

BEAT CHRISTMAS STRESS 5 SIMPLE WAYS TO STAY COOL THIS YULE

Healthy & Organic

LIVING

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16 page

Christmas Gift Guide

The best organic & fair trade list

Ethical party fashions

Trend-setting style with a conscience

Have a healthy
festive
Christmas

Treat the family without trashing the planet!

HOLD THE TURKEY
Meat-free seasonal fare

A GMC PUBLICATIONS MAGAZINE



www.thegmcgroup.com



PLUS *Yoga to the rescue * Truth behind glittery make-up * Wrapping without paper!

Gifts for baby



Cuddles

These beautiful throws are made in Scotland from organic and ethically produced wool, ideal for cuddling up with your baby or staying warm during long night feeds, £95. Completely natural and undyed, they're wonderfully soft and cosy.

www.ardalanish.com, 01681 700265



Rub down

Raw Gaia's 100% organic soothing and gentle baby massage oil is wonderfully nourishing and calming, £9. Combining macerated lime blossom oil, apricot kernel oil and chamomile flowers to smooth baby's skin and relieve any inflammation.

www.rawgaia.com, 01273 311476



Having a laugh

These 100% organic tees are guaranteed to keep your tot looking and feeling fab, £12.95 and £14.95 for the gift set. Choose from a wide range of humorous designs, each one handprinted to order and guaranteed to raise a smile.

www.bubbaboom.com, 020 84001568

New beginnings

Baby's first Christmas is a memorable event. With such impossibly cute gifts, you'll want to buy them all



Box of treats

Packed full of organic and natural goodies, this Mum & Baby Gift box is a wonderful gift for new mums and their beautiful babies, £26.99. Includes soothe & calm baby balm, mum & baby moisturiser, chamomile baby wash, baby salve and a useful organic baby bib.

www.greenpeople.co.uk, 01403 740350



Branching out

The Welcome to the World Baby Gift is an unique present which will grow alongside your little one, £44.99. Your chosen tree comes with a personalised engraved pewter plaque, an FSC assured wooden plinth and a delightful greetings card. Made in the UK or sourced from fair trade organisations.

www.tree2mydoor.com, 0845 2418733



All dressed up

This beautiful vintage crochet dress is ideal for any Christmas party, handcrafted from a blend of organic cotton and organic merino wool, from £40. Delivered in a 100% recycled gift box, making it the perfect choice for Christmas.

www.aravore-babies.com, 020 83475752