

Give the good stuff

THE GIFT GUIDE

GIFTS TO MAKE YOU FEEL GREAT THIS HOLIDAY SEASON

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Wishing you the merriest

Every year, the holiday rush feels so chaotic and overwhelming. Which is the opposite of how we want to experience the season, right?

So I've put together this gift guide in the hopes that it helps cut through some of the noise and some of the stress for you.

I've only picked things that do something real for a body in midlife.

Only things I actually love and use and that I think the women on your gift list will actually love and use, too.

And if any of these end up on your own list, I won't tell.

Jackie

JACKIE GIANNELLI, FNP-BC, MSCP

Quick holiday tips

1. Shop earlier and get your list done so you can enjoy a tea by the fire.
2. If it's not bringing you joy, drop it. The holidays are supposed to be fun.
3. It's OK to indulge a little now and again. Perfection isn't possible, ever.

Sleep *for the nights that run hot*

1



2



1 A DOMANI Flowy Racer Long Dress

A cooling, moisture-wicking knit for nights that run hot, cut long and fluid so it looks like something you chose on purpose. For anyone in the night-sweats years, this is the gift she'll reach for every night.

CODE **JACKIENP20 · 20% OFF**

2 HigherDose Infrared PEMF Go Mat

Gentle warmth plus PEMF, sized for a desk chair or the end of the bed. Twenty minutes, phone down, warm back. The ultimate way to unwind and recharge.

ON SALE NOW

Sex *for the nightstand*

3



4



3 Tabu The Prim

A wedge pillow that passes for a throw pillow on your bed. Comfort and positioning can change as your body does, and this makes adjusting easy without announcing itself.

ON SALE NOW

4 LBDO Essensual Vibe

Medical-grade silicone, quiet, waterproof and rechargeable. A thoughtful gift for a partner, and a better one to buy for yourself.

CODE **JACKIE15 · 15% OFF**

Sweat *load, measure, recover*

5



6



5 YVO Warrior Vest, 10 lb Set

A weighted vest designed around a woman's body, bust included, so it adds load to the walks you already take. Every vest comes with a complimentary DEXA scan, which is my favorite part: you know exactly where you're starting.

CODE **JACKIE15 · 15% OFF**

7



6 WHOOP Membership

A year of sleep, strain and recovery data, including women's hormonal insights, with the band included. Good for the person who likes to see the numbers before she changes anything, like me.

SAVE NOW

7 Sunlighten Saunas

Sunlighten makes beautiful and affordable saunas for every size home and every budget. Now is the time to finally get one!

SAVE NOW

Satiety *the kitchen upgrades*

8



8 Caraway Cookware Set

Ceramic-coated pans made without PTFE, the PFAS chemistry behind traditional nonstick, plus storage that keeps lids off your counter.

CODE JGR10 · 10% OFF

9



9 AquaTru Classic

Countertop reverse osmosis with no plumbing. Reverse osmosis is one of the most effective home options for reducing PFAS, and this model is independently certified for it.

SAVE BIG NOW

Serenity *breathe easy*

10



10 AirDoctor 1500

A HEPA purifier with a carbon layer for VOCs and odors, sized for about 320 square feet. Put it where you sleep. For anyone with fragrance sensitivity or MCAS, this is a gift that shows you were paying attention.

HUGE SAVINGS

Stocking stuffers

LITTLE GIFTS, ALL $50 AND UNDER

A DOMANI Golden Hour Sleep Mask

Code JACKIENP20

SHOP →

YVO Resistance Bands

Code JACKIE15

SHOP →

Tabu Crème de la Vie

A vulva moisturizer for the nightstand

SHOP →

A DOMANI Gift Card

Let her pick her cool

SHOP →

YVO Gift Card

For her strongest era

SHOP →



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Every Sunday I share one find worth your money and the clinical reasoning behind it, plus the ones I decided weren't worth it.

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