

2022 Holiday

# Gift Guide



## CALMIGO

CODE: ILONA

CalmiGo is a drug-free device providing immediate calm for moments of distress, anxiousness, and stress. The device utilizes multiple elements including light, vibration, breathing and a scented element to help alleviate emotional discomfort instantly. Use it to train better mental health practices daily, or in moments of distress.

[SHOP HERE](#)

## TOUCHPOINT

CODE: ILONA for 12% off

TouchPoints are patented wearables that use gentle alternating vibrations to improve mental health by significantly reducing the negative impacts of stress. TouchPoints are proven to reduce stress, increase focus, improve sleep, and enhance performance.

[SHOP HERE](#)



## KNIX

CODE: ILONAVARO\_KNIXLOVE or ILONAVARO\_10OFF

Intimate Apparel redefined. Knix creates the most comfortable wireless bras, cozy robes, easy lounge wear, and revolutionary absorbent underwear, all designed to make you feel more comfortable in your own skin.

[SHOP HERE](#)



## COZY EARTH

CODE: ILONAVARO40

The gift of comfort and a perfect night's sleep? You deserve it. Voted Oprah's Favorite Things 5 years in a row, these luxury bedding and loungewear sets are the softest you'll find! Made from bamboo, these products feel like you are wrapped in a cloud. Perfect for those self-care moments.

[SHOP HERE](#)



## NED

CODE: ILONA

Ned is a natural hemp-based product line who focus on science-backed and nature-based solutions .

They offer a first line of defense before prescription and over-the-counter drugs. Ned includes a line of CBD, herbal tinctures and more to aid in sleep, hormone balance, stress relief and more.

[SHOP HERE](#)



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PSYCHOTHERAPY & COACHING