

# wellness

HOLIDAY GIFT GUIDE

WINTER 2021



INDEPENDENT

# happy holidays!

FROM YOUR FRIENDS AT

# INDEPENDENT

You love all things wellness - share that love with friends and family for the holidays! Inside we've included wellness products and services to help you find the perfect gift for everyone on your list. As a bonus, each purchase supports a military spouse or veteran owned business!







Purpose Bracelet  
<https://bit.ly/cmopurpose>




Strength Bracelet  
<https://bit.ly/cmstrength>

## CHARLIE MADISON ORIGINALS

WENDY HIVELY

@charliemadisonoriginals  

Charliemadisonoriginals.com 



Be Well Bracelet  
<https://bit.ly/cmobewell>

Renew You Bracelet  
<https://bit.ly/cmrenewyou>



## MILITARY SPOUSE RESILIENCE YOGA BUNDLE



BERNADETTE SOLER

 @bernadette\_soler

 bernadettesoler.com

This on-demand yoga bundle from Bernadette Soler Yoga helps you navigate any season of military life. The bundle includes three ten-minute yoga practices for deployment resilience, and a nine-practice E-book themed uniquely for military spouses.

Bernadette is a Marine spouse and C-IAYT, E-RYT500, YACEP certified teacher with over 9 years experience. She has experienced the powerful life-changing effects of yoga, and is excited to help others move in the direction of their highest potential by way of these ancient teachings.

Use code INDEPENDENT for \$5 off:  
[bernadettesoler.com](http://bernadettesoler.com)



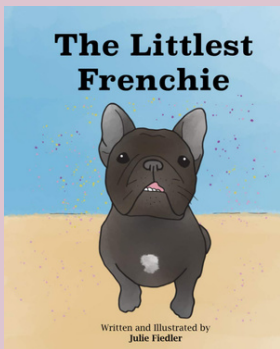
The Be Well, Strength, Purpose, and Renew You bracelets support InDependent and double as diffuser bracelets. If you love using essential oils as part of your wellness routine, here is a stylish way to incorporate these into your daily style. Simply add a drop of your favorite oil or oil blend to the wood beads and rub gently until the oil absorbs. The Be Well bracelet (pictured right) is the custom bracelet from the 2021 Independent Wellness Summit.

Wendy is a retired Navy spouse who has traveled the world both as a child and with her husband. She is a full-time scientist, and credits her mission to forever being a military family.

# THE LITTLEST FRENCHIE



JULIE FIEDLER



This book tells the story of Petunia the French bulldog, who is smaller than her brothers and sisters.

She misses out on a lot until she meets an unlikely friend. This book is perfect for military kids who often have to find ways to fit in, and reminds them that courage, spirit, and heart come in all shapes, sizes, and colors.

Like all military spouses, Julie has juggled all the things from jobs and volunteering to PCSing and TDYs. She's always had a passion for reading and writing. She hopes her children's book, inspired by her first dog, will help kids wrestling with kindness, acceptance and bullying.

Purchase your copy here:  
<https://amzn.to/3DCDd4S>



# HOLIDAY GIFT GUIDE

## HOPE HOMEFRONT

CAYLEE

@hopehomefront @hopehomefrontshop



etsy.com/shop/hopehomefront



Purchase your favorites here:  
[etsy.com/shop/hopehomefront](https://etsy.com/shop/hopehomefront)

If you are looking for a fun way to send a little cheer, Hope Homefront offers a variety of stickers for deployment encouragement, military life, and mental health. These stickers are the perfect way to send a little support to military families during all seasons of military life.

Caylee is a Navy spouse creating a place for military spouses & families to find hope as we support our heroes from the Homefront.



## THE CREATIVELY INSPIRED HOME

AMANDA KIRITZ

@thecreativelyinspiredhome



thecreativelyinspiredhome.com



Remember all the places you have been and adventures you have had with this beautiful DIY Travel Map! This is an exclusive design, laser cut in house with high quality materials. You will create a beautiful piece of home décor to show off where you have traveled or lived! Perfect for military stations, national parks, sport stadiums and more! Includes free shipping.

Amanda is a Coast Guard Spouse and mom of two. She created The Creatively Inspired Home 5 years ago when she needed a creative outlet for herself with a husband deployed and two young babies at home.



Purchase yours here:  
<https://bit.ly/CIHtravelmap>



# SOUTHERN SWEET & SASSY COFFEE



MELISSA GREEN

@southernsweetsassyllc

@southernsweetsassy

southernsweetandsassycoffee.com



Southern Sweet & Sassy coffee is a "Roast to Table" company that is passionate about bringing the military community together. Perfect to give as a gift or to gift yourself!

Melissa is a Military Spouse of 17 years, and a U.S. Navy Veteran. Her husband, Landis, is U.S. Navy Retired. She founded Southern, Sweet & Sassy with the intent to help connect Military Families one cup at a time.

Use code INDEPENDENT10 to save 10 % off your purchase: [southernsweetandsassycoffee.com](https://southernsweetandsassycoffee.com)



# HOLIDAY GIFT GUIDE

## HOUSE OF REYES

MAXINE REYES

@houseofreyes

houseofreyes.com



House of Reyes™ is a new home essentials and wellness brand. Let the calming scents of Lemongrass and Sweet Orange bring a little joy to your day with this Joyful Gifts package consisting of 1 Soy candle, 1 Hand Sanitizer, and 1 Body Oil.

Maxine is a veteran and military spouse, and with her daughter, she started the brand after making spa gifts as a DIY project. Today she hopes to grow her family brand that will bring you essential home and personal items for every day use.

Use code HORMIL15 for 15% off orders over \$30: <https://houseofreyes.com/>



## SPOUSE SERVE PLANNER

JULIA CREGAR & BRITTANY OLETTI

@spouseserve

spouseserve.com

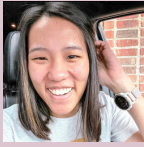


Julia and Brittany - two planner obsessed friends who wanted to make the planner world a better place, designed this planner especially for military spouses. Julia is an Army wife and momma of three. Brittany is an Army Captain, Army wife, and mom of three.

This planner is the perfect agenda for military spouses of all branches. It is designed with a simple layout to benefit families in all seasons of life and is full of resources to help with military life including terminology, PCS help, deployment assistance, and more. There is space to track workouts, make a weekly meal plan, keep track of your schedule as well as your significant others, set goals, and plan for the future!

Use code ID5OFF to save 5% on your order: [www.spouseserve.com/shop](https://www.spouseserve.com/shop)

# LOVE CATHERINE NOEL



CATHERINE NOEL



@lovecatherinenoel



lovecatherinenoel.com



Love Catherine Noel is a custom military and first responder shop bringing personalized ideas to life. From bows, to pet collars, drink ware, and tees, you can find all of your custom gifts here.

Catherine is a Navy girlfriend and dog mom who wants to grow the community from military "wife" to all significant others.

Find your perfect gift here:  
[www.lovecatherinenoel.com](http://www.lovecatherinenoel.com)



# HOLIDAY GIFT GUIDE

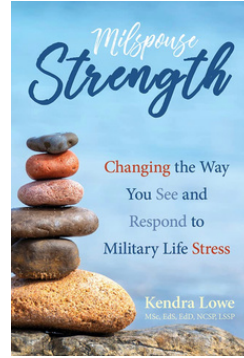
## MILSPOUSE STRENGTH

DR. KENDRA LOWE

@drkendralowe\_thriveon



drkendralowethriveonllc.com



Do you feel like you are constantly adjusting your life over and over again? As if the underlying stress of your service member's dangerous missions and the lengthy separations during deployments isn't enough. It's easy to feel overwhelmed and believe that a life of constant

stress is the norm for military spouses. But cumulative stress hugely impacts your life!

In *Milspouse Strength*, author Kendra Lowe, a veteran, military spouse, and trained psychologist, helps you understand what stress—both positive and negative stress—really is and how to master the emotional balancing act of military life.

Preorder your copy here:  
<https://amzn.to/3qTl5zb>

Perfect for the pen-and-paper kinda gal who wants to put all of her/her family's money management into one elegant notebook.

The Beautiful Budget Workbook™ features 12 full months of undated budgeting pages, several built-in trackers, helpful cheat sheets, and even stickers to help you personalize. It's time to kick that budget boredom, build a plan, and start living! For the digital-minded, there is a tablet version.

Rachel is a proud Air Force veteran, wife, and mother of 2 littles. She started Beautiful Budget to encourage the "b-word" to be seen in a positive light! If you're all about getting things done while also keeping it lighthearted, you'll love Beautiful Budget!

Get your copy here:  
[Shop.beautiful-budget.com](http://Shop.beautiful-budget.com)

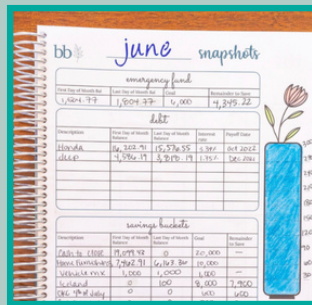
# BEAUTIFUL BUDGET WORKSHOP

RACHEL RIVERA

@beautiful.budget



Beautiful-budget.com





## PERMANENT CHANGE OF STORING



CHRISTA CURTIS



@Permanentchangeofstoring



Permanentchangeofstoring.com

Free 1 hour virtual session with an organizational professional: [contact Christa via Facebook](#)

If you are looking to get organized, here is a great place to start! The InDependent community gets a FREE, one-hour virtual session with a professional to decipher your organizational goals and style and decide on the first steps to take. Increasing your organization can bring personal peace, and learning how to sustain this organization helps each PCS be less stressful.

Christa is an organization professional who specializes in the nomadic military lifestyle. She began her company, Permanent Change of Storing, in 2018 with a hope to be the answer to the woes of military families when it comes to their household goods.



## HOLIDAY GIFT GUIDE

## DEFY NUTRITION



MARY-CATHERINE LABOSSIÈRE



@defynutrition



<https://defy-nutrition.com>



Receive 5% off the program using code:  
MILWELLNESS  
<https://bit.ly/defyfoodguilt>

Defy Nutrition's Defy Holiday Food Guilt program helps you decrease the guilt you feel around the holidays, while also preparing you to hit the ground running in January. This program focuses on both body and mind as it addresses day-to-day nutrition habits as well as eliminating the guilt around food.

You can also work with Mary-Catherine for customized meal plans here: <https://defy-nutrition.com/meal-plans/>

Mary-Catherine, MPH, RD, LDN is the registered dietitian (RD) behind Defy Nutrition. She is an Army spouse and dog mom. She helps individuals repair their relationship with food and create sustainable, healthier habits with lasting results.

## BUILT BOLD FITNESS

KELLY CARLYSLE



@built.bold



[builtboldfitness.com](https://builtboldfitness.com)



Kelly is a dual Certified Personal Trainer (NCCPT CPT, ISSA CPT) and offers in-person, virtual, and hybrid training options. InDependent members will receive the following when you mention this gift guide: 1 Complimentary consult call (15 min) plus your choice of either the 1st In-person session free or 1-week free trial of the virtual coaching app.

Kelly is an Army spouse and began her training journey to assist other spouses who were struggling with reaching their fitness goals or looking for healthy outlets to manage stress and anxiety. Her main focus is to help clients build a sustainable fitness program that can help them grow and reach their goals and lead a healthy lifestyle.

Contact Kelly for more information:  
<https://bit.ly/BBFcontact>



CORIE WEATHERS



@CorieLPC



Corieweathers.com



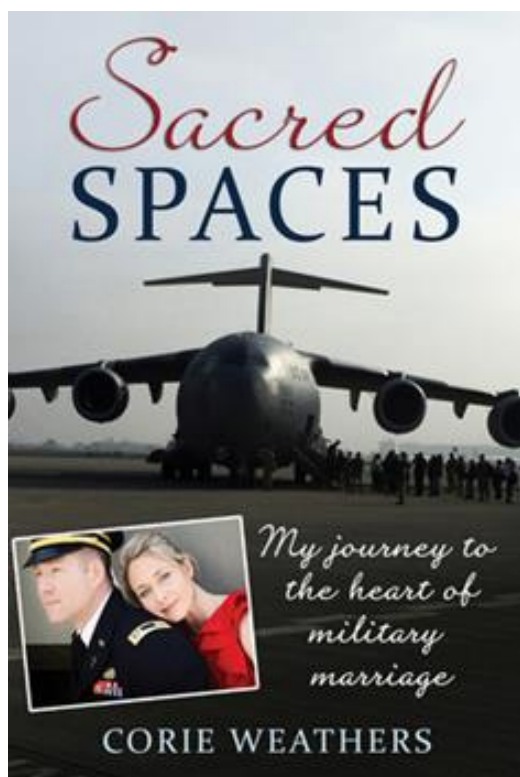
## INTENTIONAL MARRIAGE COACHING PACKAGE

Get 10% OFF 5 sessions with one of the  
clinicians/coaches from the Lifegiver Team

**PLUS**

The Sacred Spaces Book Package which includes:

- One autographed copy of Sacred Spaces: My Journey to the Heart of Military Marriage written by Corie Weathers, LPC.
- A Sacred Spaces Marriage Challenge Commitment Card.
- One blue paracord bracelet. (Hundreds if not thousands have taken the Sacred Spaces marriage challenge and use the blue paracord bracelet as a daily reminder of their commitment to the challenge.)
- A downloadable book study guide, complete with discussion questions and prompts. Perfect for a couple or book club.
- The Lifegiver Charlie Madison Bracelet (an elegant version of the blue paracord). Sessions can be used by an individual, couple, adult or adolescent. After purchase, you will be given a gift certificate with everything you need to book sessions.



Purchase your copy here:  
<https://amzn.to/3FB6lua>

Learn more, and register here:  
<https://bit.ly/Coriecoaching>

Like many military couples, Corie and her husband, Matt, an Army chaplain, accumulated significant unshared moments during Matt's deployments. When Matt returned, he and Corie began using the term "sacred spaces" for significant moments they had experienced independently. After multiple deployments, sacred spaces were taking up a lot of emotional room in their relationship.

When US Secretary of Defense Ashton Carter invited Corie, as the 2015 Armed Forces Insurance Military Spouse of the Year, to join his team on a one-week overseas holiday trip, she eagerly accepted, hoping to gain a better understanding of her husband's deployment experience and lessen the impact sacred spaces had on her marriage.

This was a journey to the heart of her marriage, a place where she would have to leave behind her resentment in exchange for ground she and her husband had surrendered to hurt, misunderstanding, loss—and to Afghanistan.

Corie set out on this trip hoping to gain a better understanding of her husband and his deployment experience, but along the way, she discovered a whole new perspective of herself and her military marriage. By sharing her story, Corie hopes to help other military couples strengthen their marriages.



## SOMETHING TO SMILE ABOUT!

Did you know?

As a 501C3, InDependent can receive a small donation from every purchase you make thru AmazonSmile!

Here's how:

1- Always start your shopping at:  
smile.amazon.com

Then choose: InDependent, Inc  
(Military/Veterans' Organizations)

Or, [click here](#) and go directly to our AmazonSmile page.

Also, when you click the product title to purchase on Amazon, InDependent might receive a small commission.



## HOLIDAY GIFT GUIDE

# Amazon Gift Favorites

## FROM THE INDEPENDENT TEAM



### Leaf Life 17 oz Bamboo Tumbler

A tea lover's perfect gift, this stainless steel bamboo tumbler is vacuum insulated and keeps tea hot for up to 12 hours. Includes the steeper/strainer for loose teas.



### Harney & Sons Gingerbread Festival Tea

30 sachets

Nothing says holidays quite like the enticing aroma of gingerbread. This tea brings the warmth of the season with black tea, ginger, cinnamon, & molasses.

## the tea lover

### FGO Organic Chamomile Tea

100 bags

One sip of this USDA organic Egyptian calming chamomile tea will help soothe and melt the stress away. And the bags are eco friendly!



### Suyika Workshop Japanese Cast Iron Teapot

The ultimate teapot for any tea aficionado, this beautiful black Japanese-style tea pot has a stainless steel infuser basket. Interior is enamel coated and safe for stovetop use. Holds 22 ounces.





### Amazon Basics Foam Roller

Promote muscle recovery post-workout with this high-density foam roller. Available in 12", 18", 24", and 36".

### Manduka PRO Yoga Mat

This 6mm thick mat provides the grip and cushion you need for a comfortable yoga practice. OEKO-TEX certified, available in 71" and 85".



### Thirty48 Exercise Bands Set

Use your own resistance for a great workout with this set of 5 exercise bands from X-Light to X-Heavy. Also includes dual-sided slides for core work.

### Tune-Up Fitness Self Massage Kit

Self massage techniques put the power of healing back in your hands. Alleviates pain, stress and tension throughout your body, along with improved posture, circulation and faster muscle recovery time.



*the fitness enthusiast*

### HSP Wooden Neck and Back Pillow

This versatile wooden neck pillow targets pressure points in the neck and back to help reduce pain. Includes video instructions. Available in 3 sizes.



### Pressure Positive Co. The Original Knobble

The Knobble wooden massage tool delivers accurate pressure for an effective self-massage.





# healthy home



## HOLIDAY GIFT GUIDE

### Kind Laundry Detergent Sheets

The healthy home starts with these eco-friendly laundry sheets for cleaning power that is safe for the whole family and environment! 60 loads



### Our Laundry Detergent Sheets

are eco-friendly, contain no harmful ingredients, and have strong cleaning power.



### Friendsheep Wool Dryer Balls

This set of 6 extra-large New Zealand wool dryer balls help reduce drying time up to 40% while looking cute! They're eco-friendly!



### ZIMASILK 100% Mulberry Silk Pillowcase

Your skin and hair will thank you for these luxurious 100% Mulberry silk pillowcases. They are cooling and help reduce wrinkles and frizzy hair. Available in more than 30 colors and various sizes.

### Greenzla Reusable Bamboo Cotton Pads

Disposable pads are a thing of the past with these natural bamboo cotton makeup remover pads! Soft and washable, they come with a storage container and laundry bag. 20 pads



### Beautify Beauties Spray Bottle

The powerful and consistent spray of this continuous mist spray bottle can be used for various household and beauty purposes including plant or hair care.



### Costa Farms Live Peace Lily

This 15-inch potted live peace lily not only adds beauty and color to your room, but also helps clean the air around you. The peace lily is a low maintenance, low light plant, perfect for new plant parents.



### Ecoboo Bamboo Cleaning Cloths

Decrease the number of paper towels you throw away by using eco-friendly bamboo cloths to clean up messes. Just wash and reuse! Pack of 10, 4-ply cloths.





**Garden Republic Herbs in the Burbs Kit**

When you want fresh herbs at your fingertips, this herb kit has everything you need to get your indoor garden started. Includes non-GMO basil, thyme, parsley, and cilantro seeds.



**EZOWare Glass Food Storage Set**

These beautiful glass jars are the perfect set to keep your kitchen organized and your food fresh. The bamboo lids are air-tight and the set has both 15.2 oz and 24oz containers.



**Bentgo Lunchbox**  
Packing lunch for kids of all ages is a snap with the bento-style lunchbox! Perfect portions, leak-proof, and dishwasher safe!

*kitchen faves*

**Prepworks 16-slice Apple Slicer**

Apples are easy to prepare and enjoy with this apple slicer. This makes the perfect sized slices for a snack and a great stocking stuffer.



**Goodpick Small Soft Woven Basket**

Organize your kitchen and other spots in your house with a soft woven cotton basket. The basket measures 12"x8"x5" and is washable. Available in 7 colors.







### Betula Dry Brush Kit

Support your body's natural detox process with this dry brush set that also helps improve skin by removing dead skin cells and increasing blood flow.



### Cleverfy Eucalyptus Shower Steamers

Feel refreshed with this set of 6 eucalyptus and menthol shower steamers. Helps improve memory and decongest your sinuses. Includes an aromatherapy e-book. .

## at-home spa

### Himalayan Salt Lamp

This handcrafted 8 to 11 pound salt lamp has a neem wood base and is made of 100% Himalayan salt. The lamp casts a warm glow to soothe and calm the senses.



### Asakuki Essential Oil Diffuser

Relax and unwind with the aromas of your favorite essential oils. This ultrasonic diffuser atomizes the water and oil with a cool mist. Seven LED dimmable light modes allow for a peaceful ambiance. Its USB cord is great for military families since you won't have to worry about the plug type when moving overseas.



### Dr Teal's Foaming Bath

Soothe your body and mind with pure epsom salt foaming bath. The lavender essential oils nourish your skin and promotes a better night's sleep.

### Royal Craft Wood Bath Tub Tray

While relaxing in your tub, enjoy a book or show hands-free with this wood tub tray. It holds the essentials, plus a beverage. Also makes a perfect gift for any bath lover.

