shop online [here](#) and check out their Facebook page [here](#).



Use the code  
**Mybod**  
For 10% off

All products  
purchased [online](#)  
until 1 January 2022

Wild Dispensary is a Dunedin based natural health company that crafts Wild Herb Formulas.

All their products are 100% natural, herbalist formulated and small batch made using wild and native herbs that are carefully selected and sustainably harvested.

Wild Dispensary is totally committed to environmentally and socially responsible practices - from sustainable harvest methods, strict waste audits and initiating a bottle re-use scheme, to supporting to the local Dunedin Wildlife Hospital, you can feel assured knowing you are making the right choices for your health and the environment.



# WILD

DISPENSARY

Shop [here](#) or check out their Facebook page [here](#)



Use the code  
**Mybod21**  
For 15% off

All products  
[purchased online](#)  
until 24 December  
2021



# SANO + HUMANO

Providing organic skincare made in New Zealand, Sano + Humano translates to 'Healthy + Human'.

Based in Havelock North, Sano + Humano craft formulas to heal and restore the skin.

Produced in small, quality controlled batches, and committed to ongoing research and development, Sano + Humano produce high quality concentrated formulas and provide people with value for money, rich, and nutrient dense organic skincare products.

Shop [here](#) and check out their Facebook page [here](#).



Use the code

## Mybod

To receive a free Lip Salve valued at \$17.50 with each online purchase over \$30 until 1 January 2022

Add the Lip Salve to your cart and use the code to activate the offer



# SUGAR BODY SCRUB

Sugar Scrubs are cost effective, ridiculously easy to make with ingredients you probably already have in the house, and you can package it up and make it pretty with a ribbon.

Here's 3 to try from:

[www.thekiwicountrygirl.com](http://www.thekiwicountrygirl.com)



## Lavender and Rosemary

### INGREDIENTS

- 1 cup white sugar
- 2 tablespoons oil - melted coconut oil, olive oil or avocado oil
- 6-10 drops lavender essential oil
- fresh rosemary and lavender (finely chopped)

## Coffee

### INGREDIENTS

- 1/2 cup ground coffee (plunger/filter grind)
- 1/2 cup white sugar
- 2 tablespoons oil - melted coconut oil, olive oil or avocado oil
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

## Peppermint

### INGREDIENTS

- 1 cup white sugar
- 2 tablespoons oil - melted coconut oil, olive oil or avocado oil
- 6-10 drops peppermint essential oil (or peppermint extract or essence)
- 2-4 drops red food colouring (optional)

- Combine all ingredients and mix well.
- Store in jars.
- For peppermint scrub - split the mix into 2 bowls and add food colouring to 1 bowl and mix well. Layer the red and white for a festive visual effect.



# TERRARIUM

from [www.palmers.co.nz](http://www.palmers.co.nz)

Plants are fashionable and usually easier to look after than a pet.

A terrarium is a great way to display some easy care plants and they make our environment prettier and more healthy, helping to filter the air.

## INGREDIENTS

- a glass container
- glass pebbles or stones
- small houseplants, cacti or succulents
- potting mix
- decorative elements to add fun touch - small animal figurines or sea shells



- To create drainage for the plants, add a layer of sand or stones at the bottom of the container, then add a layer of moss or potting mix. If you are using succulents, make sure you use a dry potting mix and be careful to not over water.
- Plant one to three plants per terrarium depending on the size of the vessel, making sure to get a mix of sizes, leaf textures and colour.
- Layer stones or decorative elements at the top.



# COOKIES IN A JAR

These look great and are so easy to make!

From [www.thekiwicountrygirl.com](http://www.thekiwicountrygirl.com) (again) AND you can download her [printable labels](#) to attach to your jars for gifting!



## Chocolate Chip Cookies

### JAR INGREDIENTS

- 1 1/2 cups plain flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup chocolate chips (or more to fill the jar)

## Raspberry White Chocolate

### Blondies

### JAR INGREDIENTS

- 1 1/2 cups plain flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup dessicated coconut
- 1/2 cup white chocolate chips

## Fudgy Brownies

### JAR INGREDIENTS

- 2/3 cup plain flour
- 1/4 teaspoon salt
- 1/4 cup brown sugar
- 3/4 cup white sugar
- 3 tablespoons cocoa (sifted)
- 150 grams dark chocolate pieces

- Layer all the jar ingredients into a 750ml jar in the order listed, packing them down to form layers
- [Print the labels](#) and attach to the jars for gifting

## ABOUT YOUR COACH, RAEWYN NG:

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Rae is a Movement and Wellness Coach committed to helping people make sustainable lifestyle changes to improve their health, energy and happiness.

With a background in Law and Politics before moving into the Health and Wellness space in 2003, Rae has a special interest in the impact of stress on mental and physical wellness and weight loss, the interface between personal and environmental health and personalised, functional health solutions for chronic health conditions.

**IF YOU WOULD LIKE TO WORK WITH ME TO IMPROVE YOUR HEALTH AND ENERGY, GET IN TOUCH.**

Contact Rae at:

[www.mybod.co.nz](http://www.mybod.co.nz)

[rae@mybod.co.nz](mailto:rae@mybod.co.nz)

**mybod**  
holistic health





Enjoy  
the  
holiday  
season!