

» BY ESTELLE SOBEL



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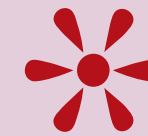
A Reminder That She's Beautiful

Want to help mom to naturally enhance her skin's beauty at any age? Sofnicity's Advanced Natural Skin Care products (cleanser/exfoliant, energizer/toner, daytime and nighttime creams) have natural oil extracts, esters, phospholipids, ceramides and shea butter, plus antioxidant vitamins A, C and E and green tea extract to bring out her skin's youthful glow.



An Incredible Night's Sleep

Mom will feel surrounded by incredible comfort when she sleeps on Pure-Rest, Ecobaby Organics' line of deluxe organic adult silky, durable sheets. The sheets have a 250- to 350-thread count, and the natural undyed fabric is woven from the highest-quality, hand-picked, certified-organic cotton, free from chlorine or chemical finishes.



A Fresh-Scented Home, Office or Car

Because your mom has always had good sense, she'll delight in creating a fresh-scented space wherever she travels. It's easy—and natural—with a spritz of GP Deva's Holy Water air freshener. Mom can use it at home, her office or even carry a bottle in her car. The sweet-smelling spray contains essential oils such as lavender (treats insomnia and lowers blood pressure), eucalyptus (is anti-inflammatory and antibacterial), jasmine (balances the nervous system) and citronella (calms anxiety and uplifts emotions).



mother's day gift guide

What better way to celebrate your mom than to give the gift of wellness?



The Feeling of Being Pampered

Help your mom to keep her baby blues (or browns or greens) sparkling with Tranquileyes, an eye-hydrating therapy kit from Eye Eco. Packaged in stainless-steel containers, each kit includes a pair of tranquileyes with black comfort wrap, a manual, foam replacement sets and a nylon mesh wash bag for easy drying. Great for long plane rides or any time the eyes need extra TLC, Tranquileyes works to get rid of eye strain and dry eyes by naturally increasing humidity around the eye.



A Little Extra Health Insurance

Although your mom tries to maintain a diet rich in greens, fiber and low-fat protein, it's more than likely she still doesn't get all the vitamins, minerals and nutrients her body requires. GNC Women's Ultra Mega Beauty and Vitality Program consists of individually packaged supplements that target specific needs. Included are a multivitamin complex, a formula for hair, skin and nails that contains MSM, plus cardiovascular and bone-strengthening nutrients.



A Spa Experience at Home

Never underestimate the power of soy milk and organic lavender and lemongrass to elevate the luxury level of the bathroom soap dish. Preservative-free Nature's Gate Organics French-milled soaps, made of organic botanicals, essential oils and floral water, can transform even a simple handwashing into a two-minute spa treatment. Choose bars made with fragrance-free soy milk or fragrant blends such as lavender and aloe, lemongrass and clary sage, or chamomile and lemon verbena.



» THIS MOTHER'S DAY, THANK YOUR MOM FOR being the loving presence she is in your life by giving gifts inspired by your desire for her to be healthy and feel great. One of the easiest ways is to custom-design a gift basket that incorporates a unique selection of wellness items, especially a few that she may consider too indulgent to buy for herself. Simply pick up a beautiful basket (try a thrift store), add a few fresh-cut flowers, a selection of these health and beauty aids, then place a pretty bow on top, and voilà, you can offer your mom a personalized present straight from the heart. From a great night's sleep to beautiful skin, here are just some of the thoughtful gifts you can give.

a tisket a tasket, a perfectly organic basket

IF YOU'D RATHER ORDER THAN CREATE a gift basket, Global Gardens offers baskets of natural, vegetarian or organic food products, grown on a 50-acre family ranch in Los Alamos Valley in Santa Barbara

County, Calif., which flourishes with more than 2,000 Greek Koroneiki, Spanish Farga, Mission and Manzanilla olive trees.

For the gourmet mom who loves to entertain, try a designer dipping set: Italian-made dipping dishes, Organic Greek Extra Virgin Olive Oil, Raspberry

Champagne Vinegar and Regular Champagne Vinegar, plus recipes. Other gift set themes include the Santa Barbara Spa Set, the Greek Mountain Tea Set and the Oven Roaster and Colossal Garlic Gift Set.



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