Mindful Get Well Gift

£77.41

IN STOCK

Quick Overview

Focus on the present moment and indulge in some mindful activities and mindful eating with our new mindful get well gift basket. Filled with entertainment activities and some healthy snacks to be enjoyed by all.

Details

Mindfulness is a word we hear pop up a lot now a days, but what really is it? Mindfulness is paying more attention to the present moment, and stopping to think and understand what is going on in our physical and mental health. It can be very easy to get caught up in the hustle and bustle of life and we forget to take a step back to see what is going on around us. With our new wonderful mindful get-well gift basket we have designed it with that concept in mind. We have included activities to engage the mind and focus on what is going on around us. Such as a word search book, a puzzle building block, an adult lego and a sudoku book. All of these activities aim to help the recipient get-well and take some time for themselves. We also want to focus on mindful eating, which invites us to truly savour our food and enjoy the flavours and tastes packed within each bite. We included yummy snacks such as healthy get-well coconut bites, plant based gummies, chocolate and more. All of our snacks come from conscious producers we can trust. Our mindful get-well gift has a peaceful blue colour passing through the items, the recipient will be feeling tranquil when unpacking their lovely get-well gift. We believe sending a get-well gift from Baskets Galore is the best way to send positive vibes and make someone stop to appreciate the little things. Thanks to the versatile range of products and colours within this get-well gift basket it is available for either men or women who enjoy mental stimulation and healthy snacks. They will be on the mend in no time with their thoughtful get-well gift!

Additional Information

Contents	Mindful Word Search Book Pocket Posh Sudoku Tabletop Bucket Lists by Lagoon Astronaut Puzzle by Nano Block Color Block Puzzle by Professor Puzzle Dark Chocolate Bar 70% by Gnaw, 100g AVRO Bomber Model Kit by Metal Earth Milk Chocolate Buttons by Gnaw, 150g Tropical Wonder Gummies by Jealous Sweets, 40g Roasted & Salted Almonds by Forest Feast, 40g Milk Chocolate Mango & Coconut Fruit Balls by Forest Feast, 100g Vanilla Corn Wafers by Mamma Loretti's, 15g Simply Coconut Bites by Ape, 30g Small Open Wicker Basket Gift wrapped and decorated in hand tied ribbon & bow Gift Card for your personalised message