

food&fitness | HEALTHY GIFTS



HERS

Healthy Surprise!

This season, give the gift of health—with stuff they'll love

PHOTOGRAPHY BY WINNIE MA



Craving Controller.

Curb her urges for candy with this unbelievable candy bar tea from Dr. Tea, **\$12.50** at TeaGarden.com.



Olive She Could Ever Need.

The omega-3 powerhouse as you've never before imagined: Olinda Ridge Passionate Olive Oil and gift book, **\$35.00** at OlindaRidge.com.

Get Steamy.

Orka silicone steam cookers go from microwave to table in no time, **\$14.99** at Amazon.com.



Knock Out Nausea.

For the queasy at heart, here are fashionable anti-nausea bands, **\$14.99** at drugstore.com.



Call It Like You See It. You're A Goddess cereal bowl, **\$19.95** at Wrapables.com.