

H A R E N H O L I S T I C S



MOTHER'S DAY WELLNESS GIFT GUIDE

Filled with items to cater to holistic health
& wellness.

Clickable links/photos.

[H A R E N H O L I S T I C S . C O M](https://www.harenholistics.com)

CONTENTS

4
FOR THE MOM WHO COULD USE SOME
RELAXATION

6
FOR THE MOM WHO'S INTO BIOHACKING

8
FOR THE MOM WHO LOVES A NOURISHING
SKINCARE ROUTINE

10
FOR THE MOM WHO LOVES THE GYM

12
FOR THE MOM WHO LOVES ANY & ALL
THINGS DETOX

CONTENTS

14
FOR THE MOM WHO COULD USE SOME
SLEEP SUPPORT

16
FOR THE MOM WHO LOVES HER
SUPPLEMENTS

18
FOR THE NEW MAMA

20
MISCELLANEOUS: FOR ANY MOM

22
FOR THE MOM WHO WANTS TO TAKE HER
HEALTH BACK INTO HER OWN HANDS



FOR THE MOM WHO COULD USE SOME RELAXATION

Tools to support deep relaxation. Magnesium soaks, relaxing herbs & more for happy muscles & restful mood.

HAREN HOLISTICS MINERALIZING FOOT SOAK

A foot soak designed to support mineral foundations & promote a relaxing & recharging environment. Each jar is good for 1 soak!



MITIGATE STRESS MAGNESIUM BATH

The magnesium bath has a blend of electrolytes & other minerals to support the relaxing of muscles & tension, while mineralizing the body. Use code: LEXIEHAREN for 10% off.

ANCIENT MINERALS MAGNESIUM BATH FLAKES

These magnesium bath flakes are just another way to support relaxation at a deep cellular level. Add to a foot soak or bath for optimal relaxation.





FOR THE MOM WHO LOVES BIOHACKING & THE LATEST WELLNESS TRENDS

Some of the latest technology to promote energy
and healing at a deep, cellular level.

MITOLIFE'S GROUNDING BED SHEETS

The grounding bed sheets give the same effect as taking a nap out on the lawn or while camping would. Since we are energetic beings, it is ideal for us to be connected to the energy of the earth for cellular health.



GREENFIELD WATER SOLUTIONS COUNTERTOP STRUCTURED H2O FILTER

An easy to use & install water filtration system that requires no permanent modifications to plumbing. Drinking high quality water is one of the simplest ways to elevate your health. Use code: LEXIEHAREN for 10% off.

GEMBA RED LIGHT THERAPY DEVICE

To promote healing & recovery at a deep, cellular level. Red light therapy is an up and coming tool for optimal cellular health.





FOR THE MOM WHO LOVES A NOURISHING SKINCARE ROUTINE

Nourishing skin care products from natural sources that hydrate, heal & preserve the skin for a radiant glow.

SATUREE BODY CARE PRODUCTS

Skin care that is full of bioavailable nutrients & supplements to deeply nourish & hydrate the skin. The oil cleanser is my absolute favorite!



VAN MAN'S TALLOW BLM

If you could only opt for one personal care product, make it tallow balm! Rich in saturated fats to support cells at an energetic level, tallow balm is the most underrated beauty product. Can also be applied to scrapes/burns to accelerate healing.

ARAZA NOURISHING & NON TOX MAKEUP

My favorite non tox makeup (and I swear I have tried many!). I love how the foundation leaves my skin better than before, more hydrated & still looks natural throughout the day. I also love the lip products!





FOR THE MOM WHO LOVES THE GYM & RECOVERY

Tools for optimal muscle recovery after the gym!

PRANAMAT ACUPRESSURE MAT SET

Like your own personal massage at home. The pranamat acupressure set is a great way to wind down after a long day & truly help the muscles relax. Use code: LEXIEHAREN for 15% off all sets.



PERFECT SUPPLEMENTS GRASSFED COLLAGEN

Collagen is a great source of protein and essential amino acids. Collagen can help the muscles repair themselves better after working out & promote optimal recovery.

EARTHLEY WELLNESS SORE MUSCLE BUNDLE

The sore muscle bundle is perfect for supporting recovery after a long workout & easing any aches.





FOR THE MOM WHO LOVES TO DETOX

Castor oil packs, armpit detoxes & all the detox things your mom maybe hasn't tried yet?! She'll be sure to be hooked on these wellness practices if she isn't already!

HAREN HOLISTICS
FOR THE PITS
ARMPIT DETOX
MASK

Keeping the pits functioning properly by detoxing & drawing out toxins is essential! That's where my pit detox mask comes in! Learn more about it on my website. Contact me for free local delivery.



QUEEN OF THE
THRONES CASTOR
OIL PACK

Castor oil is known to bind to toxins carrying them out of the body through circulation. These packs can help the body detox as well as support healthy liver function, digestion & hormone balance.

EARTHLEY
WELLNESS
LYMPHATIC CREAM

This lymphatic cream is great for added support of the lymph nodes. Castor oil is a main ingredient in the cream that can bind to toxins & help carry them out of the body..





FOR THE MOM WHO COULD USE SOME SLEEP SUPPORT

Calming lotions, salves & herbs that promote muscle relaxation for optimal rest.

EARTHLEY WELLNESS GOOD NIGHT LOTION

The goodnight lotion has a subtle scent of lavender combined with the strength of magnesium to support ultimate relaxation & sleep support. One of my absolute favorite wellness products!



ANCIENT MINERALS MAGNESIUM LOTION

Magnesium is essential for optimal recovery, rest, & relaxation. Since Mg is the first mineral depleted during stressful times, it is crucial to get adequate amounts daily! I love this Mg lotion because it makes it easy to get Mg into the daily routine.



EARTHLEY WELLNESS SLEEPY TIME HERBAL SUPPLEMENT

A family-safe formula that is specifically designed to promote restful sleep & ease anxiety. I love that Earthley Wellness has a tincture for nearly anything! They work amazingly well at supporting the body's natural processes!





FOR THE MOM WHO LOVES HER SUPPLEMENTS

The highest quality & purest supplements on the market. Many of these are straight from whole food sources & are designed to be easily absorbed into the body for easily usable nutrients. These brands also have 3rd party testing for heavy metals, toxins & more. Get your mom something that truly works.

MITOLIFE SUPPLEMENTS

Supplements designed with human physiology & biology in mind. Many are whole food based & nutrient dense.



PERFECT SUPPLEMENTS BEEF LIVER CAPSULES

Beef liver is known as "nature's multivitamin" and contains many essential minerals & nutrients. These are whole food based & in naturally occurring form for optimal absorption!



CRUCIAL FOUR SUPPLEMENTS & HIGH QUALITY SALT

High quality whole-food supplementation that is 3rd party tested for heavy metals, plastics, toxins, etc. This is the highest quality salt you can find & also includes other electrolytes & minerals in it too.





FOR THE NEW MOM

To support mama & baby in a natural & healthy way.
Some new mom favorites including salves, body
creams, tools & more.

EARTHLEY
WELLNESS NEW
MOM BUNDLE

Supplements designed with human physiology & biology in mind. Many are whole food based & nutrient dense.



BALTIC ESSENTIALS
TEETHING
NECKLACE FOR
BABY & MATCHING
ONE FOR MOM

With e-books, users can browse through titles online, and then when they select and order titles,

EARTHLEY
WELLNESS MILK
FLOWING SALVE

With e-books, users can browse through titles online, and then when they select and order titles,





MISCELLANEOUS FOR ANY MOM

A few random products that could really suit any mom well! From barefoot style shoes to whole food supplements & eye compresses. No mom will be complaining with these as a gift!

XERO BAREFOOT SHOES

Shoes that are designed to make it feel like you are "barefoot" without compromising safety & style. I love the rainbows I have that allow my foot full range of motion & can help minimize my bunions over time. Use: LEXIEHAREN for 10% off your purchase.



CRUCIAL FOUR MOTHERLOAD SUPPLEMENT PACK

This pack is a limited release & only available this month for Mother's Day! Full of nutrient dense, whole food based supplements, this pack is the perfect place for the mom in your life to start with deeply nourishing their body!



CASTOR OIL EYE COMPRESS KIT

Castor oil has been used for years to help promote healthy hair growth. This eyes compress kit can help promote eyelash & eyebrow growth while nourishing at the same time! Can also deeply hydrate the eyes, improving wrinkles.



H A R E N H O L I S T I C S

TAKE YOUR HEALTH BACK

into your own hands

**\$312 GIFT CARD
TO BE REDEEMED FOR:**

**INTRO TO MINERALS
BUNDLE**

H A R E N H O L I S T I C S . C O M

FOR THE MOM WHO WANTS TO RECLAIM HER & HER FAMILY'S HEALTH

A Haren Holistics Intro to Minerals Bundle may be an excellent option. Give the mom you love in your life, the gift of health! [Click here to purchase an Intro to Minerals Gift Certificate.](#) Helping the moms feel empowered in their decisions for health & wellness.



THANK YOU FOR USING MY GUIDE!

If you enjoyed this guide, I would love to hear about it! Also, please feel free to share with loved ones. Yay you for helping your loved ones take their wellness back into their own hands!

Much love & happy minerals, Lex

S U B S C R I B E A T

[H A R E N H O L I S T I C S . C O M](https://www.harenholistics.com)

Some (not all) of the links in this gift guide may be affiliate links where I received a very small payout from the company for directing traffic their way. I never partner with or endorse brands that I do not truly believe in myself. I truly believe in the power of these products to help support individuals in their wellness journeys. Thank you for choosing to support my small business by shopping through my links!