Women's Mindfulness Birthday Gift Basket

~~£110.31~~ £99.28

IN STOCK

Quick Overview

The Mindfulness Women's Birthday Gift Basket was created with women who are into good living and peace of mind. This Mindfulness Birthday basket still has a Birthday element with treats such as Awake and Asleep oils, beautiful candles and a mindful magazine.

Product Options

Select Magazine (Any One)

- Natural Health + £0.00
- Nutrition and Well-being + £0.00
- Activity and Well-being + £0.00

Details

We put a lot of effort into the Mindfulness Women's Birthday Gift Basket to ensure it was perfect, the chocolates and treats are gluten free, sugar free, vegan and low calorie. The chocolates we selected are dark chocolate to create a healthier vibe and milk alternatives, ensuring there are minimal additives and preservatives for a peaceful and mindful feel, without worrying what you are feeding yourself you can focus on your thoughts.The awake and asleep oils allow a woman to start and end her day in the right way, feeling alive and equipped for life, nothing will bring her down, important on her Birthday. Furthermore, for in the home there is a sunflower candle to bring life and warmth into the home, allowing it to become a place of safety and serenity, Women could use it when focusing on developing their awareness of their breathing, a common Mindfulness activity. A magazine of choice is also added, whether it be mindful cooking or exercises this Gift Basket can be tailored for a Mindful Woman on her Birthday. A fun animal paint by numbers Mindful book, these are hugely popular for mindful activities, allowing one to improve the quality of being present and fully engaged, while learning how to avoid being over-reactive or overwhelmed.

Additional Information

Contents	Mindful Magazine Current Edition Sunshine and Bloom Colouring Book for Adults Island Apothecary Seascape Awake Oil/Asleep Oil Duo Gift Set Wax Lyrical Sunflower Fields Scented Glass Candle Jar Naive Golden Berry 61% Chocolate 57g Willies Cacao Praline Truffles Dark Chocolate 35g Willies Cacao Praline Truffles Milk Chocolate 35g Lily O'Briens Honeycomb Cripsy Hearts 98g Montezuma's Like No Udder Milk Chocolate alternative 100g Nemi Spicy Chai Speciality Tea Bags Rhythm Ooh La La Tea Biscuits Almond Biscotti 135g Indie Bay Easy Cheesy Pretzels 31g Lismore Food Company Dark Chocolate Apple Sticks 25g Jealous Sweets Love Bears Pineapple and Grapefruit 50g Brave Roasted Chickpeas Dark Chocolate 30g Actiph Water 600ml Itsu Crispy Seaweed Thins Wasabi Flavour 5g Itsu Dark Chocolate Mini Rice Cakes 16g Abakus Foods Seaweed Crisps Sea Salted 15g Snact Fruit Jerky Magoes on a Mission 20g