

HHM

HAPPY HEALTHY MAMA

health focused

Holiday Gift Guide 2025





Our Place Titanium Always Pan Pro

Everyone is trying to get the toxic cookware out of their kitchen. Anyone would be thrilled to get this healthy, nonstick pan under the Christmas tree. This is the first nonstick pan without coating and is completely PFAS free! I got one for Christmas last year, and it quickly became my go-to pan. I LOVE this one!



Manukora Mānuka Honey Starter Kit

Mānuka honey can only be produced in New Zealand from the nectar of the Mānuka tea tree flower. It blossoms for two to six weeks during the summer, and bees collect the nectar and pollen. MGO, or methylglyoxal, is an antibacterial compound that's unique to Mānuka honey, and known for its beneficial anti-bacterial properties. Mānuka honey supports immune function, balances inflammation, aids the digestive system, and supports natural energy and vitality. The perfect wellness gift! ★Use code HHM for a free gift with purchase★



Click and Grow Indoor Garden

Growing your own food, pesticide free, indoors, is a healthy foodie's dream! Click and Grow is the simplest way to grow food indoors, whether you want fresh herbs, greens, or mini tomatoes. ★Use code HHM for a discount on your order★



Pact Pintuck Airplane Wide Leg Pant

Pact's clothing is made with organic cotton, which is better for our skin and exposes us to less toxins. Anyone wellness minded will love these cute, comfy, stylish pants!



Viski Reserve Nouveau Crystal Wine Glasses

This set of 4 stunning wine glasses are such a thoughtful gift for a hostess, someone who loves entertaining, or your bestie. They are made with lead-free crystal and look beautiful on a set table. I have this set and they make me happy every time I see them!



Viking Stainless Steel 8 Piece Utensil Set

With everyone talking about how toxic black plastic utensils are, this gift is perfect for someone trying to clean up their kitchen with nontoxic cooking and serving tools. This is a high-quality, beautiful set that anyone would love to have.



Wild Alaskan Company Gift Box

Sustainably harvested, wild seafood is not easy to find everywhere. The Wild Alaskan Company ships their seafood straight to your house. What a fabulous gift for anyone looking to eat a real-food, nutrient-dense diet.



Livingish Ayurvedic Pure Copper Water Bottle

Drinking from pure copper promotes healthy digestion and helps balance PH levels. Copper is a natural antimicrobial, making it one of the healthiest materials to drink from. This is one of those special Christmas gift ideas for someone who wouldn't want to splurge on it but would love to have it.



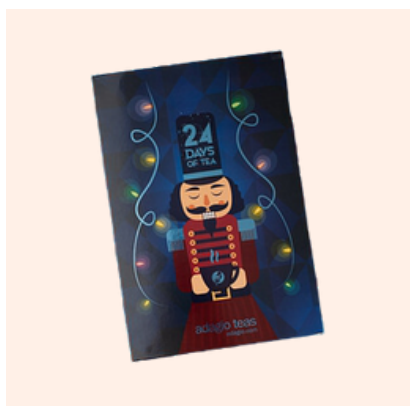
Ninja Creami Ice Cream Maker

The Ninja Creami Ice Cream Maker has been the hottest kitchen item for a few years now. I hear it's topping teens' and college students' lists this year! I can see why--you can control the ingredients and make creamy, healthy ice cream treats.



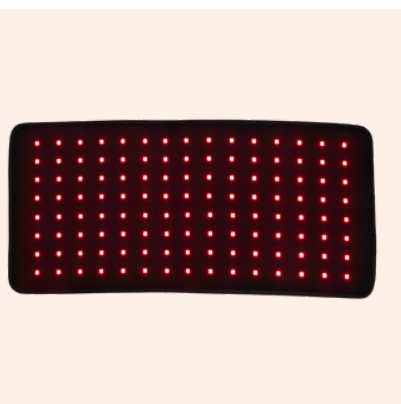
Dime Hyaluronic Acid Serum

This hyaluronic acid serum from Dime is a clean beauty product that women (or men!) of every age would want. This makes a perfect stocking stuffer or small gift for someone who is looking for natural skincare products.



Adagio Nutcracker Tea Advent Calendar

This is such a sweet gift for the tea lover on your list! This Tea Advent Calendar features a different tea for every day leading up to Christmas. You can choose from loose leaf tea, teabags, or decaf tea. Send it early so they'll have it for the Advent season!



Fringe Red Light Therapy Wrap

This red light wrap provides healing wavelengths of 660nm Red Light and 850nm near infrared light and 2:1 near infrared light to red light for deeper healing. The wrap design makes it easy to use on whatever body part needs it the most. An incredible gift for that person in your life committed to their wellness!



Moment Limited Edition Holiday Box

Moment is a non-alcoholic sparkling water drink with adaptogens that help you both focus during the day and sleep better at night! I love sipping my Moment drinks daily and it makes a lovely gift at Christmas! ★Use code **HHM** for a discount on your order★



Function Preventative Health Screening Membership

Give your loved one the gift of knowledge about their own health! Function Health is a preventative health screening membership site that includes over 100 lab tests each year. Your results are reviewed by clinicians who look at your health history to surface what matters and what to do next. With the membership comes comprehensive test analysis and personalized protocols to improve your results and health!



Shakti Acupressure Mat

My husband Tim has one of these acupressure mats and he uses it every night! He swears it helps him sleep more deeply, relieves stress, and also relieves pain. This is a great gift for someone who wants to work on their stress management and get better sleep!