



conscious holiday

gift guide

the conscious
CONNOISSEUR

WELCOME

WRITTEN & CURATED | TARA NOLAN

This gift guide is full of sustainable goodies for everyone on your list. It has been lovingly curated and designed with people and the planet in mind. Truth be told, this guide can really be referenced year-round to inspire any gift giving urges, but let's start here with the holidays...

Gifting thoughtfully for those you care for is one of my favorite things to do. A meaningful token can hold so much, and when it's inherently 'good', it's that much more special. Everything you find here will ensure you are making a conscious purchase, whether it's how an item is made to the values a company holds. We value all forms of sustainability, from environmental to social impact and everything in between. And if you don't see the perfect gift here, visit [The Shop](#) for more ideas and information why these items are sustainable.

Sustainability is a journey, and it's important to recognize everyone that takes a step in the right direction to create positive change in the world. I hope you enjoy discovering what you find here, and that this holiday season is full of the most important things: lots of love, happiness and joy.

SO GET COZY

HOW TO ENJOY THIS GUIDE

This is a shoppable PDF

Hover over the title of each gift idea, and click to learn more or purchase.

Save this to your iBooks to revisit.

This guide will appear next to any other e-books and such you have saved on your device in your library.

Share the love!

Send to friends and family, or that special someone ;) by text message, email, or any other clever way.!

XOXO

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gifts for
him



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01

MOUNTAIN SCOUT SURVIVAL SCHOOL, BEACON, NY

Bear Grylls fan? This is for you. Learn how to be invisible, build fires, and stay alive in the wild through a variety of interactive courses held in Beacon, NY and NYC. Let nature save you. | \$129 - \$299 based on experience



02

FLIGHT READY TRAVEL SHAVE KIT

When your man is done roughing it in the woods, he can clean up real nice with this travel size kit by Gentelman's Hardware. Items come in a reusable tin that fits in a carry on. | \$29

03

GENTELMAN'S HARDWARE CAMPFIRE GAMES SET

Good 'ol classic game time - 3 ways. Bring this puppy along for some quality entertainment anywhere. | \$30



04

TOILETRY TRAVEL CASE BY PARKER CLAY

Nothing says "I love you" like a quality toiletries bag. Working with sustainable tanneries in Ethiopia, Parker Clay dyes their leather with all-natural, organic vegetable dyes. They also support a women's social and economic empowerment non-profit where a percentage of Parker Clay sales fund initiatives.. | \$66

gifts for
her



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01

AMAIO SWIM "BELLA" BIKINI TOP

Amaio believes in the slower pace of creating a quality product. This ethical luxury swimsuit is a stunner, ideal for those wanting to seamlessly transition from day to night. Peep-cut back with clasp to hold you up and in. This will last you 50 years and is the antithesis to fast fashion. | est. \$365 based on style



02

SENREVE LAPTOP CASE

For Senreve, a top-quality product begins with exceptional ingredients. They source leather from the hills of Tuscany, and this elegant Envelope Sleeve is perfect for your laptop, work documents, and other daily essentials. It can be carried as an evening bag, computer case, or portfolio clutch. \$250

03

CUYANA VANITY CASE SET

Whether at home or away, stow your toiletries in style in this Vanity Case Set, crafted from the finest Argentinian pebbled leather. Cuyana crafts in small batches by skilled global artisans from the highest-quality materials to withstand the test of time, ensuring their items will last. | \$110

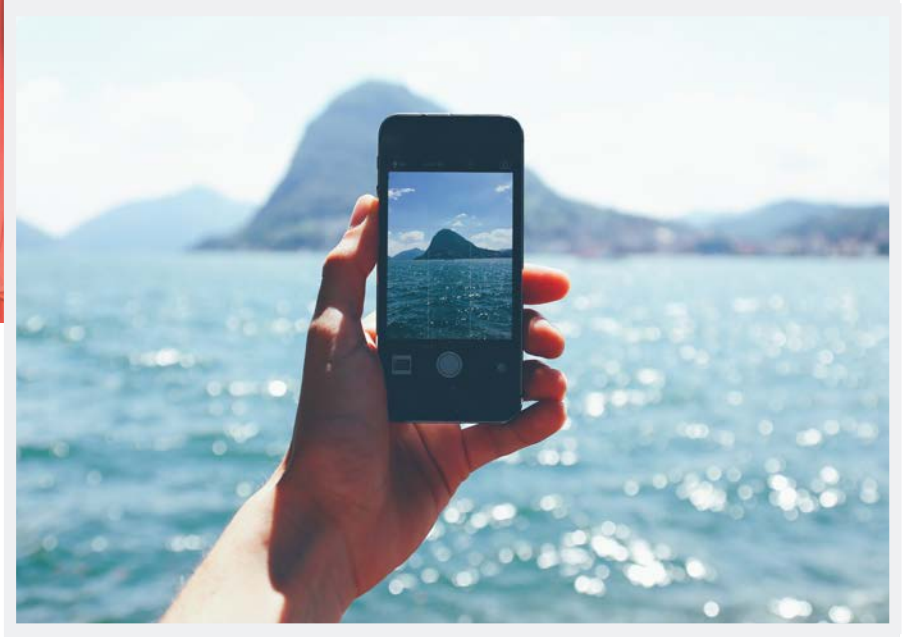


04

CUYANA SILK HIGH-LOW SHIRT DRESS

You could wear this dress from the office to a night out in NYC, to safari for a dreamy dinner under the stars. Using 25mm silk Crepe de Chine, this High-Low Shirt Dress is simply elegant and is an easy fit. A sustainable brand, Cuyana established the Lean Closet program to recycle the pieces you no longer need—bringing new life to beloved styles and enriching the lives of women with philanthropic partners like H.E.A.R.T. | \$285

gifts for the digital nomad



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01

BOSE NOISE CANCELLING WIRELESS BLUETOOTH HEADPHONES 700, WITH ALEXA

Anyone that travels often knows the goodness of peace and quiet when you need it most. These headphones will zap out any crying baby or jet engine and give you a balanced mind to navigate your world freely. Free your hands up with built-in Alexa technology. | \$399.99



02

BÉIS CONVERTIBLE BACKPACK

The new line by BÉIS is so pretty, so classic, and built to function! I love this backpack in beige that feels like an item you can take anywhere on the go and still look put together. BÉIS is also a supporter of Girl Up, which empowers and educates girls around the globe. | \$78

03

FOUR SIGMATIC MUSHROOM COFFEE

USDA Organic certified, Four Sigmatic focuses on health benefits of ancient herbs, plants, and more to bring the power of natural traditions to the world. I also can't live without a morning lift'er up'er and these portable coffee do the trick! Great for travel, juts add water and/or milk. | \$20



04

AIRBNB GIFT CARD CREDIT: EXPERIENCE OR ACCOMODATION

I can't count how many times I've been in a situation where I need to find a place STAT, and have landed in an Airbnb. So support your loved ones travel and adventures and offer them a night or expereince on you, anywhere their heart desires. Better yet, have it sent to them by email! Who knows where this nomad will be, anyway? \$25 and upwards

gifts
for the
self-care
queen



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01

ROSE QUARTZ FACE MASK

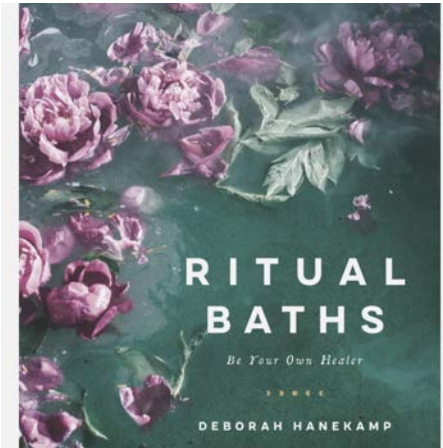
Hello, Clarice. But really, just *look* at this thing. A girl needs all the crystals and beautifying things right? So for all the vibes and then some, look no further than this reusable rose quartz face mask. | \$149 - \$1,000 brand dependent



02

MAMA MEDICINE RITUAL BATHS BOOK

Mama Medicine, aka Deborah Hanekamp is “*fashion’s favorite healer*” (Vogue Magazine) who has made quite a name for herself through her signature medicine readings. Her new book *Ritual Baths* shows you how to create your own medicine and transform your bathroom into a unique healing space. Ideal for anyone interested in natural healing and alternative medicine. | \$29



03

NATUROPATHICA CHILL OUT GIFT SET

A big fan for years, I'm so excited to see Naturopathica enter the CBD market with their CHILL products. Summon serenity of body and mind with this relaxation-boosting arsenal. Set includes CHILL Full Spectrum CBD & Kava Balm, CHILL Full Spectrum CBD Microdose Elixir, and CHILL Aromatic Alchemy | \$110



04

SAKARA LIFE OR SPLENDID SPOON PLANT BASED MEAL DELIVERY

For the busy self-care queen, both of these services are so clutch. Sakara offers programs with 3 meals a day to detox kits and a clean boutique. Splendid Spoon offers yummy smoothies, soups and grain bowls. Both delivered straight to your door in responsible packaging. Give your queen peace of mind and free up her time! | \$ Variable

gifts for the hostess with the mostess



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01

CORAVIN ELITE PRO WINE PRESERVATION SYSTEM

If there's one thing that makes me sad, it's good wine gone to waste! Thank the lord for this heavenly creation that allows you to drink only what you wish. This best-in-class wine preservation system keeps your wine safe from oxidation, allowing it to continue to age naturally. | \$349



02

THE LAUNDRESS SIGNATURE DETERGENT

One of my most favorite eco-friendly and clean products in the laundry category. You can't beat this premium laundry detergent's price for what it delivers: 128 loads out of just one bottle | 2 pack for \$38

03

SODASTREAM FIZZI SPARKLING WATER MAKER BUNDLE

This bundle is the perfect way to get started - just add water! Designed to fit beautifully into any nook, it incorporates a slim, space-saving design, without the use of any plugs or electricity. Never buy soda water again. | \$149



04

SAJE AROMA OM DELUXE DIFFUSER

I have this thing with oils. And diffusing them in this nice diffuser by my fave oils brand Saje. Infuse your air with the vitality of nature, enhance your well being and create a soothing atmosphere. Perfect for larger spaces, includes a lighting system with colors that change and 6 hour run time option. | \$130

gifts
for the
chic
spiritualist



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01

ROSE QUARTZ CANDLE

Love manifests in many forms and our Heart Chakra works to balance them all. Rose Quartz is a crystal that encourages an open heart, helping to forgive and love others, to love ourselves. So take a moment and smell the roses! Handpoured in Brooklyn. | \$35



02

SUPERYOU BY MOON JUICE

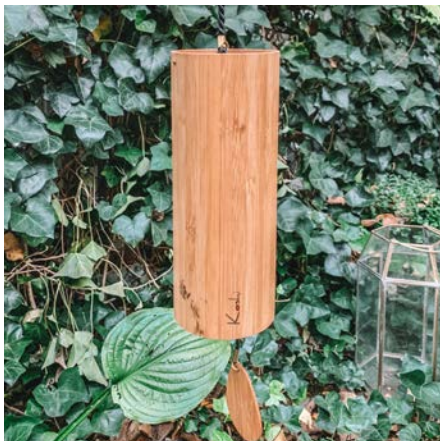
I've been popping these things like candy since this whimsical packaging caught my eye earlier this year. You can expect heightened energy, clarity, and for a full-on get shit done mode to kick in. Warning: you may not be able to live without this epic adaptogenic little pill after getting into it! | \$49



03

THE ASTROLOGY OF YOU AND ME, E-BOOK

I'm a sucker for a good horoscope reading, and this beautifully designed zodiac handbook will teach you to bring energy to your relationships and better understand the true nature of personalities using the power of astrology. Hardcover is way pretty, but there's an e-book, too! | \$14.99

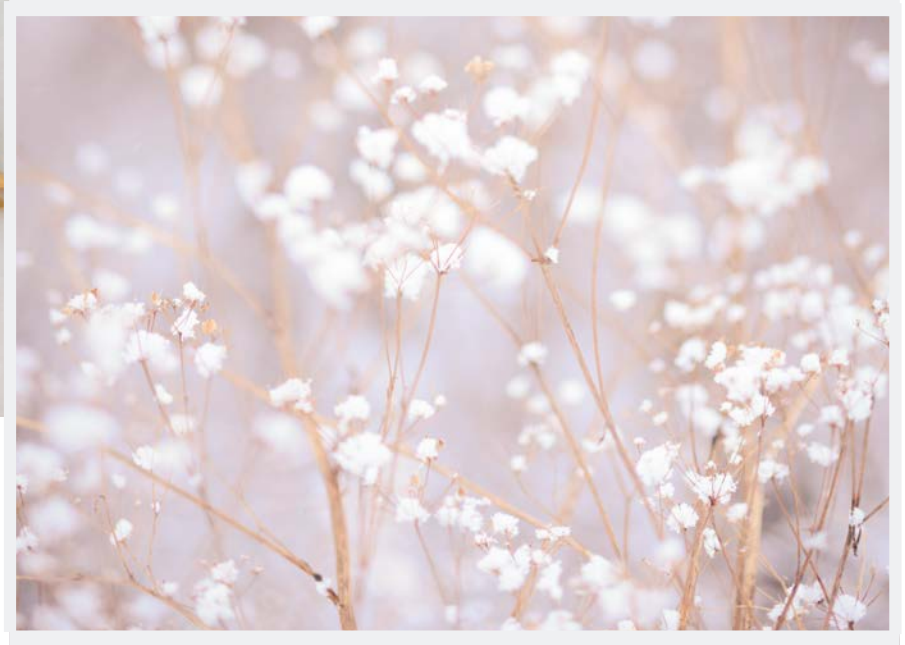


04

KOSHI CHIME: AQUA

This little chime is magic. Handmade from bamboo at the foot of the Pyrenean mountains, it's the perfect instrument to play in leading a savasana, or meditation. It comes in 4 sounds based on the elements. I prefer the Aqua element with it's uplifting and dreamy tonality. Great to travel with too. | \$62

gifts
under
\$100



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01

ZERO WASTE STARTER KIT

Start reducing your waste today with these 7 essential items. Each product eliminates the need for the most common single-use plastics. Kit includes: Tote, Bamboo Cutlery Set, Airtight Stainless Steel Container, Mason Jar, Bamboo Toothbrush, Stainless Steel Straw & Beeswax Food Wrap Variety Pack. | \$65



02

UNISEX BAMBAW RAZOR

Conventional plastic razors end up in our landfills and oceans. With Bambaw safety razors all you need to do is replace and recycle the blade, which helps create a cleaner planet! Plus, this razor will last you a long time, so it's cost efficient too. | \$17.99

03

IVORY SHERPA PILLOW

I don't care how old you are, sometimes it's really great to just snuggle a stuffed animal. And this one gives back! Up to 10% of sales are donated to organizations that save the elephants, to support and sustain the elephant population worldwide. | \$32



04

CORSICA BRACELET BY UNCVRD JEWELRY

I LOVE this brand. Their mission is to bring awareness to the fight against human trafficking and slavery, and to empower women and girls by cultivating these stunning, creative gifts. Simple yet sexy, this bracelet is a dainty 14kt gold filled chain with natural pearls. Measures 6.25" with 1" extender. | \$48

secret santa & stocking stuffers



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01

THE UNTETHERED SOUL: A 52-CARD DECK

Anyone can benefit from learning how to be fully present. Tapping into centuries-old traditions of meditation and mindfulness, these transformational quotes from spiritual teacher Michael A. Singer invite you to live fully in the moment, break free from painful past experiences, and journey beyond the boundaries of your mind. | \$12.95



02

ZOYA NAILPOLISH

Some nail polish brands have nearly 30 chemicals all combined. Zoya, does not. This eco-friendly nailpolish is long-lasting, and toxin-free by eliminating toluene, camphor, formaldehyde, formaldehyde resin and DBP. | \$10 a bottle

03

AKEEKO REUSEABLE BAGS

Akeeko reusable silicone food-grade bags can be used over ten thousand times over, so you never have to use Ziplock bags again. Dishwasher safe, this natural silicone material will help to save your money and the planet. | \$10.99 for a 2-pack



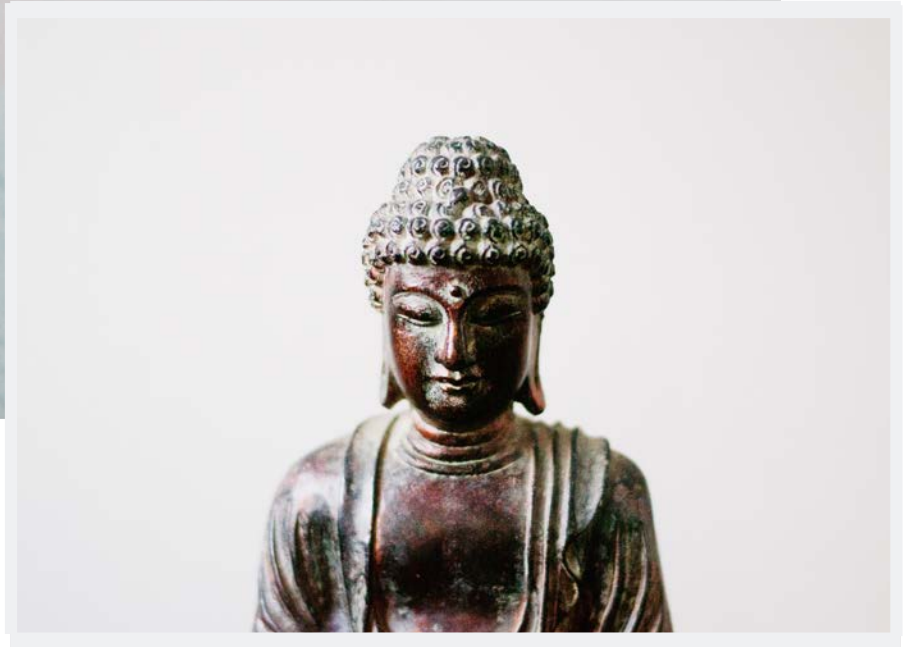
04

ENDANGERED SPECIES CHOCOLATE BAR

With each chocolate bar purchased Endangered Species Chocolate is protecting diversity of life on our planet and promoting true global change. Endangered Species Chocolate donates 10% of net profits to partner organizations that support species conservation, habitat preservation and humanitarian efforts! est. \$7



donation gifts



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01

GLOBAL GIVING: GIFT CARD

Anyone who receives a GlobalGiving Gift Card can choose to support any of their 3,000 vetted, high-impact projects in 170+ countries. They're a top-rated organization, and promote everything from quality & sustainable education in Uganda, Fast Track Education for Afghan Women and Girls, Stop Violence Against Women's in India, and more. | \$ variable



02

LWIRO PRIMATES REHABILITATION CENTER

LWIR currently lookis after 85 chimpanzees and 105 monkeys of 11 different species, all of them victims of the pet trade and/or poaching. Without centers like this no confiscation of captive animals would be possible. | \$ variable,

03

COALITION AGAINST TRAFFICKING WOMEN



Coalition Against Trafficking Women is a non-governmental organization that works to end human trafficking and the commercial sexual exploitation of women and children worldwide. CATW is the world's first organization to fight human trafficking internationally and is the world's leading abolitionist network | \$ variable

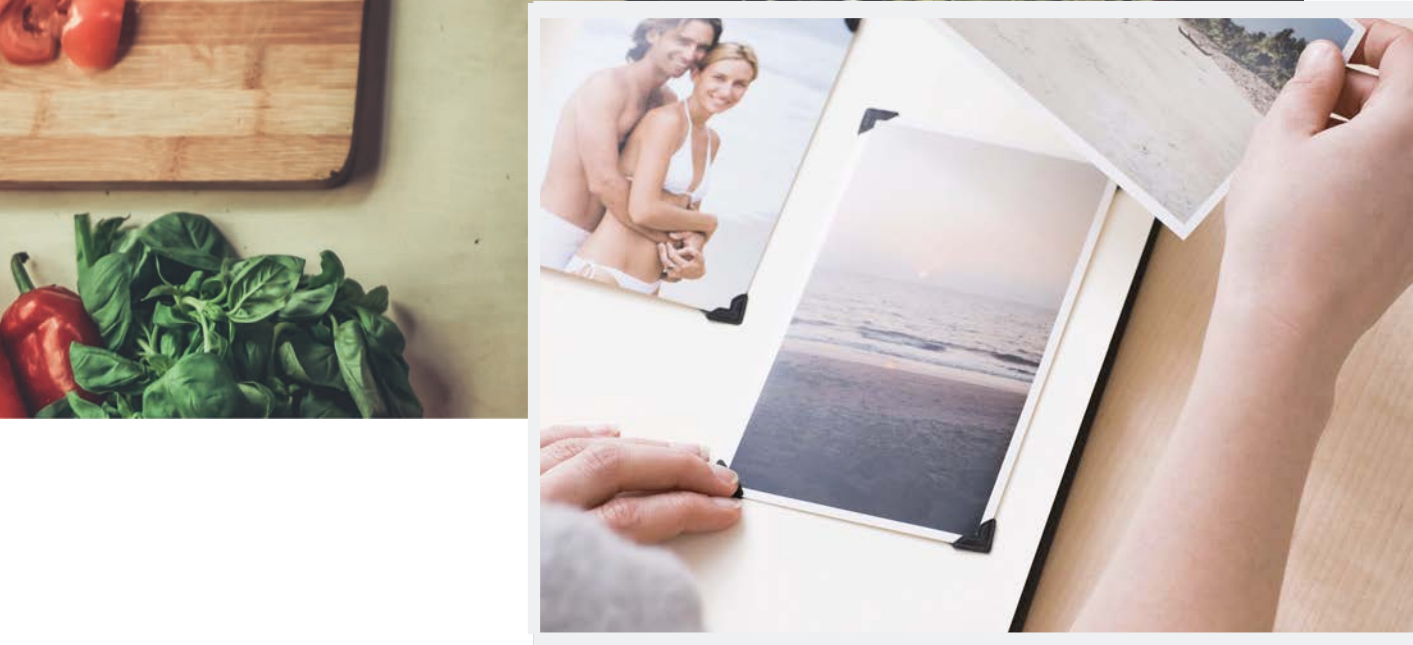
04

ADOPT & SUPPORT A CHEETAH



I really love big cats! Well, baby Cheetahs, specificlally. I'm a Leo after all. So this gift makes perefct sense to me! Cheetahs are threatened by hunting, habitat loss and the decline of prey populations, but your support can help the best in scientific research, educational programming, and conservation initiatives. | \$25 and up

gifts for mom & dad



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01

SEED SHEET: DIY GARDENING KIT

Gardening that's idiot proof! Includes a software that tracks your garden's growth and sends automated tips and video tutorials to guide you, with organic non-GMO Seeds included within dissolvable seed pods strategically embedded in a weed-blocking fabric. | \$49



02

AMAWATERWAYS RIVER CRUISE

River Crusies are a great way to enjoy the cruise experience in style and without the crowds. AmaWaterways has a magnificent collection of itineraries to choose from, and is the proud sponsor of the ODA Free Village English School in Cambodia, where heir financial support brings English-language skills to local children anymore. | est . \$2,000+



03

ARTIFACT UPRISING PHOTO ALBUM

Tangible photos? How retro. It's a loving and personal gesture to select moments that make you smile, that you can reference without having to look at a screen. How refreshing! Try this archival-quality photo book printed on 100% recycled pages and complete with a customizable dust jacket. | \$69 and up



04

YOUR PRECIOUS TIME

Get yourself on a train, flight, or whatever and show up. There's nothing like quality time with family. Time is a scarce resource, so treasure it, and use it on what matters most. Bonus: bring along a nice bottle of wine and cook dinner!

editor's note



Thank you for spending some time browsing this conscious holiday gift guide! I hope you discovered some valuable ideas worth sharing with your loved ones.

Please remember that as much as I love a thoughtful token, less is more and your presence is what matters most when it comes to sharing the love. And if you do buy online, ask for 'Frustration Free' packaging (from Amazon), which is recycled or ships in original boxes from producers.

You can visit The Shop for even more ideas and information on what makes these items sustainable, open year-round!

I wish you the warmest holiday season, and brightness for the year to come.

Tara Nolan

FOUNDER, THE CONSCIOUS CONNOISSEUR

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