

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



THE GIFT GUIDE

By Lia Bartha

GIFT A MEMBERSHIP

GIFT A PROP



I'm so excited to finally share my first gift guide with all of you! Starting off with a little self promo above, because if you don't promote and believe in yourself, no one else will either, right? Sooo, just a reminder that you can gift a membership of any length, to anyone in the world, without the burden of high shipping costs and stress about whether it will arrive on time. Health is wealth and what better way to celebrate the holidays than to gift your loved ones some health wealth.

Alright, I'm taking off my work hat and putting on my Santa hat now! Here's a list of some of my favorite things, I either personally own and love, or have added to my own wish list this year. I hope it helps you this holiday season!

xx
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SELF CARE GOODIES

Gifts for an at-home, spa-like experience



Furtuna Skin Discovery Set

Price: \$98

Details: Furtuna is a current favorite of mine for all things face. It is definitely pricey, but worth every penny, and now it comes in this trial size so you can sample before you commit.



Skincare Wand w/ Red Light Therapy

Price: \$149

Details: At-home microcurrent, red light therapy, therapeutic warmth and facial massage. Say no more. Facials are expensive and this tool does the trick at a much lower price. Better than a Gua Sha.



Osea White Algae Mask

Price: \$48

Details: I love to use this face mask when my skin feels dull, and need some hydration. A little goes a long way and you can also keep it on overnight if you need the extra treatment.



Infrared Sauna Blanket

Price: \$499

Details: This blanket is a game-changer for the winter months. It warms you to the core and gives you a really great detoxifying sweat from the comfort of your own home.



Candescent 'Create' Pre Roll

Price: \$17.50

Details: If you can get your hands on this specific brand (talking to all the Californians out there), this strain is incredible for encouraging out-of-the box thinking.



Kate McLeod Sleep Stone

Price: \$45

Details: The Sleep Stone moisturizer is so soothing and calming for anytime your skin needs some love. It also massages the body while calming your senses at the same time. The packaging is beautiful too.



The "Me Time" Bath Salt Trio

Price: \$44

Details: It is no surprise that I love an epsom salt bath. On a special day, I love to use Foria's dreamy bath salts. This trio is a sampler of their Relief, Intimacy and Wellness salts with CBD.



Unisex Organic Waffle Robe

Price: \$98

Details: I am a big fan of Coyuchi for all things bathroom related. I have been buying their towels for years now and just recently discovered this amazing waffle robe!



Donni Shearling Slipper Slides

Price: \$114

Details: I love to be comfy at home (actually always) and Donni never disappoints with their quality and style. Everyone needs a slide for walking around the house, right?

WEARABLE GEAR

One for me, one for you type of gifts



SKIMS Slouch Socks

Price: \$16

Details: A perfect slouch sock for both warmth and style, and they come in amazing colors. I love how these look with sneakers. Worth getting on the waitlist.



New Balance 57/40 Shoes in Washed Henna

Price: \$100

Details: A perfect everyday lifestyle shoe to go with those slouch socks. This shoe works really well with workout attire, but also with trousers and a structured top. The color is perfection.



Live The Process Leg Warmers

Price: \$78

Details: I am an 80's baby and have always loved the workout attire of that era, so it's no surprise I love a leg warmer. These are functional too for winter and easily fold over socks and sneakers.



Ganni Recycled Polyester Parka Coat

Price: \$425

Details: Putting this coat on here in hopes of someone getting it for me for the holidays. Kidding, Justin. (Not kidding).



Frankie Shop Helia Lounge Shorts & Pullover

Price: \$59 (shorts) \$84 (pullover)

Details: I have a love affair with all things The Frankie Shop. Coats, pants, sweats, you name it.



Oversized Hoodie Sweatshirt

Price: \$46

Details: I am all about oversized sweatshirts and layering. This Zara one is just too good and affordable to not add it here. Comes in a few different colors and perfect under a bomber jacket.



State Bennett Fanny Pack

Price: \$160

Details: I have this fanny pack in three colors. It is big enough to hold everything you want and need, and can be worn also as a crossbody.



Gold Ball Bracelet 2MM

Price: \$45

Details: Alexa Leigh does ball jewelry so well and I know balls (haha). All of her bracelets are nicely paired with other jewelry, and I love the 2MM size.



Stone & Strand Beaded Ear Cuff

Price: \$95

Details: My sister gave me this ear cuff for my birthday and I haven't taken it off since. It is such a cute statement piece and very comfortable. Great for someone without a lot of piercings but enjoys ear art (aka me).



Studs Medium Oval Hoop Earrings

Price: \$24 single/\$48 pair

Details: You can buy a single or a pair of nearly all the styles on Studs website. These hoop earrings have been my new favorite "going out" piece.

HOME STATEMENTS

Conversation starter gifts for the home



Terracotta Stone Essential Oil Diffuser

Price: \$119

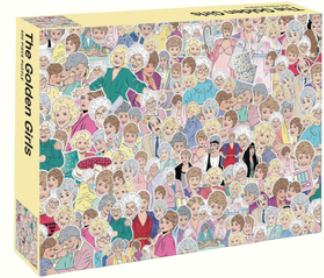
Details: A diffuser as essential as the oils you put in it. Vitruvi has made the perfect diffuser that also doubles as a piece of art, and comes in other colors too. My favorite oils to use are Sleep and Boost.



Hinoki Wood Bath Mat

Price: \$36

Details: It's woody and so aromatic in the best way. I linked this bath mat, but this site also has awesome Hinoki bath flakes to hang in the shower or on your water faucet.



Golden Girls Puzzle

Price: \$15

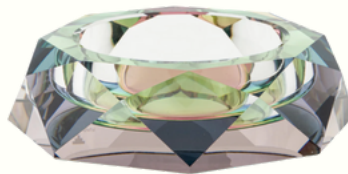
Details: My family did this puzzle during quarantine last year. We love it so much that it now is framed and displayed on our wall along with the kids drawings like an heirloom.



Slowdown Studio Hannah Throw Blanket

Price: \$230

Details: This throw blanket is the ultimate statement piece and comes in a variety of incredible designs. I personally love this one specifically, and have it laid as art on my bed. It's extremely cozy too.



Fundamental Berlin Regenbogen Bowl

Price: \$75

Details: I love a crystal bowl that can be used for so many different things, like an ashtray, jewelry tray, key tray, etc. This bowl is beautiful and has a chromatic film to reflect rainbow light in real life.



Fujifilm Instax mini 40

Price: \$90

Details: With so much lost time this past year spent without the people we love, wouldn't it be so great to capture candid moments with friends and family this year? Who doesn't love instant photos.



Yahtzee

Price: \$16

Details: I grew up playing Yahtzee with my family so this game takes nostalgia to a whole other level. Every family should own one, and it is great for people of all ages. Easy to take on the road too.



Fellow Carter Everywhere Mug

Price: \$30-35

Details: Best to-go or stay-at-home coffee mug in my opinion. Aesthetically pleasing, incredibly stealthy and comes in so many colors. You can also add personalized messages on the side, which makes for a great gift.



Matchstick Dog

Price: \$95

Details: This matchstick dog is the perfect accessory piece for the candle-loving person in your life. There's also a cat version if you swing more that way. And, if you are looking for a complete gift, go with the Apotheke charcoal candle.

EDIBLES & ETCETERA

A list of edible gifts and relatable items



[Brightland Olive Oil Duo set](#)

Price: \$74

Details: Olive Oil is a great gift for someone who loves to entertain and cook. Brightland oils look beautiful and are equally as delicious. This is a duo set with Alive and Awake.



[Fine and Raw The Full Spread](#)

Price: \$47.50

Details: I used to drive to Williamsburg to get my hands on this spread and now they ship! Everyone loves a sweet, plant-based and refined sugar-free spread. This is a set of all their flavors and my favorite is the dark chocolate hazelnut spread. My address is.. ha!



[Menu Bottle Grinder](#)

Price: \$90

Details: Ceramics in the kitchen are my absolute favorite look. These grinders are incredible and can be used for the classic salt & pepper, but it's also powerful enough to grind nuts, seeds, spices and dried fruit.



[Brutus Bakeshop Miso Chocolate Chip Cookies](#)

Price: \$25

Details: Cookies are my dessert of choice, and these are out of this world. Lani Halliday created these vegan, gluten-free, and soy-free cookies to perfection and they now ship!



[Sunjellies Betty Basket](#)

Price: \$26

Details: This retro-looking bag is great for grocery shopping and a farmer's market haul. It's easy to clean, and breathable, and can double up as a beach bag.



[Maldon Sea Salt Tub](#)

Price: \$25

Details: Maldon Sea salt is the only salt in my opinion. It makes every single food taste better, and is the perfect gift for the foodie in your life. The bulk container comes in the smoked version too!

GIFTS FOR THE GUYS



[Theragun Elite](#)

[Bombas Marl Calf Socks](#)

[Online Ceramics Unique Sweaters & Shirts](#)

[Kith Knit Hudson Sweatpants](#)

[Unisex Staud x New Balance Shoes](#)

[Kitch L/S Mockneck](#)

[Wavy Bowl Incense Holder](#)

[Wake and Bake Ceramics](#)

[APC Ribbed Wool & Cashmere Beanie](#)

[Poppy Popcorn Best Sellers Bundle](#)

GIFTS FOR THE KIDDOS



[Make Your Own Playdoh](#)

[Kids Digital Camera](#)

[Solar Powered Rainbow Maker](#)

[Lego Architecture](#)

[Expression Mobile](#)

[Superstitchous Nazar Eye Mini Blanket](#)

[Wonder Women Bingo Game](#)

[Blingie Bands](#)

[Portable Disco Ball](#)

[Karaoke Microphone](#)

HOPE YOU FIND THE PERFECT GIFT

This newsletter is for our community, by our community.
Send me a message with any questions, comments, and feedback you may have!

hello@bthemethod.com

