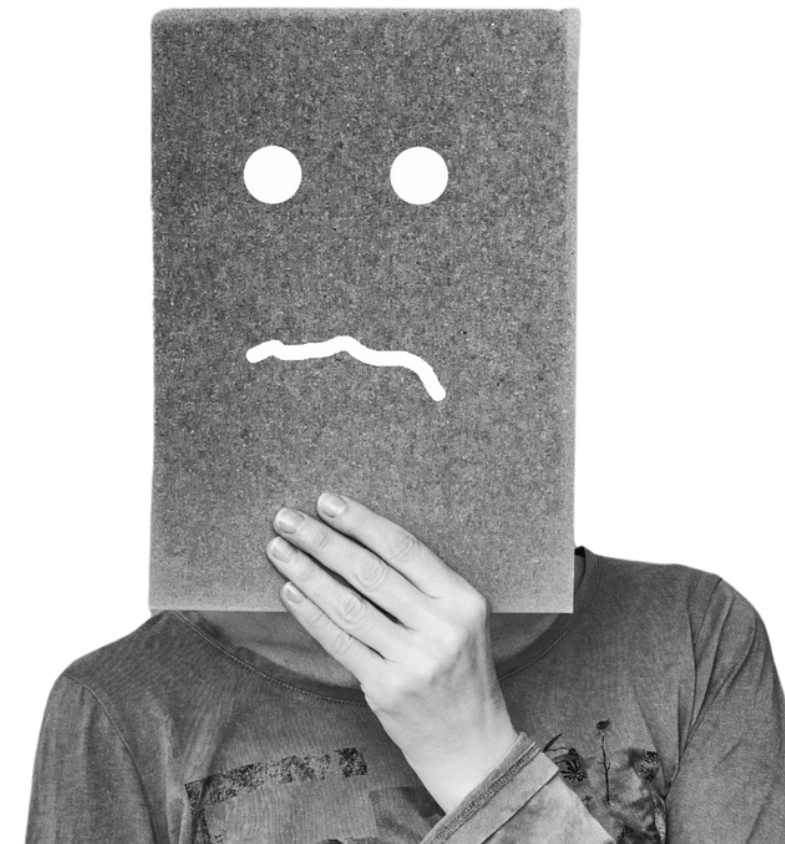
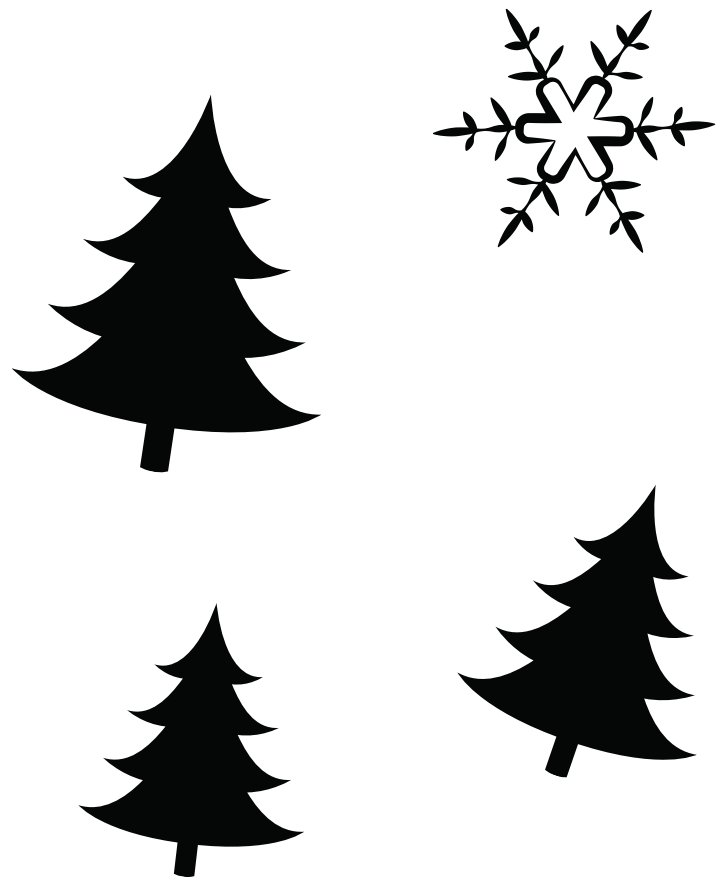


Our Favorite Things

Gift Ideas for Your Loved Ones in 2020

Healthy Living in 2020

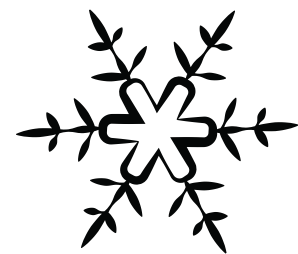
ARE THE CARDS STACKED
AGAINST US?





Challenges vs. Opportunities

WHERE'S THE SILVER LINING?



LET'S GET CREATIVE!



GIFT IDEAS FOR THE 2020 SEASON

(OR TREAT YOURSELF!)



Winter Blues BUSTER

FOR ANYONE ANXIOUSLY AWAITING SUMMER & SUNSHINE

- Sun lamp 10,000 Lux or Human Charger
- Essential oils diffuser
- Uplifting essential oils: Lemon, lime, orange, grapefruit, bergamot, peppermint, Ylang ylang, rosemary, basil, clary sage, etc.
- Weighted blanket: Support sleep, ease restless legs, and calm anxiety by relaxing the nervous system.

NO-NONSENSE COOKING

TOXIN-FREE COOKING WITH EASE



INSTAPOT

Pressure cook, sauté, slow cook, rice cooker, and warmer in one!



SPIRALIZER

Increase your produce intake by turning any vegetable into a noodle or slicing like a pro!



GLASSWARE

Reduce the plastic in your life with glass containers for leftovers and meal prep.



TOXIN-FREE PANS

Choose cookware free of plastic, PFAs, PFOA, PTFE (Teflon), and aluminum.
[Click here for education!](#)

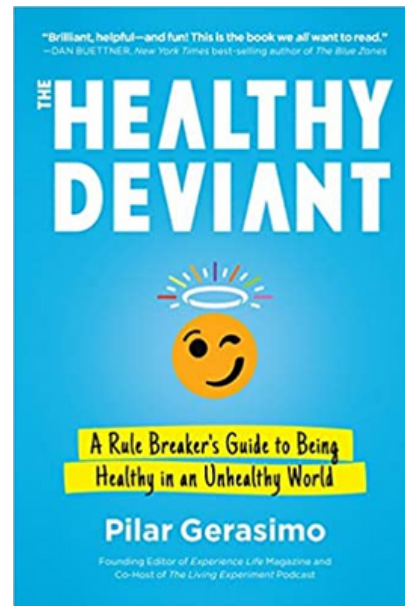


4-part Comfort Foods Cooking Class series

[Link here](#)

New Year's Resolutioner

FOR LOVED ONES WITH BIG GOALS



Healthy Deviant
Book



Oura
Ring



Foundational 5
Supplements
(30% off sitewide 11/30-12/2)



Resistance Bands &
Dumbbells

New Year's Resolutioner

FOR LOVED ONES WITH BIG GOALS



TRX Training
System



Stainless Steel (or
glass)
Water Bottle



Nutrigenomics
3x4 Test
(25% off 11/23-11/30)
Email us!



Refresh & Reset
12-Week Program
Enroll at any time!

SILENT NIGHTS....

FOR LOVED ONES WHO NEED MORE SERENITY & SLEEP.

1 AIR PURIFIER

Give the gift of clean air!

Our faves: IQAir or Molekule or AirDoctor

2 SUBSCRIPTION TO MEDITATION APP

Our faves: Calm, Headspace, or Insight Timer

Free or optional annual subscription

3 AMBER (BLUE-LIGHT BLOCKING) GLASSES

Support your circadian rhythm and evening melatonin production for better sleep!

4 GRATITUDE JOURNAL

Practicing daily gratitude can support both mental and immune health!



@ Home Spa Kit



CLEAN PRODUCTS FOR CLEAN BEAUTY

- Dry brush
- Dr. Teals Lavender epsom salt bubble bath
- Beauty Counter Body Scrub
- Beauty Counter Ultimate Renewal Bath set
(includes dry brush)
- Beauty Counter Holiday Gift Sets

***Pro tip:** Check out how your current products rate at <https://www.ewg.org/skindeep/>.

DIY LATTE KIT

FOR THE LATTE LOVER WITH HEALTH GOALS



PURITY COFFEE

Organic, mold/mycotoxin free.

<https://puritycoffee.com/>

20% off: CLOCKHARTRD20 +
additional 20% off with BF20



MATCHA TEA POWDER

Make matcha lattes, blend into
smoothies, or mix into overnight oats.

Buy organic + culinary grade.



COLLAGEN CREAMER

Try [Vital Proteins Collagen Creamer](#),
which includes collagen + MCT oil.
Mix 1-2 scoops with any hot liquid!



HAND-HELD FROTHER

Get the beloved froth effect at home!
Works with dairy-free milk as well.
[Good Housekeeping top pick here.](#)



CLEAN HOME

KEEP YOUR HOME CLEAN WITHOUT TOXINS & CHEMICALS.

1

EMF PROTECTION

Help shield your loved ones from EMFs.

Defender Shield: [Link here](#)

*From 11/23-30 get 15-25% off + free s/h with code
SUPER2020

2

SAFE CLEANING

Clean up your cleaning routine!

Our faves: [cleanmama.com](#), 7th Generation,
Mrs. Meyers

3

REVERSE OSMOSIS

Give the gift of clean water!

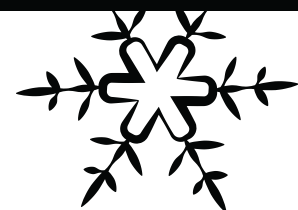
Our faves: Aquasana, Berkey, AquaTru

4

CLEAN LAUNDRY

Replace dryer sheets with dryer balls

Other faves: 7th Generation, Mulberry's Dry
Cleaning



Happy Holidays!



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Free Resources

Check out www.lockhart-wellness.com for or click on the icons for recipes, cooking courses, articles, and videos!

