

# 50 CONSCIOUS GIFT IDEAS *for the Holidays* AND BEYOND

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A Special e-Report with Conscious Gift Giving  
Ideas to Encourage Health, Promote  
Eco-Friendly Lifestyle Choices and Support  
Environmental & Social Justice



By Donya Fahmy  
CEO, Founder and Formulator,  
Dropwise Essentials



For many people, giving gifts, especially during the holidays, can seem like a chore. This is especially true if you're driven to give from a place of obligation rather than a place of sincere love and gratitude. If you've ever been on the receiving end of what appears to be a completely random gift that has little to no practical application or even any sentimental value, then you know what I mean.

The holiday season, with all its emphasis on consumption and shopping can sometimes feel like an empty exercise in crass commercialism! But gifts are an important way of expressing how we feel about others -- it's a way of showing our gratitude to and for them. And while our gift-shopping and gift-giving gyrations don't always accurately reflect that intention, I believe that it's still the driving force behind why most of us give gifts.

Generosity towards others is intrinsic to the heart. Giving usually starts with the people you're closest to, but helping people you don't know also has a very profound karmic effect. If the whole holiday shopping thing leaves you feeling more like Mr. Scrooge or The Grinch than Santa's Little Elf ... take heart. It's easy to transcend the superficial and unrewarding aspects of holiday shopping when you focus on giving conscious gifts. There are all sorts of "cool" and interesting gifts you can give that either add value to the recipients' lives, provide a tangible benefit to a third party, or offer intangible benefits for the collective good, and in some cases all three!

In this report, I've culled 50 unique and diverse "conscious" gift ideas that you can use for the holidays and beyond. Ideas are loosely organized into three categories: **Health-Conscious Gifts** (i.e. gifts that support people's needs or desires to be more healthy and fit); **Eco-Conscious Gifts** (i.e. gifts that promote Green lifestyle choices that have a positive impact on the environment by reducing consumption and waste, or conserving energy and natural resources); and **Socially Conscious Gifts** (gifts that support the work of a variety of organizations in promoting social and economic justice, or environmental and wildlife preservation).

I guarantee you that if you choose any of the unique items from this report (or similar items), it will transform the way you look at gift-giving and turn it into a win-win situation every time! Hopefully you'll find some new gift ideas here you hadn't thought of before. If you find it useful and inspiring, feel free to share it with your family and friends, or anyone you think can benefit from it. Remember that small changes made on a large scale do have BIG impact so it really does come down to everyone of us doing our part (big and small) so we can all enjoy the blessings of acknowledging and honoring our loved ones, and know we're also making a difference.

Yours in Health & Prosperity,



Donya Fahmy  
CEO, Founder & Formulator  
Dropwise Essentials

## Health-Conscious Gifts



[Buy it Here!](#)

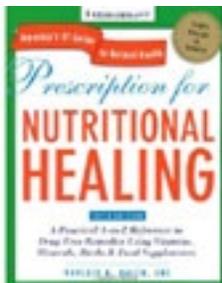


### 1. Yoga DVDs and Gear

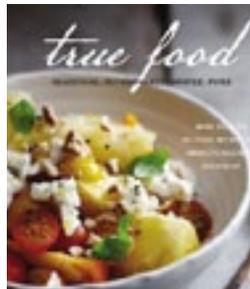
For the yoginis on your list, there are a wide variety of products at Gaiam. Try this [Yoga for Beginner's Set](#). It comes with everything you need to get started with yoga. Some of their other great yoga accessories include the [No Slip Yoga Socks](#) and the [Grippy Yoga Gloves](#)

### 2. Meditation/Hypnosis Audios

Reading books is a great way to keep your mind sharp but it can often be hard to find the time to do it. That's where audio books, meditation, and even subliminal audios can make a big difference in someone's life. When it comes to success, we all have habits we'd like to change or get rid of that keep us from achieving our goals and desires especially when it comes to health and fitness. If you have someone on your list that is struggling to achieve a goal, then a subliminal audio or meditation that can help them move forward would make a great gift! Two of my favorite sources for these types of audios are: [www.mindperks.com](http://www.mindperks.com) & [www.brainsync.com](http://www.brainsync.com).



[Buy it Here!](#)



[Buy it Here!](#)

### 3. Health Books & DVDs

There are countless good books, CDs and DVDs on all aspects of health and fitness. I think you can't go wrong with one or both of these two books: [Prescription for Nutritional Healing](#) (Phyllis A. Balch CNC) and [True Food](#) (Dr. Andrew Weil, MD). The first is the nation's #1 best-selling guide to natural remedies and alternative healing therapies and has been my bible for natural health for more than 15 years!

The second is Dr. Andrew Weil's new cookbook featuring more than 125 original recipes from Dr. Weil and chef Michael Stebner, showcasing fresh, high-quality ingredients and simple preparations with robust, satisfying flavors. Makes a great gift to the health conscious foodies on your list.



#### 4. Gift Subscription to Health Magazines

Give your friends, family, neighbors or co-workers a gift that keeps on giving all year round: a subscription to a health and wellness oriented magazine. Some of my favorites include Natural Health, Whole Living, Alternative Medicine, Health, and Spirituality & Health.

For expectant moms, try a subscription to Fit Pregnancy, Parenting or KIWI. Check [www.magazines.com](http://www.magazines.com) for discount subscriptions

#### 5. Infused Oils or Sustainably Farmed Condiments

Shop the condiments section of the [Local Harvest web site](#) for hand-crafted, farm fresh condiments. One of our favorites is Michigan-based [Food for Thought](#) whose jams, jellies, mustards and sauces are to die for! Their preserves are amazing! You can create your own gift packages or build your own case of goods that you can split up and package yourself at [Travers Gourmet](#) who sells their products online. Or you can make some of your own.



[Buy it Here!](#)

Start with interesting or elegantly shaped glass bottles (you can find some at [Specialty Bottle](#)), a gallon or so of high quality Extra Virgin Olive Oil and some nice long fresh sprigs of rosemary (or leafy herbs of your choice). Gently insert them into the bottle, pour your oil over the herbs until full then seal them tightly. Place them where they will receive some daily sunlight or in a warm (but not hot) place. Wait at least 10 days. If it has a good flavor then you've got an infusion that's ready to gift! If not, keep checking it every 5 days or so until it reaches the proper intensity of flavor. You can discard the herbs and filter the oil or leave them as is.

#### 6. Portable Heart Rate Monitors

A heart rate monitor for those that want something quick, simple and to the point without the need for time consuming programming and calibration. The [Polar FT4](#) will indicate when you are improving on previous fitness levels, giving you that extra push. Has enough flexibility to move with your body yet remain in place. The watch and the transmitter are paired together to ensure that your watch doesn't pick up any other Polar FT4 signal when out training. [Find a good selection of others here.](#)



[Buy it Here!](#)



[Buy it Here!](#)

## 7. Pedometers

A pedometer is a step counter, which is a great device for measuring exercise and can be used as a motivation tool for those who want to increase their physical activity and improve their fitness. This pocket-sized [Omron Pedometer](#) measures steps, aerobic steps and minutes, calories and distance, and holds up to a 7-day history so you can review a full week of exercise. There are a wide variety of pocket-sized and wristband pedometers to choose from, so if you know someone who needs a little extra push with their fitness program to motivate them, consider one of these! [Find a good selection here.](#)



[Buy it Here!](#)

## 8. Resistance Bands for Home Exercise

Do you have people on your list who talk about getting into shape or losing a few extra pounds but complain that they can never seem to make it to the gym or get out for that morning run? Help them with their New Year's fitness resolution by giving them a simple yet effective way to exercise at home whenever they can! Resistance bands are an effective way to exercise the upper body, lower body and core muscles without the need for expensive fitness equipment. This set of [Alyio Resistance Bands](#) are made from high quality material, and comes with four bands of varying resistance (low, medium, high and ultra-high). Also included is a door attachment which lets you get creative with over 100 exercises targeting all the major muscle groups throughout the body, including the abs, chest, back, and arms.



[Sign Up Here!](#)

## 9. Subscription to a CSA Farm Delivery Program

Instead of putting your money into a big basket of attractive but unhealthy goodies or one of those expensive fruit of the month type programs, you can give a CSA (Community Supported Agriculture) subscription to someone who wants to eat healthy and consciously. Your giftee will receive a box of fresh, local produce delivered weekly during the growing season that also supports their (and possibly your) local family-owned farms. The cost varies depending on the type of subscription you purchase. If it's a little too costly, consider going in on this gift with several people. Check out [LocalHarvest.com](#) to get more info about CSA's and to locate CSA farms near your giftees!



## 10. 10-Class Pack for Zumba, Yoga or Pilates Classes

Do an Internet search for ‘local 10 Pack Fitness/Zumba/Yoga/Pilates classes’ and you’ll find all sorts of studios and facilities offering great deals on a 10-pack purchase –check Daily Deal (Groupon-style) web sites as well. Any of these introductory offers would make a great gift for someone whose New Year’s resolution is to lose weight or get into shape. Maybe you can use it to bribe a friend or loved one to join you on a new fitness kick!



[Buy This Here!](#)

## 11. Exotic or Uncommon Spice Blends

Spices are an excellent way to add flavor and depth to food without additional calories. Some spices, like Ginger, Cayenne, and Cinnamon are thermogenic, which can help increase the body’s fat-burning activities. Others like Turmeric are high in antioxidants.

A great gift for anyone who is trying to shift to a healthier diet but feels like doing that means they have to sacrifice flavor and the pleasure of eating. Buy them a small collection of individual spices or make your own unique blends! You can find a wide selection of spice gift collections at [The Spice House web site](#)



[Buy it Here!](#)

## 12. Gourmet Salts

Who knew there could be so many different types of edible gourmet salts? There’s Hawaiian Red Sea Salt, Hawaiian Black Sea Salt, Black Lava Salt, Himalayan Pink Salt, Celtic Sea Salt, Alder Smoked Salt and more! Ever since I switched from regular table salt to sea salt, I’m hooked. Sea salts add so much more flavor to food than plain salt, which somehow just makes food salty.

Try putting together your own collection from [Mountain Rose Herbs](#) or browse some additional options at [Frontier Herbs](#). For a ready to gift sampler try [this one](#) from Uncommon Goods.



[Buy This Here!](#)



[Buy This Here!](#)



[Buy This Here](#)

### 13. A High Quality Juicer/Blender

Having healthy tools in the kitchen makes it a lot easier to be healthy. Ever since I successfully completed the Fat Flush Plan diet, protein smoothies and juicing or blending greens have become a daily staple for me. A couple of years ago, I broke down and invested in a [Blend Tec Blender](#) (the same one that's used by Jamba Juice) and I won't lie ... it was darn expensive! But it's so easy to work with, can liquefy almost anything in seconds, and super easy to clean up afterwards. It can be used as a juicer (though it won't filter out the pulp) AND a food processor and it's safe to use if you want to make your own nut milks. This is one of the best investments anyone can make to support themselves or their loved ones in adding a healthy dose of fruits and veggies to their daily routines!

[VitaMix](#) is the top of the line in this arena (and hands down the most expensive) but the Blend Tec costs about \$100 less and has a slightly smaller footprint!

If you don't have the budget for this type of gift, I suggest the [Magic Bullet](#) system. This is especially great for people who travel a lot and have an even harder time getting their fresh fruit and veggie fix when they're on the road!

### 14. Portion Control Plates & Bowl



[Buy it Here!](#)



[Buy it Here!](#)

The idea of portion control plates and bowls used to seem kind of silly to me, but the more I think about it the more I realize how helpful these would be for folks who have a hard time with portion control or simply need a little reminder about how to apportion the different components of their meal.

The [Portion Control Plate](#) helps you visually understand how much veggies vs. meat or protein vs. carbs should make up your meal.

The [Portion Control Bowls](#) are great for people who really like cereal, ice cream, and other bowl foods that can quickly get you into trouble if you over do it.



[Buy Some Here!](#)

## 15. Aromatherapy Soy Candles

Scented candles are always a popular choice for holiday gifts, but how much do you know about the type of candles you're buying and their potential impact on the quality of indoor air in the home? If you care then make sure the scented candles you give are clean-burning, non-toxic, and made with 100% pure essential oils. For more guidelines on how to buy safe and eco-friendly candles, [read this blog post.](#)

Naturally I recommend our [Aromatherapy Soy Candles](#), made with 100% pure soy wax, essential oils, coreless cotton wicks, and herbal colorants not chemical dyes! Try our [Holiday Cheer Soy Candle](#) or one of our other four essential oils blends: [Enchant](#), [Inspiration](#), [Revitalize](#) and [Soothe](#).



[Buy it Here!](#)

## 16. Real-EASE Relaxation Tool

This is an indispensable tool for anyone who suffers from neck pain or headaches connected to their neck pain. The first time I tried this gem, I noticed a big difference in the way my neck felt after just five minutes! This really helps me release neck tension. I highly recommend it to anyone who has difficulty relaxing due to neck issues.

I also use it when listening to meditation and subliminal audios. I find that it helps open the channel for energy to flow by keeping my spine aligned. Get it [here](#).



[Buy it Here!](#)

## 17. Sore Muscle Soother (Warm Wearable Goods)

Another awesome group of products that I can't live without! I've tried a lot of microwaveable herb filled neck and shoulder pillows over the years but none have held up and provided the level of comfort that [WarmGoods®](#) have.

Whether you need fast relief from aches and pains or you just want to enjoy the comfort of deep, long-lasting heat, WarmGoods® delivers it and does it in style! Premium fabrics (cotton and hemp), filling (flaxseed and organic herbs), and superior construction (channel stitching), create fluffy soft herbal wraps that can easily bend and twist to be applied or wrapped around almost any part of the body, and hold their heat for a long time.



[Buy it Here!](#)

## 18. HydraCoach Intelligent Water Bottle

The 22 ounce [Sportline Hydracoach Intelligent Water Bottle](#) is the world's first interactive water bottle. Doctors, nutritionists, and fitness trainers all recommend that we drink more water yet there has never been a device to help us adhere to the expert's recommendations. The HydraCoach is the only product of its kind and a breakthrough in personal hydration monitoring. If you know someone who needs to be reminded to hydrate whether during exercise or at rest, this seems like a great gift to help them get into and stay in the habit of drinking fluids regularly.



[Buy Some Here!](#) [Buy It Here!](#)

## 19. Aromatherapy Bath Salts

Give the healing gift of aromatherapy bath salts. Most people overlook the restorative power of an aromatic hot bath either at the start of the day or as a prelude to a restful night of sleep. It's an easy way to create a spa environment in your home at a fraction of the cost. Try our [aromatic bath salts](#) made with epsom salts (which relax muscles, soften skin and facilitate detoxification), and our 100% pure essential oil blends.

If you think they would enjoy making their own, then try giving this [Make Your Own Bath Salts Kit](#) from Uncommon Goods paired with an [essential oil or two](#).



[Buy it Here!](#)

## 20. Do it Yourself Massage Tools

Personally, I love massage tools –especially ones that help you get to those hard-to-reach spots on your back and shoulders! This hand-held [Trigger Point Massager](#) from GaiaM helps target pressure points, increase circulation, and alleviate sore muscles. It includes a downloadable massage guide to help ease away stress and restore the health of tired and sore muscles throughout the body. Great for athletic types with active lifestyles!

Of course any gift involving touch –whether a gift certificate for a massage or actually giving someone a massage your self, is a profound way to support someone's health and wellness. Be sure to read [some of my blog posts](#) on this topic for more ideas.

## Eco-Conscious Gifts



[Buy it Here!](#)



[Buy it Here!](#)

### 21. Stainless Steel Water Bottles/ Commuter Mugs

Do your part to cut back on the 40 billion+ plastic water bottles of all shapes and sizes end up in our landfills every year by switching to stainless steel bottles and making it easy for others to. Klean Kanteen was one of the first companies to produce a stainless steel water bottle. As they've grown, they've created a variety of sizes, shapes and colors to choose from. They are still my first choice when it comes to stainless steel water bottles! [Find a variety of them here.](#)

As for commuter/coffee mugs, I recently discovered the joys of a Contigo Stainless Steel Vacuum Insulated Tumbler. I tried so many different styles and brands but they all leaked and caused me a lot of trouble especially while driving in my car! I had just about given up until I found this baby and now I'm never going back! [Browse the collection at Amazon.](#)



[Buy it Here!](#)



[Buy it Here!](#)

### 22. Fair Trade Chocolate, Tea and/or Coffee

You can't go wrong when you give gifts of fair trade certified chocolate, coffee, tea and/or other goods. Not only are fair trade products usually better tasting, when you buy them you support farmers in developing countries build sustainable businesses that positively influence their communities, by ensuring they earn a fair wage for their hard work. One of my favorite purveyors of fair trade goods is [Equal Exchange](#).

Another good source of fair trade products is [Oxfam](#). Both offer a variety of great fair trade gift sets.

### 23. Reusable Bamboo Utensil Set



[Buy it Here!](#)

To-Go Ware [Reusable Bamboo Utensil Set](#) helps protect the planet one fork at a time. You've got your travel mugs and your reusable shopping bags. How about a bamboo utensil set to round out the perfect toolkit for life on the go? A handy carabiner on the back lets you clip and carry a fork, knife, spoon and chopsticks wherever you may roam. RPET (recycled PET plastic) utensil holders are made from plastic bottles keeping them out of landfills.

## 24. AA Rechargeable USB Batteries



[Buy it Here!](#)



[Buy it Here!](#)

The gift that keeps on giving ... this is a revolutionary new rechargeable battery - the [USBCELL](#). An NiMH AA cell that can be used like a normal battery and can be recharged simply by plugging it into a USB port. With over 15 billion Alkaline batteries made and thrown away each year - wasting resources, CO2 and creating toxic Landfill - USBCELL offers a eco-friendly alternative that can be re-used hundreds of times. No charge adaptor or cable needed. Alternatively, try the [Rayovac USB Battery Charger](#) that can use any USB computer or device to charge 2 AA or AAA NiMH or NiCD batteries. Both would be a great gift offer alone or as a companion to any battery-operated gift.

## 25. Lightcap 300 Solar LED Cap



[Buy it Here!](#)

This super cool BPA-free, one-liter bottle has a solar-powered waterproof cap with embedded LEDs that lets you turn it into a solar-powered lantern. Just fill the bottle with water and screw on the cap to create a lantern that will illuminate your campsite, tent, home, or garden. Just leave it out in the sun for a few hours and the imbedded solar panel charges a long-lasting NiMH battery to power four bright LEDs for up to 12 hours of light! A red LED is great for use as a night-light. A daylight sensor ensures the light is only activated when it's dark out, so you'll never waste a charge. One-liter bottle is made from BPA-free Tritan copolyester. Awesome gift for anyone who likes to camp, backpack, or entertain in their garden or backyard on summer nights! Get it at [here](#).

## 26. Kill-A-Watt EZ Electricity Usage Monitor



[Buy it Here!](#)

Help them save energy and money! At first glance, this may not seem like a very sexy gift, but during tough economic times, it's a practical and handy tool to help monitor and manage energy usage and expense. This unit connects to appliances and assesses their efficiency. A generous LCD display counts consumption by the kilowatt-hour. It also calculates electricity expenses by the day, week, month, or year. Very handy! [Find a selection of these here](#).



[Buy it Here!](#)

### 27. Pet-Friendly Garden in a Bag

Don't forget the furry members of your family or your friends' pets! This Garden in a Bag provides a simple way to grow a completely organic gift for your favorite dog or cat. Each kit includes soil, seeds, and coco chips for drainage. You'll even use the leak-proof bag itself as a "pot" to hold the catnip (for your feline friends) or barley grass (for dogs) as it grows. [Grab them here!](#)



[Buy Them Here!](#)

### 28. Ellie Pooh Elephant Poo Paper

Give an unusual gift that helps the environment, promotes animal rights and supports economic development in rural third world areas! Mr. Elli Pooh is an eco-friendly Fair Trade company making exotic gifts and paper products made partially from elephant poo. Yes, you read that correctly –elephant poo! These products are made of 50% fiber from elephant dung and 50% post consumer paper and are free of toxic chemicals (like bleach). They use natural vegetable-based binding agents and water-soluble salt dyes for coloring to produce journals, stationery, crafts, scrapbook/photo albums and various grades of paper that are acid-free and as organic as it gets! Consider sending [Ellie Pooh holiday cards](#) this year!



[Buy it Here!](#)

### 29. Choose Your Artist Vinyl LP Record Clock

A cool spin on recycling! Old neglected vinyl records are rescued and turned into functional wall clocks! Made from 12" vinyl records with their original label, and die-cut numerical markings. Choose from a list of classic rock, jazz, and 70s/80s pop artists! Made in the USA. Check the site for the current list of artists in stock and be prepared to indicate an alternate if your first choice is unavailable. [Order these here.](#)



[Buy it Here!](#)



[Buy it Here!](#)

### 30. Recycled Juice Box Products

Some empty juice boxes are not biodegradable but they still have their uses. Founder of TerraCycle, Tom Szaky, found a way to recycle or “upcycle” as likes to call it, non-recyclable waste. His company takes things like drink pouches, tooth brushes, chip bags, and other waste streams, and gives them a new life by converting them into a range of products from notebooks, to tote bags and backpacks, and even portable speakers ... Wow! Perfect for the kids and young adults on your list. [Browse the Terra Cycle collection here.](#)

For a slightly different take on the same concept, check out these coin purses hand-made by Filipino artisans who fold and sew juice boxes into these unique coin purses [sold at Perpetual Kid](#). No two are ever the same!



[Buy This Item Here!](#)

### 31. Organic Chocolate & Sustainable Wine

With so many organic and Fair Trade products on the market today it's not hard to make a wine and food pairing or gift basket of your own. If you don't have the time or inclination, try one of the many pairings available from the [That's Caring Shop](#). They have Wine & Cheese (with Chocolate), Bakery, and Confection gift baskets. Every gift you send from their selection of high-end gift lines equals supplies for weekend meals, and those weekend meals go directly to the children in need right here in th U.S. Pretty cool huh?

### 32. Solar Chargers



[Buy This Here!](#)

Solar chargers are all the rage these days for eco-conscious consumers who are also heavy users of electronic gadgets (and who among us isn't these days?). They come in a variety of shapes and sizes and price tags, I found a reasonably good selection at [Earthtech Products](#) web site.



[Buy These Here!](#)

### 33. Envirosax Fashion Forward Re-usable Shopping Bags

You probably don't need to be convinced of the value of re-usable shopping bags and totes. Everywhere you go these days, practically everyone is using them and every major retailer offers them as an alternative to non-recyclable environmentally damaging plastic bags..

[Envirosax](#) takes the concept to another level with their collection of fashion-forward, graphically hip, chic bags made of lightweight polyester. They're portable, waterproof, and lightweight (weighing in at just 1.4oz each), These groovy bags are available individually or as a series of 5 contained within a handy pouch.

### 34. Sodastream Jet Starter Kit

Enjoy the freshness and convenience of homemade soda and protect the environment at the same time! The Sodastream is a table-top unit that allows you to use regular tap or filtered water to create your own carbonated water. It's like the 21st century version of a soda king, but instead of using a lot of small whippets (which creates a lot of waste), it uses one large (refillable) whippet that can make between 60 to 180 liters of soda water (that's somewhere between 15 and 45 gallons of the stuff!) depending on how fizzy you like your water.



If the fact that over 40 billion plastic water bottles of all shapes and sizes end up in our landfills every year troubles you, consider the impact this product could have if every household used it instead of buying sparkling water in plastic bottles! It's simple to clean and reuse, and comes in a variety of colors and styles, making it easy to find a soda maker to match any decor. I'd skip the flavors that come with it as they have some questionable ingredients. Just add a splash of your favorite juice to your glass of sparkling water. [Find a selection of models and accessories here.](#)

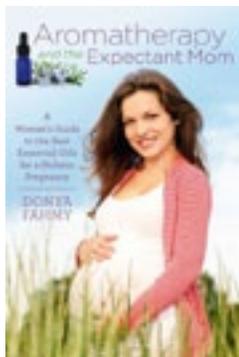


[Buy it Here!](#)

### 35. Smart Klean Laundry Ball

I can't say enough about this product! The [Smart Klean Laundry Ball](#) works astonishingly well! I've been using it for a few years now and it's made doing laundry unbelievably easy! You just toss in your load with the ball and run your washer and VOILA! You get clean, fresh-smelling clothes without the hassle of having to measure liquid or powdered soap. That alone is well worth the price tag!

One ball washes 365 loads of laundry without any soap or detergents which requires less water and energy. The active components inside are derived from Earth minerals and leave zero residues behind, making them safe for you and the environment. Now the manufacturers of this nifty product have added a [Stain Remover](#) to their product line. Learn more about the environmental benefits of using this product [here](#).



[Buy it Here!](#)

### 36. Aromatherapy Handbook for Pregnant Women

Know someone who is pregnant or planning to be very soon? Give them a gift that will help them learn how to easily stay calm and sane during pregnancy and labor using essential oils in a way that naturally supports them without harming their baby. Gift them a copy of my new eBook: [Aromatherapy & The Expectant Mom: A Woman's Guide to the Best Essential Oils for a Holistic Pregnancy](#).



[Buy it Here!](#)

### 37. Bamboo Towels from Cuddledown

There's nothing more luxurious than drying off with a thick, soft, plushy bath towel. Give the gift of these silky smooth Bamboo Towels, which are also stronger and more absorbent than regular cotton towels. The fibers are mercerized for extra strength and luster so they stay feeling and looking great for years. These Turkish-made towels are 57% cotton, 43% rayon made from bamboo, but [Cuddledown](#) puts 60% bamboo in the pile, where you feel it the most. Oeko-Tex® certified to be free of harmful chemicals and safe for even the littlest members of your household.



[Buy it Here!](#)

[Buy Some Here!](#)

### 38. Non-Toxic Nail Polish & Soy Nail Polish Remover

It's not everyday that you find natural nontoxic nail polish AND nail polish remover! These products, offered by Gaiam, are the natural, healthy alternative to conventional nail polishes and harsh acetone removers, making them safe enough for pregnant women and young children. Their [non toxic nail polish](#) is free of known carcinogens: formaldehyde, dibutyl phthalate (DBP) and toluene, available in seven colors and 2-in-1 Top and Base Coat (clear).

Naturally derived from farm-grown organic corn and soy, the [nail polish remover](#) is free of carcinogens and petroleum products. Made with essential oils to nourish and moisturize the nail bed. 100% biodegradable in a recyclable bottle.



[Buy it Here!](#)

### 39. Edible Pocket Garden Kits

Have a craving for chocolate or a gourmet salad? Grow and pick the ingredients right from your garden! These [Edible Pocket Garden Kits](#) allow you to create distinctive gardens for your yard, containers or window boxes. Each kit includes a recycled US steel case, 5 varieties of seed (4 for chocolate), seedling garden stake and growing information with tips. Makes a wonderful gift for gardeners and foodies.



[Buy Them Here!](#)

### 40. EcoZoo Cotton Kids Backpacks

Part toy, part bag, the [EcoZoo Kids Backpack line](#) by EcoGear is a cute and convenient way to carry your things around in earth-friendly style. A bag for kids of all ages, the EcoZoo Kids Backpack is ideal for school, overnight, and every-day use. From domestic to exotic breeds, these are the most charming creatures to ever appear in the form of a bag.

This PVC-free bag is made from natural cotton canvas and rope materials. The buttons and buckles on this bag are made from recycled plastic parts and sustainable wood parts. All colored materials used in the construction of this bag are treated with toxic-free dyes

## Socially Conscious Gifts



### 41. Give a Membership to Green America

Green America is a not-for-profit membership organization whose mission is to harness economic power—the strength of consumers, investors, businesses, and the marketplace—to create a socially just and environmentally sustainable society. Membership offers access to green living, purchasing, and investing resources plus the opportunity to become part of the growing movement for a just and sustainable future. Call 800.58.GREEN or visit <http://www.greenamerica.org>.



### 42. Join the International Basket Brigade

Sometimes the best gifts you can give are the ones you give to people you don't know. Gratitude and giving are the two hallmarks of Thanksgiving and the holiday season. If you're looking for a meaningful way to give back this holiday season, take a few minutes to watch this [video of Tony Robbins](#) talking about the phenomenon of giving back and what inspired him to start his International Basket Brigade program which now feeds over 2 million hungry people in 34+ countries every year!.



### 43. Give a Membership to the Sierra Club

Every day the Sierra Club works to save our wild lands and wildlife, keeping our air and water free from pollution, and mobilizing its 1.4 million strong members and supporters to fight for the environment. For more information visit the [Sierra Club web site](#).



### 44. Make a Wish Come True

Support the Make a Wish Foundation by making a sick child's holiday dream come true. Since 1980, the foundation has given hope, strength, and joy to children with life-threatening medical conditions. You can make a donation on someone's behalf or shop and [purchase items from their marketplace](#).



[Buy These Here!](#)



[Buy This Here!](#)



[Buy Them Here!](#)

#### 45. Support the World Wild Life Fund

The world's leading conservation organization, the World Wildlife Fund, works in 100 countries and is supported by 1.2 million members in the United States, and close to 5 million globally. WWF's unique way of working combines global reach with a foundation in science, involves action at every level from local to global, and ensures the delivery of innovative solutions that meet the needs of both people and nature. Make donations on behalf of the environmentalists and other do-gooders on your list!

Or shop the [WWF Gift Center](#) where you can get a [Gift Adoption Card](#) or [Build Your Own Bucket](#), which includes an FSC certified wooden bucket filled soft plush versions of your selected animals, a 5" x 7" formal adoption certificate, 5" x 7" full-color photo, Species spotlight card, full of fascinating information, FREE first-class shipping, and a personalized acknowledgment letter to your gift recipient. A great gift for the youngsters on your list!

#### 46. Buy TOMS eGift Cards for Shoes or Eyewear

Tom's unique One for One motto ensures that for every pair of their shoes purchased, they will donate a pair to a child in need. Why shoes you might ask? Because shoes are a fundamental resource for protecting children's health and are in short supply in developing nations To date, Tom's has given 35,000,000 pairs of new shoes to children in need around the world. Pretty impressive!

And now they've expanded their One for One concept to eyewear too. For every pair of glasses sold, through its partnership with the SEVA Foundation, one person in need will receive the eye care they need be it prescription glasses, sight saving surgery, or medical treatment. [Shop TOMS](#) for the holidays and support an amazing business with an exemplary business model!



#### 47. Plant a Tree in Someone's Name

Give a gift of conservation in honor of people on your list. If trees are your (or their) thing, then visit [the Arbor Foundation](#) for different ways you can plant trees in someone's honor. To give someone an actual tree as a gift, [shop their gift catalog](#). Another great place to do this is through [The Nature Conservancy](#). There you can Adopt an Acre or a Coral Reef, plant trees to populate forests, or support any number of other wildlife and marine conservation efforts in honor of your loved ones.

#### 48. Help the Elephants Roam Free!

Make a donation on behalf of someone to the Elephant Sanctuary in Tennessee or [Shop their Gift Store](#). The Sanctuary is a natural refuge where sick, old and needy elephants can once again walk the earth in peace and dignity! It also works to educate the public about the crisis facing these social, sensitive, passionately intense, playful, complex, exceedingly intelligent and endangered creatures.



#### 49. Give Livestock Gifts to Needy Families

Heifer International's mission is to work with communities to end hunger and poverty through contributions in the area of livestock and agriculture. So you can donate a sheep in honor of someone on your gift list and they will receive an Honor Card from you describing the generous contribution you've made in their honor. Once the recipient family has completed training, they will receive a sheep, which provides them with wool for clothing to be worn or sold to pay for food, medicine and school. The family then gives one or more of the sheep's offspring to another family in need –part of the Passing on the Gift tradition participants agree to when they become partners with Heifer. Choose from sheep, goats, pigs, llamas, rabbits, chicks, water buffalos, tree seedlings or honeybees! [Shop the Heifer Catalog Now!](#)





## 50. Buy Jewelry with a Twist

[Ten Thousand Villages](#) is an exceptional source for unique handmade gifts, jewelry, home decor, art and sculpture, textiles, serveware and personal accessories representing the diverse cultures of artisans in Asia, Africa, Latin America and the Middle East. One of the world's largest fair trade organizations and a founding member of the World Fair Trade Organization (WFTO), this nonprofit organization strives to improve the livelihood of tens of thousands of disadvantaged artisans in 38 countries. Find some unique and beautiful jewelry [here](#).

Or buy gifts of jewelry from the [Starfish Project](#). This is a socially responsible jewelry company whose mission is to empower exploited women in Asia by providing them with alternative employment that offers increasing levels of responsibility and leadership, as well as offering them a range of holistic care services.

## About the Author

**D**onya Fahmy is the founder and owner of Dropwise Essentials, a San Francisco-based green business specializing in pure aromatherapy and organic plant-based personal care products that safely and effectively relieve stress, increase vitality and improve confidence, any time or place. An experienced writer, content producer, and Internet consultant, Donya transformed her avid interest in alternative health and aromatherapy into a business committed to making clean, safe, and sustainable products, as well as educating and empowering people to create low-stress, low-impact, toxin-free lifestyles.



Donya researches and personally creates all the products and unique essential oil blends that make up the Dropwise product line. She is an expert on safety in personal care products, green beauty and living, alternative health, and using aromatherapy to achieve maximum health and wellness. If you enjoyed this report and would like to access more content on alternative health and wellness, self-care, aromatherapy or green living then subscribe to the Aroma Zone blog at [www.dropwiseblog.com](http://www.dropwiseblog.com) and join us on [Facebook](#) or [Twitter](#) . For a wide range of aromatherapy and organic bath and body gift ideas consult our [Gift Guide](#) and see our [Gift Sets](#)