

Holiday 2023 GIFT GUIDE

by just the inserts



I hope this will be an insightful + impactful guide while shopping this season. This is a unique guide because it offers more than just tangible products. Be sure to read the "how to give a good gift" section first. Thank you to all the companies that graciously provided a discount code for this amazing community!

TABLE OF CONTENTS

gifts for... Click on each icon to jump to desired section.



Her



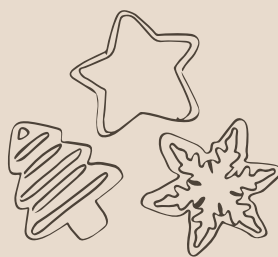
Him



the Family



Young Kids



Older Kids



Acquaintances



Black Friday Sales



how to give a good gift

Before going through the guide, discover how to give a good gift in the first place. You've probably heard of The 5 Love Languages. Arguably, there might be more, however the general framework will help you identify the type of gift to give for each of your loved ones this holiday season. Why does this matter? Many of us are feeling the tightness around our budget as grocery bills rise and products that used to be affordable might not be in our grasp anymore.

Taking the time to observe + analyze what type of love language your spouse or child has will help you focus your efforts (and budget) better while searching for the perfect holiday gift. You can take a quick + free love language quiz [here](#) or read some examples below to help you figure out which love language your family members have. And yes, they might have a little of each! Your main goal is to discern which one is most prevalent.

Disclaimer: This guide is for informational purposes only. By providing the information contained herein we are not diagnosing, treating, curing, mitigating, or preventing any type of disease or medical condition. Before beginning any type of natural, integrative or conventional treatment regimen, it is advisable to seek the advice of a licensed healthcare professional. Many contain affiliate links. Product photos/descriptions provided by company websites.



which love language?



Generally, gift giving is conducted with an element of surprise. Therefore, it may be hard to figure out your loved one's love language without asking them specific questions. I highly recommend getting their input if you're able. However, if not, here are some general observations that may help you pinpoint which love language they have.



words of affirmation



- They often give compliments and positive feedback to others.
- They enjoy sending and receiving heartfelt messages or notes.
- They may become visibly pleased when praised or encouraged.
- They cherish written encouragement and might even save it for reference.


quality time



- They prioritize spending one-on-one time with loved ones.
 - They may become upset if they feel neglected or if you're often distracted during your time together.
 - Meaningful conversations and undivided attention make them feel loved.
 - They might suggest activities that involve togetherness.
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acts of service



- They often go out of their way to help and support others.
 - They appreciate when others assist them with tasks or do things to make their life easier.
 - They may feel loved when you take the initiative to help without being asked.
 - Acts of kindness and helpful gestures resonate with them.
- 

physical touch



- They frequently engage in physical affection, such as hugs, kisses, or hand-holding.
- They may initiate physical contact as a way of connecting with others.
- They feel most connected and loved when you initiate physical closeness and intimacy even when you may not prioritize it.
- They often enjoy cuddling or being physically close to loved ones.

receiving gifts

- They enjoy giving and receiving thoughtful presents on special occasions.
- They may express excitement and appreciation when receiving gifts.
- They tend to remember special occasions and put thought into selecting gifts for others.
- They value the sentiment and effort behind the gifts they receive.

Hopefully reading through those reminded you of times when your loved one felt loved and will help you focus on what type of gift to give them this year. As you go through the remaining sections, it will be broken up by different love languages and will include not only tangible gifts, but experiences too.

what about young kids?



It might be harder to figure out a young child's love language, however you can prompt them by asking, "how does a parent show love to their child" or "how does a child show love to their parent?" For example, I asked my preschooler and she responded with all physical touch-type signs of affection like "cuddling while reading a book" or "giving hugs even when I'm mad." This leads me to believe she values physical touch over a shiny new toy.

If you haven't yet, read through the "[How to Give a Good Gift](#)" section at the beginning of this guide. The following recommendations will make more sense!

words of affirmation



Promptly Connection Journal for Couples \$37.99

If your significant other values words over all else, this connection journal will meet their need for conversation + connection. It's a weekly journal that you'll have to commit to for the next year (that's part of the gift!) If you detest writing, this gift may be even more impactful because it shows you're going outside your comfort zone to communicate in her love language.

Promptly Love Story \$45.99

If a weekly commitment is not your thing, this love story journal can be completed at your leisure. As part of your gift to your wife, fill in the husband sections before giving it to her. It'll make it even better when she unwraps it!



budget-friendly ideas

- * Write a poem, then print and frame it. Here's a [great guide](#)!
- * Make a "Jar of Compliments." Create a jar filled with small notes of compliments + affirmations for her to read whenever she needs a boost.
- * Write personalized "Read Me When" letters + put them in a basket or decorative box. Write a series of heartfelt letters providing encouragement + appreciation that you know your significant other will value when she needs it most. For example, write a letter for her to read when she's sad and put it in an envelope labeled "When You're Sad."



quality time

One of the easiest ways to reject a person with a love language of quality time is to be on your phone when you're with them. The emphasis is *quality* time, not *quantity* of time. When my husband and I first started dating, we had a bowl by the front door to put our phones in when we were together. By removing our phones, we weren't tempted to check notifications.

We had rich, quality conversation building the foundation we still have to this day. Although, I must admit, we probably could reinstate a phone bowl especially after we put the kids to bed. Anyone else silently scroll social media while on opposite ends of the couch of your spouse to destress?

So, how do you gift a phone box? Find a decorative box (like the one above) and wrap it up. When your partner opens it, be prepared to explain what a "phone box" is and that you are committing to put your phone in it every time you spend quality time with them. And follow up! Make sure you're ready to commit to utilizing it in the future. You can pair this box with another item below to round out your gift.



The Adventure Challenge Scratch-Off Adventures & Date Night Ideas

\$58.94 + shipping

If your partner asks, "what should we do today?" or "where would you like to go today?", then this couples adventure book may be the right gift! It includes 50 fun date ideas that will break the routine a little bit. Just make sure you're willing to commit to the dates in the future!

Date Night Ideas Card Game

\$26.95 + shipping

This is the same concept as above, however in card form and a bit more affordable.



starter kits

Brainstorm some hobbies that your partner has expressed interest in recently. Did she mention that she'd love to learn how to bake sourdough bread? Or that she wants to scrapbook some family memories? Think of something she would enjoy and do a little research on some basic items you can purchase as a "starter kit." See below for some examples.

When it's time to give your gift, present them in a decorative basket or box (or lay them out depending on the size) and then spend time with her while she enjoys the new hobby. If scrapbooking isn't your thing, grab a cup of coffee and sit with her as she goes through the photos and offer heartfelt comments that she can use as captions. Part of this gift is participating in the new hobby with your partner!

- * **Gardening Starter Kit:** basic gardening tools (trowel, pruners, gloves), selection of easy-to-grow seeds or small potted plants, gardening book/guide, or an AeroGarden.
- * **Artistic Expression Starter Kit:** sketchbook/journal, set of quality sketching pencils or watercolor paints, watercolor paper or canvas, and art instruction book or online course subscription.

- * **Cooking or Baking Starter Kit:** apron, essential kitchen utensils (mixing bowls, measuring cups, spatula), cookbook for beginners or a cooking class gift certificate, and quality ingredients for a specific recipe. For baking sourdough, I personally adore this book.
- * **Relaxation Starter Kit:** yoga mat or cushion, strap + blocks for support, subscription to an app or yoga website, and aromatherapy diffuser + essential oils. Rowe Casa Organics is my favorite ("JUSTTHEINSERTS" for 20% off first order).
- * **Knitting or Crocheting Starter Kit:** knitting needles or crochet hooks, assorted yarn in different colors and textures, beginner's knitting or crocheting guidebook, storage bag or basket for yarn and projects.
- * **Photography Starter Kit:** entry-level digital camera or smartphone tripod, photography basics book or online course, memory card and camera bag, and lens cleaning kit.
- * **Birdwatching Starter Kit:** bird identification book or field guide, pair of binoculars for birdwatching, bird feeder and birdseed, and nature journal for recording observations.
- * **Hiking or Outdoor Adventure Starter Kit:** lightweight backpack, hydration system or reusable water bottle, hiking guidebook with local trails, and compact first-aid kit.

acts of service

I am biased toward this category because this is my love language! However, be warned that it may be a little tricky to gift someone an act of service. You really need to brainstorm + observe your partner on what would be the best gift for them. There is a fine line between going above and beyond to show your love or just fulfilling basic domestic tasks that don't warrant excited gratitude. For example, washing your plate after a meal shouldn't be a gift - that's just basic responsibility!

Also, what might be a great gift of service to one woman might be offensive to another. I would personally love my husband to arrange for a professional cleaning service to thoroughly clean and organize my house, but some women might think that was a general service to the family as a whole versus a specific gift for her. You may need to ask her some leading questions like, "what's been stressing you out the most lately?" or "if you could hire someone to do one thing, what would it be?" It may give away the surprise a little, but at least you'll gain some insight to what she would value as an act of service.

If you want to do a bunch of little acts of service, you can write each one on little coupon cards and put them in a decorative box or jar to wrap + gift when ready. However, make sure you follow up when she wants to "cash in" a coupon!



Here are some other acts of service ideas to gift:

- * **Meal Delivery or Prepped Meals** Arrange for a meal delivery service or cook and prepare several meals in advance to make her daily life easier, allowing her to enjoy more free time. Make sure it aligns with any dietary restrictions.
- * **Gardening or Landscaping Services** Offer to take care of her garden or yard work, including planting, weeding, mowing, or landscaping. This is great if there are specific tasks she doesn't like doing, but are essential to do the tasks she does like doing. For example, cleaning up beds so she can plant a cutting garden could be a great act of service.
- * **Car Maintenance and Detailing** Schedule a car detailing service or take her car for routine maintenance like an oil change, tire rotation, or car wash. This might be normal routine for your family so make sure this is more of a special event if you are to give it as a gift.
- * **Personal Assistant for a Day** Dedicate a day to be her personal assistant, running errands, organizing her schedule, and helping with various tasks on her to-do list.

I'll admit, this is probably the hardest type of love language to "shop" for because tangible products may not be of much interest to your loved one. My husband has never bought me a physical gift to wrap and give to me. I'm completely fine with that because I don't really care about tangible gifts!

Most of the time he asks me what I'd value and we work out a time that works in our family schedule. For example, my birthday gift this year was him tackling more domestic duties so I could spend the whole day at a local coffee shop to work on Just the Inserts. It was a wonderful gift since I normally work when my kid's are sleeping. He's also converting part of our living room into an office to gift me a special place to work. These gifts mean more to me than anything he could purchase at a store!

If you think your partner speaks in "acts of service," don't be afraid to ask them what they might like as a gift. You might be surprised what they would actually want and may need some insight from them.

Still want to keep it a surprise? Pay attention to her needs and preferences. Observe what tasks or responsibilities she often takes on and consider how you can lighten her load or make her life easier. Think about the things she may mention or complain about, such as chores, errands, or daily tasks. Listen actively and pay attention to what she says. She may drop hints about things she wishes she had help with or tasks she finds stressful or time-consuming. Make a mental note of these conversations, or even better, write them down in a notebook or on your phone.

physical touch

If your partner appreciates physical touch, they often find deep emotional connection and fulfillment through tactile expressions of love. For them, physical touch is a powerful means of communication and connection in intimate relationships. This love language is not solely about sexual intimacy; it encompasses a range of physical expressions, including hugs, kisses, cuddling, holding hands, and other forms of non-sexual touch. Concerning gifts, think of items or experiences that convey affection, support, and reassurance.



Chunky Cable Knit Throw Blanket
\$36.99

Made from 100% organic cotton, this blanket would make an excellent gift to cuddle under with your loved one!



TheraGun Mini Massager
\$199.00 | HSA/FSA Eligible

This compact + travel-sized deep tissue mini massage gun helps relieve muscle aches and pains, soothe tightness, and improve post workout recovery. I used this almost daily when I was a fitness teacher and my husband uses it when lifting. If your partner enjoys massages and you would like a little help while giving one, this is a great gift!

Speaking of massages, these are great gifts to pair with any massages that you offer your partner whether it be a foot rub on the couch after a long day or a full blown body massage to destress.

20% off your first Rowe Casa Organics order

Use discount code "JUSTTHEINSERTS"



Non-toxic candle for ambiance!



Simply Organic Bamboo Sheets
\$143.20 with discount "JUSTTHEINSERTS" for 20% off

If your partner has long wanted quality bedding, but didn't want to splurge, this is a great option! Crafted from 100% viscose from organically-grown bamboo, these sheets are ultra supple and silky smooth to the touch.

receiving gifts

My mom's love language is receiving gifts. She was a single mom most of my childhood, but I remember wanting to always give her a gift each holiday season that would make her smile. I wanted to show her how much I appreciate all the sacrifices she made for me. Like my mom, people with the love language of receiving gifts appreciates the thought, effort, and intention behind a physical gift and sees it as a tangible representation of love and care. The act of receiving a gift makes them feel valued and cherished, and it serves as a visible reminder of their giver's love and attention. Here are some things to keep in mind when selecting a gift:

* **Appreciation for Thoughtfulness** They value the thought and consideration that goes into selecting a gift. Even small, meaningful gestures can have a significant impact.

* **Emotional Significance** The emotional significance of the gift matters more than its monetary value. A thoughtful and personalized gift can be more meaningful than an expensive one. [Etsy](#) is fantastic for personalized gifts!

* **Gratitude and Recognition** They express gratitude and feel recognized when their partner takes the time to choose or create a gift that aligns with their preferences and interests.

GIFTS FOR FACE + BODY



Just Ingredients Holiday Collection

\$71.99 with discount "JUSTTHEINSERTS10" for 10% off

A wonderful non-toxic gift set! This is one of my favorite holiday scents. You can purchase each item individually or as a set which includes: face serum, face scrub, deodorant, body lotion, lip balm, makeup remover cloth, and a canvas carry bag.

With Simplicity Vanilla Bean

Gift Set

\$37.40 with discount

"JUSTTHEALTERNATIVES" for 15% off

This gift has it all including the wrapping! It contains body cream, body scrub, lip balm, and candle all with a lovely vanilla bean scent.





With Simplicity Limited Edition

Holiday Nail Polish

\$13.60 per polish with discount
"JUSTTHEALTERNATIVES" for 15% off

By far the best low-toxic nail polish brand I've tried! These holiday colors are beautiful and are 15-free. Not sure what that means? They are free from 15 of the most toxic ingredients commonly found in nail polishes including formaldehyde, toluene, and DBP.

Toups & Co Frankincense Face Balm

\$40.50 with discount
"JUSTTHEINSERTS" for 10% off

Frankincense helps heal + restore tone to skin cells with it's astringent properties. This astringent quality also reduces the appearance of wrinkles, and combats the loss of firmness in the cells. Great for anyone wanting a better face balm!



Hawaiian Sandalwood, Madagascar Vanilla, Blue Tansy, Ylang Ylang | \$26



Jasmine, Madagascar Vanilla, Wild Orange | \$28



Black Spruce, Madagascar Vanilla, Ylang Ylang, Cinnamon Bark | \$24

These natural fragrances are absolutely lovely! I personally love each scent and have used them for special occasions. How wonderful that these are all organic + won't mess with the endocrine system!

Purely Parsons Detox Bath Kit

\$16 + shipping

In addition to natural fragrances, Purely Parsons also offers this relaxing + detoxing blend of bath salts. It includes a combination of healing ingredients that assist the body in:

- Opening detox pathways
- Restoring balance and replenishing minerals
- Stimulating blood flow, oxygen, and circulation to promote cellular repair



Even better, add this collapsible foot soak to the detox bath kit if she prefers foot soaks to baths. It also includes rollers to massage her feet. | \$39.99





H by Frette Shawl Collar Bathrobe

\$175 + shipping

Looking for a “wow” gift? This robe is it! I still dream about a luxurious robe I wore at the hotel during my honeymoon. I never wanted to take it off! Having a luxury like this at home would be an amazing gift.

Aensso Lightweight Silky Robe

\$46.99

Here is another robe option with many designs and colors. If the woman in your life likes something more artistic to wear while doing her skincare routine, this would be lovely. Perfectly paired with Rowe Casa Organics’ Microderm Scrub or Detox Mask. Be sure to use discount code “JUSTTHEINSERTS” for 20% off your first Rowe Casa Organics order.



GIFTS FOR THE SOURDOUGH BAKER



Artisan Sourdough Made Simple

\$18.34

I’ve personally baked just about every recipe in this book. It’s wonderful if you are just learning the complexities of sourdough or wanting to expand past the basics. You don’t need much to start baking sourdough. Keep reading for my personal favorite essentials!

Lodge Cast Iron Dutch Oven

\$79.90

A good dutch oven can make or break your bake. At first, I used a small dutch oven that I already had for my sourdough only for it to constrain the rise during baking. Invest in a good sized dutch oven to make sure your bread has enough room to bake properly!



To prevent sticking.



For precise measurements.



To mix your sourdough starter.



For proving your bread.



To score before baking.



For cutting your homemade bread.

GIFTS FOR THE OUTDOOR ENTHUSIAST



ORORO Women's Slim Fit Heated Jacket with Battery Pack and Detachable Hood \$159.99

Although this isn't made of organic materials, it is perfect if your partner loves spending time outdoors even when it's colder weather. My husband got a men's version for hunting + it is perfect! It keeps his core toasty so he can stay out longer. This is a great gift for hikers, campers, or just moms that take the kids to the park during the winter. If she's always cold, this would be very thoughtful gift!

Another great option to stay warm is **merino wool**. It can be more expensive, however for good reason. It's incredibly warming while still able to wick moisture during activity. Great for outdoor adventures as well as keeping warm during outdoor events such as football games!

All images are clickable!

\$49.99



\$22



\$18.99



\$18



\$53.99



\$120



\$140



\$40



\$39.99



\$59.99



\$21



GIFTS FOR THE NATURAL-MINDED

If your loved one has expressed interest in adopting a more natural way of living, almost anything listed in the [Shop section](#) of my website is for them! Be sure to read my comments in the box of each brand for insights. Additionally, here are some other products that would be wonderful for those just starting on a natural-minded journey:

Dr. Ashley Turner Restorative Books | \$34 each with discount "JUSTTHEINSERTS" for 15% off



For those interested in an anti-inflammatory diet, this is a beautifully created book full of helpful insight + recipes. It focuses on deeply nourishing foods and creating family traditions that improve every member's health.

This cookbook + lifestyle guide is designed for those struggling with chronic illness, leaky gut, or autoimmune diseases. However, anyone can benefit from the wealth of information gracing its pages!



For some reason, I mentally struggle with investing in organic clothing. I've done the research + understand how important it is to clothe myself in high-quality fabrics, but the price tag keeps me from converting my closet to organic clothes. If your loved one is like me, this would be a great opportunity to gift her some nice clothes. I've found organic clothing can vary in style so make sure it fits hers before splurging! Here are some different options:



97% Cotton,
3% Spandex

\$39.95



70% Cotton,
30% Linen

\$28.99

100%
cotton



\$34.95

95% Viscose from
Bamboo, 5% Spandex



\$31.98



\$31.98

100%
cotton



\$44.95

JEWELRY GIFTS

I'm not a huge jewelry person, but I do appreciate unique + quality jewelry that complements my beauty or represents the beauty of nature. I've recently been enraptured by embroidered jewelry. Here are some pieces that would be unique gifts for a loved one:



Embroidery not her thing? Here are some hypoallergenic options:

Check your local jewelry stores for any holiday sales. If you're loved one is allergic to some metals, most find 14k gold, titanium, platinum, and stainless steel are tolerable for sensitive skin.



GIFTS FOR HIM

If you haven't yet, read through the "[How to Give a Good Gift](#)" section at the beginning of this guide. The following recommendations will make more sense!

words of affirmation

For the men in your life that value words over all else, spending time to handwrite letters of encouragement and appreciation is a great gift idea. It can be as flourishing as you'd like. You could fill a decorative box full of handwritten notes or leave them in places that only he could find. Here are some writing prompts:

- I appreciate you taking care of the...
- I admire your consistency on...
- It makes me smile when you take care of...
- I believe in you because...
- I respected you when you did...



BEECHMORE BOOKS Ruled Journal

\$19.95

For the man with many words, these journals are perfect. Whether he likes journaling daily gratitude, jotting down ideas, writing stories or poems, recipes, tracking dreams, noting personalized religious passages, or taking meeting notes, these elegant, ruled notebook are great gifts.

For other words of affirmation gift ideas, keep reading!

- * **Inspirational Book** A book with motivational quotes or stories that resonate with him.
- * **Compliment Jar** Fill a jar with written compliments and affirmations for him to read when needed.
- * **Custom Engraved Item** A piece of jewelry, a watch, or a keychain with a meaningful engraving. [Etsy](#) has lots of options!

quality time


All the ideas under the "quality time" for her section also apply for men! Be sure to read through it. Additionally, here are some other gift ideas:

- **Weekend Getaway** Plan a surprise weekend trip to a location he enjoys.
- **Tickets to a Sports Game or Concert** Attend an event together that aligns with his interests.
- **Board Game Night** Put together a collection of his favorite board games for a fun night in.
- **Outdoor Adventure** Plan a hiking, camping, or fishing trip for quality time in nature.



acts of service

If you haven't yet, read through my thoughts on this type of love language in the female section. However, be mindful of any roles within your relationship that might offend a man with this love language if you were to take over certain tasks. For example, my husband would not be keen on me doing handiwork around the house, not because he doesn't think I'm capable, but because it gives him joy to do them for me. Men naturally want to provide so take some time thinking about what would make him feel valued (versus obsolete). This will vary for each man! What works for one may not work for another. Here are some ideas to start your brainstorming session:



* **Home-Cooked Meal**

- Prepare his favorite homemade meal or surprise him with a special dinner.
- Plan a romantic at-home dinner date with candlelight and music.

* **Professional Attire Care**

- Arrange for dry cleaning and pressing of his suits or special garments.
- Help organize his wardrobe and assist with clothing care.



* **Home Organization**

- Declutter and organize specific areas of the home, such as the closet or home office.
- Implement a system for better organization, like sorting paperwork or creating storage solutions.

* **Meal Planning + Prep**

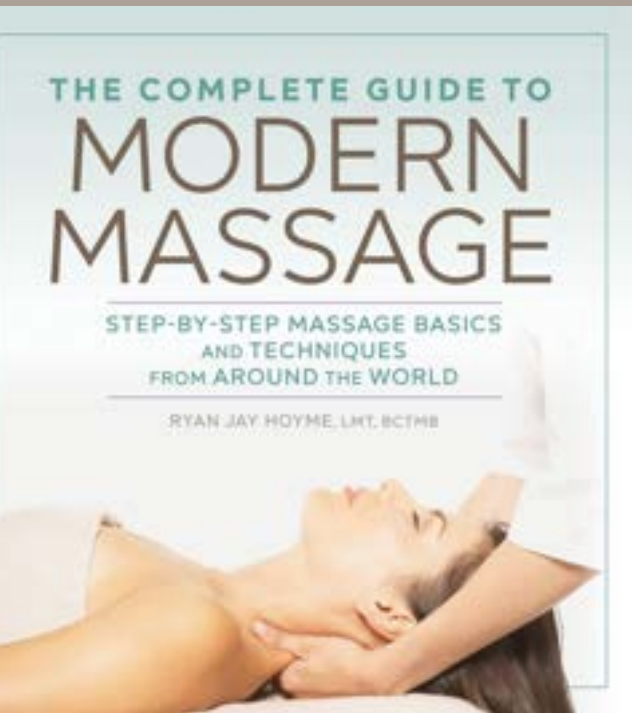
- Plan and prepare meals for the week to make his daily routine more convenient. This is great for anyone that does shift work or rises early to go to work.
- Create a customized meal plan based on his dietary preferences and schedule. A friend of mine did this when her husband developed leaky gut. She helped him weed through the research and apply it to help him feel better.

* **Accountability + Encouragement for a New Hobby**

- Research and gather resources related to a new hobby he has expressed interest in learning. This could include books, online tutorials, or local classes.
 - If the hobby requires specific tools or equipment, help him acquire what he needs. This could involve purchasing supplies, borrowing items, or finding affordable alternatives.
 - Create a dedicated space at home where he can practice his new hobby comfortably. Ensure it's well-lit, organized, and equipped with the necessary tools.
 - Celebrate his achievements and milestones in the hobby. Recognize his progress, no matter how small, and celebrate each step forward.
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physical touch

Many assume that men naturally speak in this love language for sexual pleasure, however there's a lot more to it! As discussed in the female physical touch section, physical touch is a powerful means of communication and connection in intimate relationships. It encompasses a range of physical expressions, including hugs, kisses, cuddling, holding hands, and other forms of non-sexual touch. Concerning gifts, think of items or experiences that convey affection, support, and reassurance.



The Complete Guide to Modern Massage \$17.99

This book is for you! It's so you can learn how to give a great massage at home. Spend some time learning in secret and then surprise your partner when it's time to give your gift. Highly recommend pairing with Rowe Casa Organics' Massage Oil ("JUSTTHEINSERTS" for 20% off your first order).

100% Cotton Handmade Chunky Knit Weighted Blanket \$149.99

Weighing 15 pounds, this blanket is wonderful to cuddle underneath and won't cause irritation like other weighted blankets made from polyester. This would make a great gift in addition to picking his favorite movie to watch while cuddling on the couch!



\$31.49 with discount "JUSTTHEINSERTS10"

If you'd like to embrace a movie night-themed gift, these popcorn salts are my favorite! I also use them for steamed veggies.

receiving gifts

As we talked in the female section, the act of receiving a gift for someone with this love language makes them feel valued and cherished. It serves as a visible reminder of others' love + attention. Here are some things to keep in mind when selecting a gift:

- * **Appreciation for Thoughtfulness** They value the thought and consideration that goes into selecting a gift. Even small, meaningful gestures can have a significant impact.
- * **Emotional Significance** The emotional significance of the gift matters more than its monetary value. A thoughtful and personalized gift can be more meaningful than an expensive one. Etsy is fantastic for personalized gifts!
- * **Gratitude and Recognition** They express gratitude and feel recognized when their partner takes the time to choose or create a gift that aligns with their preferences and interests.

GIFTS FOR FACE + BODY

With Simplicity Cedarwood Mint Body Care Set
\$37.40 with discount
"JUSTTHEALTERNATIVES" for 15% off

This ready-to-gift set contains everything needed to unwind, soothe dry skin, and enjoy the crisp weather from the comfort of home. It includes a body cream, body scrub, lip balm, and candle.



Toups & Co Mistletoe Tallow Balm
\$28.80 with discount "JUSTTHEINSERTS" for 10% off

With lovely smells of spruce, fir, orange and nutmeg, this tallow balm is perfect for nourishing the skin in the winter.

Simply Eden Tallow The Bearded Titan Beard Balm
\$13.50 with discount "JUSTTHEINSERTS" for 10% off

Great for the beard + the skin underneath. My husband smells amazing when he uses this!



FOR THE HUNTER

Depending on your local hunting season, this might be an early gift. I personally grew up hunting and sabotaged my first trip because I couldn't give up my scented body wash. For any good hunter, they know to keep away from anything scented before a hunt. However, that doesn't mean you shouldn't nourish your skin especially when exposed to frigid temperatures! Rowe Casa Organics' unscented line is perfect for hunters. Use discount code "JUSTTHEINSERTS" for 20% off your first order.



\$4.80 with discount



\$13.60 with discount



\$20 with discount



\$10 with discount



For any stains on hunting clothes, however only use after done hunting due to the lemon!



Righteous Felon Beef Jerky Variety Pack \$47.98 for 8 bags

Jerky may be on the menu after a hunting trip, but these are great to keep in the truck or at the campsite after a long day of hunting. It's a quick, high protein snack free of antibiotics + growth hormones. These are also great for hiking trips!

Most hunters have a personal preference for what to wear during a hunt. Smartwool is a great option for base layers, however these jackets + slippers are great for post-hunting activities. My husband is chilled after sitting out in the cold for several hours, so these cozy comforts are greatly appreciated!



\$36.14

85% cotton with sherpa lining.



\$52.98



\$41.98

100% cotton Buck camp flannel with corduroy cuffs.



\$53.35



\$22.80

100% cotton flannel pajama pants to get a good night rest before a hunt!



\$129.99

Nubuck Leather with drop in heel design.

[scroll to the top](#)

GIFTS FOR THE FAMILY

If you haven't yet, read through the "[How to Give a Good Gift](#)" section at the beginning of this guide. The following recommendations will make more sense!

words of affirmation



Promptly Christmas Memories

Keepsake Journal

\$44.99 + shipping

Great gift for extended family! This 30-year keepsake journal allows you to capture your Christmas memories and milestones year after year. The journal includes prompts to help you reflect on

each Christmas season, such as how you celebrated, what was on your Christmas lists and what you hoped for in the New Year. Easy as 20 minutes per year to complete, this journal is the perfect way to start a meaningful family tradition at Christmastime.

budget-friendly ideas

- * For a grandparent, ask each family member (kids + grandkids) to write the grandparent's favorite sayings. Ponder what sayings the grandparent says often or any memorable inside jokes between the family. After collecting your favorites, memorialize them in a framed print or sew them into placemats (use [Canva](#) to create a design and print them on fabric with a service like [Spoonflower](#)).
- * Using a free design service like [Canva](#), design a custom Family Cook Book with personalized family recipes. Include notes + stories from different family members about each recipe. Then save the designs as a JPG and upload them as an [Amazon photo book](#) to print + gift!
- * Using [Canva](#) + [Amazon photo book](#) printing services, assemble a photo album filled with cherished family pictures and write heartfelt captions.

quality time

Depending on the size of your family + where everyone lives, a family that enjoys quality time has lots of options! Here are just a few that require only a little up front planning on your part.

- **Family Board Games** Choose board games suitable for various ages and interests to enjoy together during family game nights.
- **Family Photo Shoot Session** Schedule a professional family photo shoot to capture beautiful moments together. Make sure to let them know ahead of time and maybe send some color schemes for everyone to pick an outfit from. Pinterest has lots of ideas!

- **Tickets to a Live Show or Concert** Purchase tickets for the family to attend a live performance or concert together.
- **Escape Room Experience** Book an escape room adventure for the family to work together and solve puzzles.
- **Annual Passes to a Local Attraction** Purchase annual passes to a local zoo, museum, theme park, or botanical garden for year-round family outings.
- **Family Scrapbooking Kit** Provide a scrapbooking kit with supplies for creating a family scrapbook, preserving memories together.

FAMILY GAMES

Here are some of my favorite games to play with extended family and can be adapted to include kids + adults.



\$19.99

Great for lots of teenage or young adult-aged cousins.

Very active + loud, but fun!

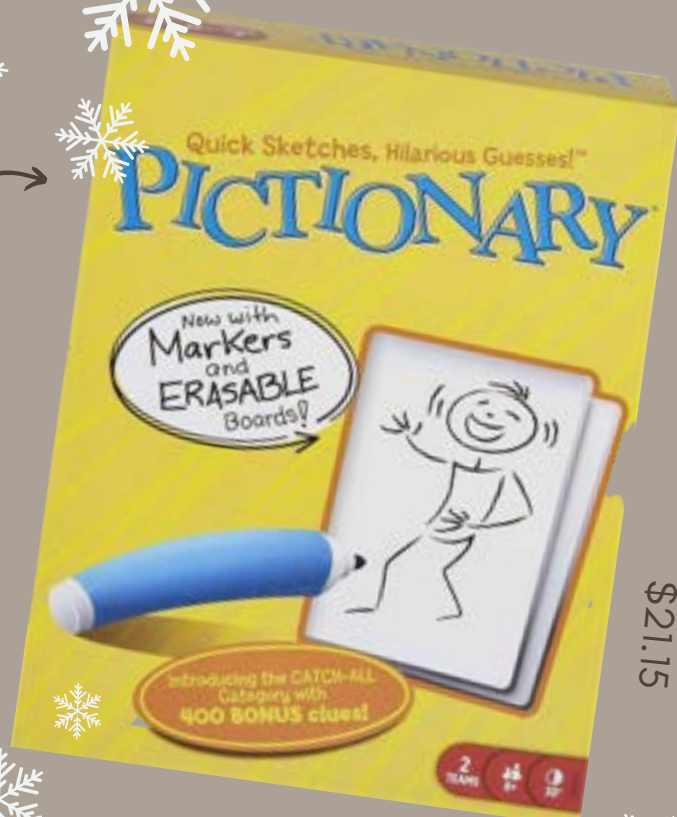


\$12.99



\$10.99

Classically fun games for a crowd.



\$21.15



\$11.99

Perfect to play with grandparents.

Replace the chips with dollar bills for extra fun!



\$24.99



\$14.18

If you have a lot of young kids in your family, this is perfect for ages 4 and up. My preschooler loves this game! Each card has a picture non-readers can see so they can play without needing extra help.

acts of service

If members of your extended family value acts of service + it's appropriate for your relationship, here are some ideas to gift this season. Like I said before, acts of service-type gifts can be tricky so it may behoove you to openly ask up front if your act of service would be a blessing or a burden.

- **Meal Delivery Service Subscription** Provide a subscription to a meal delivery service to ease the burden of meal preparation.
- **Professional Cleaning Services** Arrange for professional cleaning services to help with deep cleaning and maintenance.
- **Personal Chef Experience** Gift a personal chef experience where a professional chef cooks a special meal for the family at home.
- **Home Organization Consultation** Hire a professional organizer for a home organization consultation to streamline and declutter their living spaces.
- **Landscaping or Gardening Services** Schedule landscaping or gardening services to maintain the family's outdoor spaces.
- **Childcare or Babysitting Services** Offer childcare or babysitting services to give the parents a break and time for themselves.
- **Pet Care Package** Offer pet care services, such as dog walking, grooming, or pet sitting.
- **Car Detailing Services** Arrange for professional car detailing services to keep the family's vehicles clean and well-maintained.
- **Bulk Meat Purchase** Find a local farmer and make a bulk order of their favorite type of meat. My mom + stepdad filled a deep freezer as our gift this year and it has been a huge blessing! Be sure to coordinate in advance so they can make freezer space.

physical touch

It's unlikely an entire family will have physical touch as their primary love language. Very few families will spend their entire visit cuddling and holding hands, however if there are family members you want to gift with this love language, go to the her or his sections for some ideas!

receiving gifts



[HonestBaby Organic Cotton Holiday Family Jammies Pajamas](#)
Prices Vary

Great for your own family or if you're extended family enjoys matching during the holidays!

[Plant People Miracle Mush](#)

\$13.49 with discount "JUSTTHEINSERTS" for 10% off

Great nutella alternative! This would be great for a smores or dessert charcuterie board.





Just Ingredients Holiday Protein Powder

\$53.99 with discount "JUSTTHEINSERTS10" for 10% off

Isn't protein powder for the fitness enthusiast? Sure, but these are perfect because everyone needs protein! I personally have at least one scoop of this brand's protein powder every day. They are wonderful for baking as well as adding a scoop to your espresso. Now, this next part is very important, make sure you pair this with a whisk if you add it to any liquid. This brand works great! Want some inspiration on how to use these powders? See the free guides below:



Rowe Cassa Organics Christmas Cheer Collection

"JUSTTHEINSERTS" for 20% off first order



If you're an extended family member of mine, stop reading! This year, I've created gift baskets for the families we meet for the holidays with Rowe Casa Organics' Christmas Cheer collection. Not only do they smell lovely, but they are made from natural ingredients. I plan to get some decorative boxes or baskets to put everything inside in addition to some personalized items I know each family likes.



If you plan to get a few candles for gifts, take advantage of the candle bundle to save money.

If you haven't yet, read through the "[How to Give a Good Gift](#)" section at the beginning of this guide. The following recommendations will make more sense!

words of affirmation

For younger kids with this love language, you may need to be a little creative if they aren't reading yet. Here are some ideas:

- Personalized children's books with their names that you can read to them often.
- Positive affirmation cards designed for kids like [this one](#) that they can display in their room or their placemat.
- Heartfelt messages or songs from family members recorded for the Yoto player. I did this for my daughter before my son was born. It meant so much to her when I wasn't as easily available postpartum!

quality time

Most kids just want to be with you, but even better if you "get on their level" and do activities with them. This can be crafts, puzzles, games, or open-ended toys like cars, trains, and legos. Find what your child likes most and commit to playing with them when they open their gift! That's the key for this love language - spending time with you. Here are some ideas that my own kids love doing with me!



This fun matching game is recommended for ages 6+, however my 4 year old loves playing it! There are a plethora of different types like [Disney Princess](#), [Finding Dory](#), and [Rudolph](#).

My kids' love magnetic tiles! We will spend hours building all kinds of designs. Make it even more fun by playing over a [lightbox](#)!



If you've always wanted to be a "pinterest mom," but couldn't summon the energy or creativity to execute the pins saved on your boards, this book is for you! There are plenty of ideas to creating little worlds with common things like cardboard boxes and construction paper. My daughter even loves just looking at all the pictures!

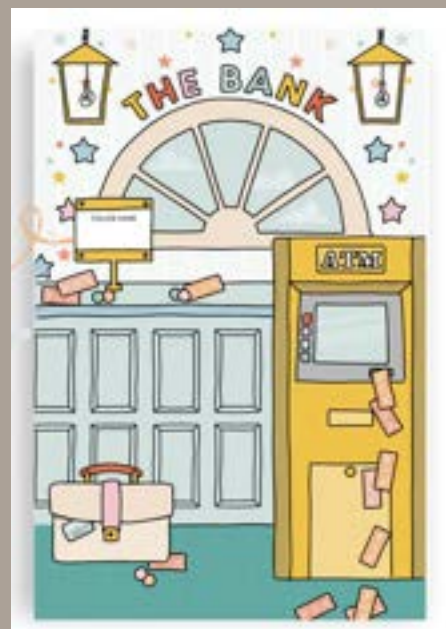
\$22.58

Another great pretend play option is a monthly subscription to Magic Playbook! We've been subscribers for almost a year + adore getting a monthly activity printed and mailed right to us. Each month has a unique theme with educational and playful activities to do with your child plus a QR code to accompanying screen-time activities such as a video tour of a farm or an interactive stretching sequence.



If you'd like to gift this for your young child, I'd recommend getting a pretend play elements like the ones below + say in the card that more will be coming in the mail each month. Or any of the below options would make wonderful gifts on their own!

\$15



\$15



\$24 includes play poster + printed baking elements



\$12



These coloring pads are also wonderful especially during holiday travel! My daughter loves creating vibrantly colored dresses with me. Just make sure you have a good set of crayons or colored pencils. I personally like Ooly for coloring.

acts of service

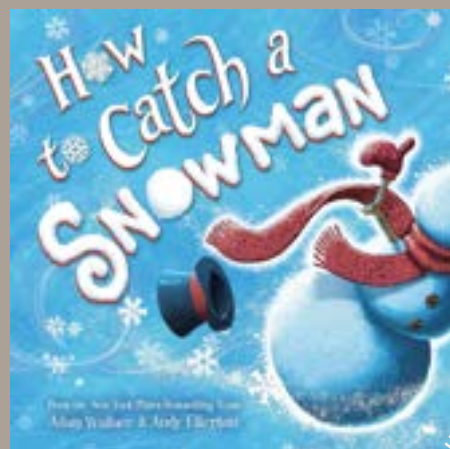
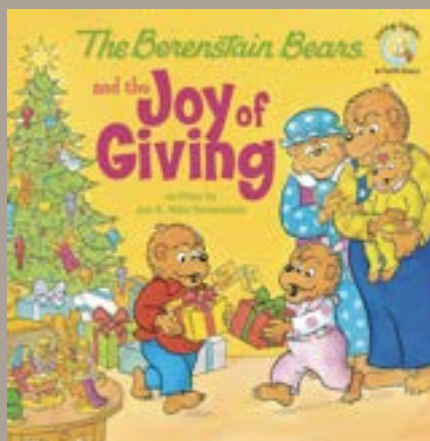
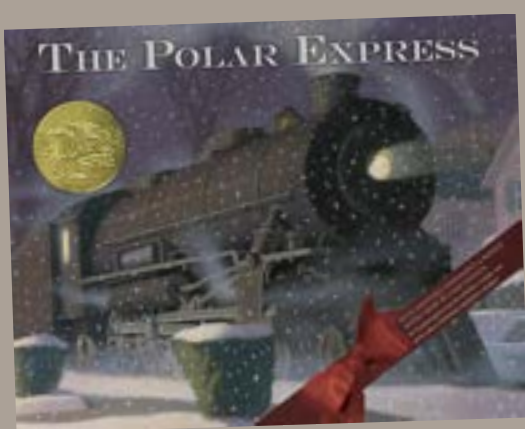
I'm not sure young children have a concept of this love language yet because most of what you do on a daily basis is an act of service. However, if you suspect your child may gravitate to this love language, brainstorm with them some acts of service they can gift to others. This will help develop empathy, compassion, and a mindset considerate of others. Here are some examples to ask your child to help you with this holiday season:

- **Make Holiday Cards** Create handmade holiday cards and deliver them to neighbors, local senior centers, or hospitals to bring joy to others.
- **Bake and Share Treats** Help bake cookies or other treats and deliver them to local fire stations, police stations, or community centers as a gesture of gratitude.
- **Donate Toys or Clothes** Encourage children to go through their toys and clothes to find items in good condition to donate to less fortunate children.
- **Create Care Packages** Assemble care packages with non-perishable food items, toiletries, and small comforts, and distribute them to homeless shelters or families in need.
- **Visit Nursing Homes** Organize a visit to a local nursing home to spend time with elderly residents. Sing carols, share stories, or simply provide companionship.
- **Assist with Yard Work** Offer to help elderly neighbors or those with limited mobility by raking leaves, shoveling snow, or doing other seasonal yard work.
- **Write Thank-You Letters** Write thank-you letters to community helpers such as firefighters, police officers, or teachers, expressing appreciation for their hard work.

physical touch

As I said earlier, I suspect my preschooler has this as her love language as well as quality time. Many of the suggestions in the quality time section could also be applied for this love language because you'll be physically close to them when doing activities. Here are some tangible gifts to give your young child with the intention of being physically close to them while using the gift:

- **Holiday or Winter-Themed Books** Holiday books are fun to read surrounding the holiday, however winter-themed books will be applicable for longer. As always, each image is clickable!



- **Holiday-Themed Puzzles** Work on age-appropriate puzzles together. Sitting close allows you to guide and celebrate successes.



- **Parent/Child Date** Plan a day with just you and your child one-on-one doing things that would encourage closeness like teaching them to ice skate, going to a nutcracker-themed tea, or getting hot chocolate together at a local coffee shop. This will vary on your child's age, but spend the time engaged with them and allowing them to be the center of your attention (no phone!)

receiving gifts

Most young children will love new toys! Open any marketing mailer or scroll Instagram for five minutes as a parent and you'll be inundated with "the hot new toy" that your child must have or gift guides galore on recommended toys for specific ages and gender. If you need help finding what toys are on the market, take advantage of these resources, however be sure to keep the following tips in mind when finding a thoughtful gift for a young child:

- **Pay attention to the child's hobbies, favorite characters, or activities.** Select a gift that aligns with their interests, whether it's a toy related to their favorite character, a book on a topic they love, or art supplies for a budding artist.
- **Opt for toys that are not only fun but also contribute to the child's learning and development.** Consider age-appropriate educational games, puzzles, or building blocks that encourage creativity and problem-solving. From experience, the cheap plastic toys gifted to my kids get used a handful of times and then end up as broken up pieces at the bottom of their toy bin within a few weeks or months.
- **Match their abilities to the toy.** Gifting a toy that they can't use for a year due to their developmental progress may be more frustrating for them. Consider any medical conditions as well.



Gymboree 100% Cotton Sweater

\$39.95

For any Nutcracker fans, this sweater is adorable. Clothes can be hit or miss with young kids, but if your daughter is like mine, she'll love this. Click on the image for even more gorgeous styles!

Tiny Land Toy Boxes for 6-12 month olds + 2 year olds

\$29.99 - \$39.99



Wooden toys last much longer in my house especially toys like these that allow open-ended play and can be used as your child develops. These toy boxes make wonderful gifts!

Mamimami Wooden

Car Busy Board

\$39.95

Perfect for any kids intrigued by the front dash!



Tender Leaf Spa Retreat Set

\$39.99

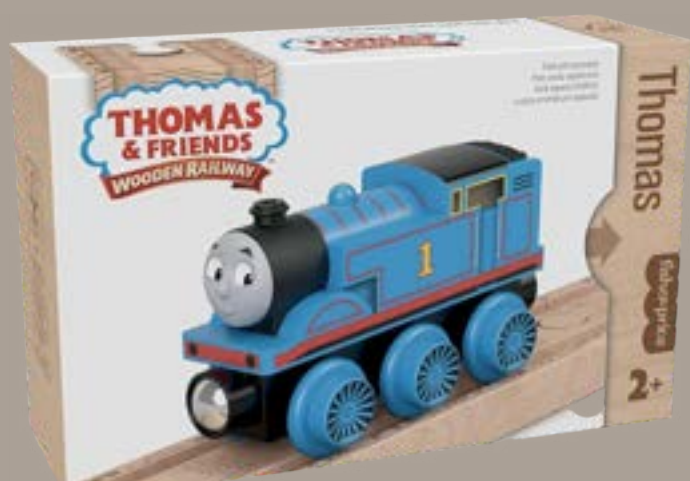
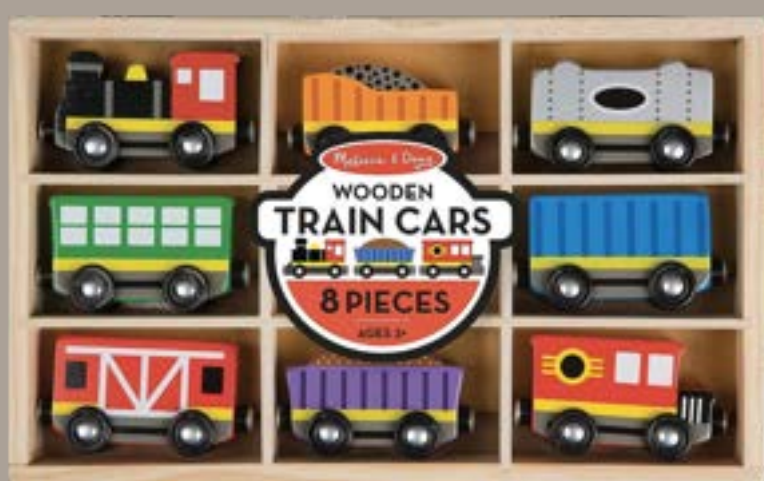
Has your daughter dabbled in your skincare or makeup products yet? Either of these sets would be great gifts!

Plan Toys Makeup Set

\$42



Have a train lover? My son plays with these wooden trains for hours! If you'd like to add wooden tracks to the gift, that would be great for a preschooler. However, I must warn the tracks infuriate my son because he hasn't figured out how to connect them yet. He instead uses his trains along the couch, dining room table, on the floor, or along his headboard. He's more fascinated with the magnets that connect the trains. Tracks aren't required!



\$24.99

\$16.99

Amazon has both of these on sale for over 40% off for Black Friday!

For building blocks, this table is wonderful to keep everything stored and hopefully contained versus sprinkled all over the floor. This table is perfectly sized for little hands and has a reversible top for additional play other than building blocks. It also comes with bricks for a perfect gift!



\$89.99



\$34.99

If you'd like Duplo-sized bricks, here is a great option! This size is best for children who still put things in their mouths during play. These are also compatible with Duplo if you already have them.



\$29.99

For even younger builders, these blocks are soft and flexible making it easier for tiny hands. They will more likely be used as sensory toys for a one year old, however can be adapted as development progresses!

If you have a baby, both my kids adored these silicone blocks! They were great teethers. We also used them as an incentive for crawling by stacking them on one side of the room for our baby to crawl + knock over.



\$25.99



Now for some bath time toys! These are actually tallow soaps shaped into animals. Great gift for children with sensitive skin!

\$9 per soap



\$13.49 for 3 set

I made the mistake of letting my kids take non-bath toys into the tub for the longest time. It didn't occur to me how that isn't ideal until I noticed paint chipping from most of the toys which means my kids were bathing with paint chips instead getting clean. Here are some great mold-free toys that provide plenty of entertainment while bathing!

These suction toys are fun and open-ended that appeals to many ages! They are also free of BPA, PVC, and Phthalates.

\$11.77



\$19.99 for 12 pieces

My kids love more realistic-looking animals so these make great bath toys + mold free!

Not sure if any of the above toys will interest your child? It's hard to go wrong with coloring! For younger kids, chunky crayons and jumbo coloring pads work best. Here are great options:

\$23.99 for 3 pack



\$23.99 for 3 pack



\$9.50 for 12 pack



[scroll to the top](#) **GIFTS FOR OLDER KIDS**

If you haven't yet, read through the "[How to Give a Good Gift](#)" section at the beginning of this guide. The following recommendations will make more sense!

words of affirmation

Promptly Parent-Child Journal

\$52.99 + shipping

If your child loves writing and is yearning for more written connection with you, this journal is great! It includes thoughtful writing + drawing prompts that will spark open conversation and genuine connection with your son or daughter (5 years old and up). Includes a mini booklet of prompts to start conversations inside and outside of the journal. For just the journal, click [here](#).



Comes in Pink + Mint colors too!

quality time

For older kids, quality time can look like you participating in activities they enjoy like allowing them to teach you how to play Minecraft or taking them to a local coffee shop to sip on craft drinks while they tell you about middle-school friend dynamics. Like any gift of quality time, make sure you are 100% present and consider something that is meaningful to them.

Additionally, some older kids want to spend time with you by learning something they may have been too young to participate in previously. For example, if you work on kit cars or cars in general, a great gift for an interested older kid might be getting them their own tool and spending dedicated time to teach them how to perform a certain task. Or if your older child has asked many times to decorate a cake with you, get them a high quality frosting tool just for them and then spend the afternoon teaching them all your inside tips. Remember, the real gift isn't the product, it's the time you spend with them! Make sure you eliminate any distractions and allow your focus to be solely on them for this gift to truly resonate with them.

For an early gift, these holiday coupons would be great for a family with a mix of older and younger children!



Included holiday activities: Holiday Movie Night, Visit the Library or Bookstore for Holiday Books, and Build + Decorate a Gingerbread House.

acts of service

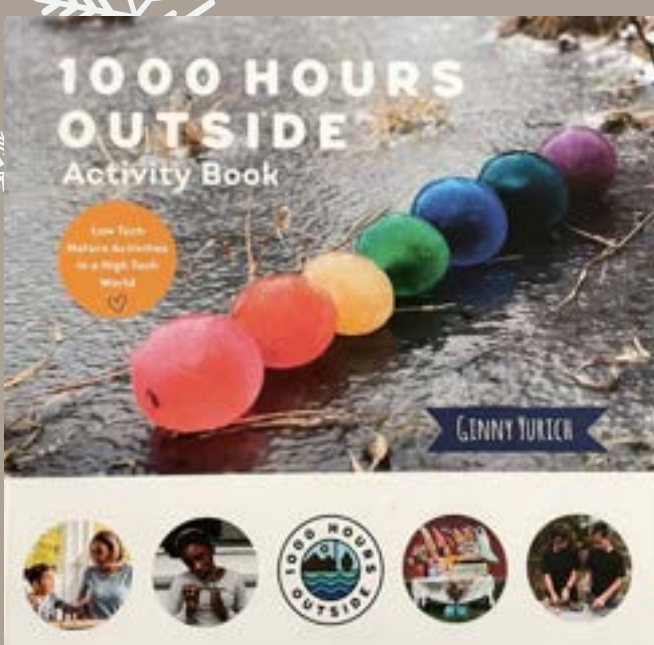
As children get older, it will be easier to determine if this is their love language. One way to “test” if this is a primary love language is to try the acts of service recommendations in the Younger Children section + see how your older kids react. Do they express joy providing an act of service? This could be a sign they value it themselves. If so, here are some recommendations to brainstorm as a gift to your older child:

- **Personalized Chores Coupon Book** Create a coupon book with personalized tasks or chores that the parent will take care of. The child can redeem these coupons when they need assistance with specific activities that they would normally be responsible for.
- **Cook a Special Meal Together** Plan a day to cook a special meal together. Allow the child to choose the menu and participate in the cooking process. This not only provides a service but also creates a bonding experience.
- **Room Makeover or Organization** Offer to help the child with a room makeover or organization project. This could involve rearranging furniture, decorating, or decluttering their space.
- **Car Wash and Detailing** Offer to wash and detail the child's car. This act of service not only helps keep their vehicle clean but also shows consideration for their belongings. If your child is typically responsible for gas costs, add a gas gift card to this gift! My uncle once gifted me \$20 for gas when I was a nanny in high school and I'm still appreciative for his generosity!
- **Homemade Snack Delivery** Prepare a batch of the child's favorite homemade snacks and deliver them to their room. This is a sweet and thoughtful way to provide a service while indulging their taste buds.
- **Spa Day at Home** Create a spa day at home, complete with pampering services like a homemade face mask, foot soak, or massage. This gift focuses on relaxation and self-care.

physical touch

Depending on if your older child has gone through puberty yet, physical touch with a parent may not be appealing to them. I remember physically cringing every time my mom tried to trap me in a hug as a teenager. Use discretion with this love language + follow your child's lead! Just like the Younger Child section, the recommendations in this section are more focused on activities that bring your physically close to your child + can also serve as a gift of quality time.

FOR THE OUTDOOR LOVER

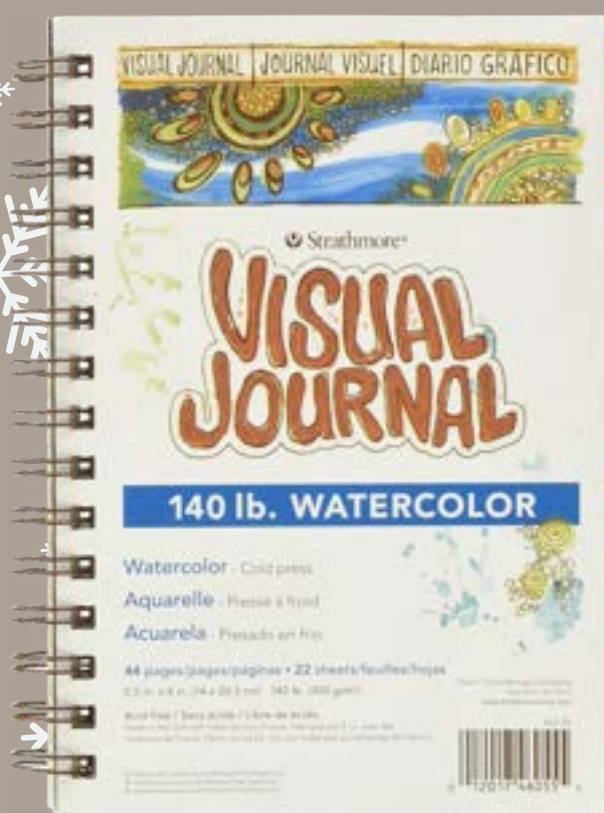


Such a great book that can be used year-round for all ages! Not only will it encourage your child to spend more time outdoors, but the crafts will bring you and your child closer.

Nature journaling is a wonderful activity to do outdoors with your older child no matter the season. There is always something to paint! Here are some watercolor essentials that can be easily packed to bring out along a nature trail:



\$18.59

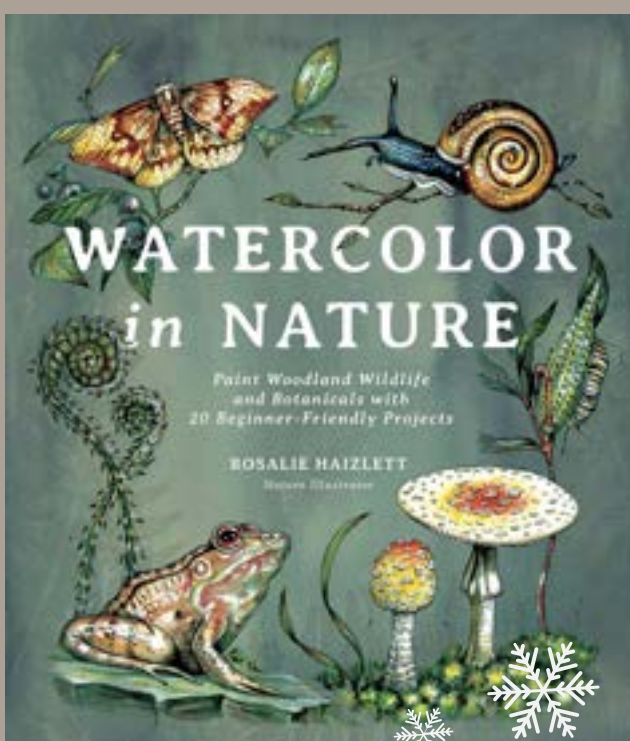


\$13.25

These are great workbooks to hone their watercoloring nature skill:



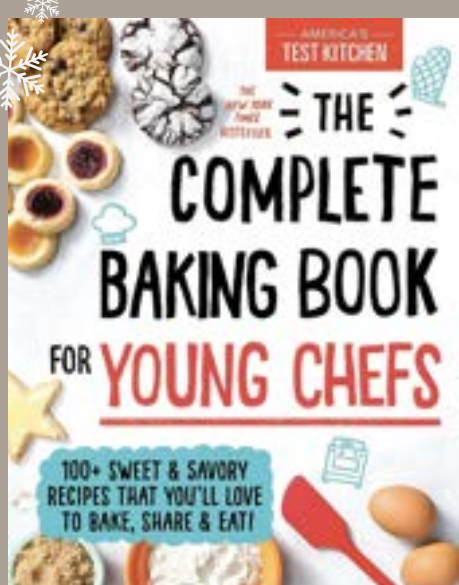
\$20.99



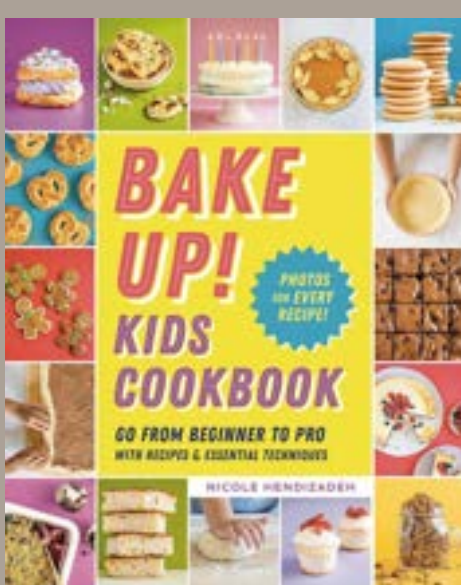
\$15.79

FOR THE BAKER

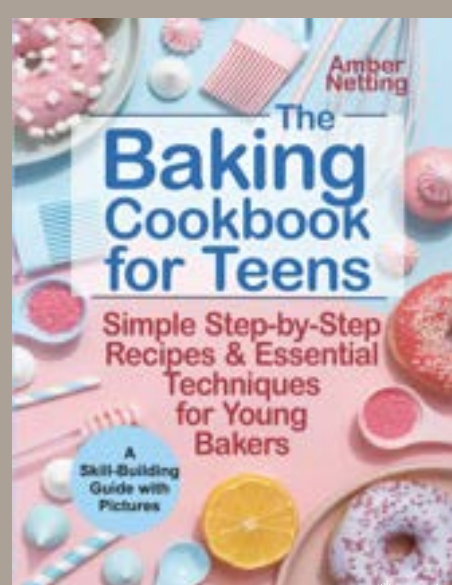
Cultivate any interest your older child has in baking! There are a plethora of benefits to baking especially for children including math skills (fractions/ratios), chemical reaction understanding (dough leavening or sugar caramelization), reading comprehension (following a recipe), and time management (waiting for dough to rise or cookies to bake). If you bake from other cultures, they're also exploring diverse culinary traditions. Here are some great gifts to ignite their curiosity and help you physically create something together:



\$13.61



\$15.29



\$12.92

For British Bake Off fans, these recipe prints were created by a contestant!



\$\$22.31 each

If you need a place to jumpstart their baking journey, these are great kits!



\$29.99



\$34.99



\$45.99



\$14.28

receiving gifts

Older kids can be tricky especially when their interests may be governed by their friend group or pop culture. If you're lost on what to get them + they have this love language, do some recon up front. You will probably give away your intention, but at least you'll have a better idea what to get them! Here are some questions to ask:

- **Is there a specific book, movie, or video game you've been wanting?** This question can help uncover their preferences in terms of entertainment and provide ideas for a gift they've been looking forward to.
- **Do you have a favorite subject in school or a particular area you'd like to learn more about?** Discovering their favorite subjects in school or areas of curiosity can guide you towards educational gifts or experiences that cater to their intellectual interests.
- **Are there any activities or experiences you've been wanting to try?** Encourage the child to share any new activities or experiences they've been curious about, such as a cooking class, a sports lesson, or an art workshop.
- **What type of clothing or accessories do you like?** Asking about clothing preferences, favorite colors, or accessory styles can help you choose a gift that aligns with their personal taste.
- **Are there any specific brands or items you've had your eye on?** Inquiring about preferred brands or specific items can guide you in selecting a gift that matches their preferences.
- **Are there any role models you admire?** Discovering who the child looks up to can provide insights into their values and interests, helping you choose a gift that resonates with their inspirations.

Asking some (or all) of these questions may help narrow down some potential gift options. If you need smaller items, like stocking stuffers, keep reading!

Toups & Co Candy Cane Lip Balm

\$5.40 with discount "JUSTTHEINSERTS" for 10% off

If you're older child loves personal care products, these are great options and won't mess with their endocrine system!



With Simplicity Shower Steamers

\$5.10 each with discount "JUSTTHEALTERNATIVES" for 15% off

Crafted with high-quality essential oils, each disc delivers a refreshing and invigorating aromatic experience perfect for a quick wake-me-up or relaxing night-time routine. Place the steamer on the shower floor, and let the steam work its magic, creating a luxurious and soothing shower experience.



With Simplicity Holiday Bath Bombs

\$6.80 each with discount "JUSTTHEALTERNATIVES" for 15% off

Bath bombs are always a good idea! Especially when they are made with natural ingredients without artificial color or fragrance. These come in:

- Merry + Mellow (Lavender)
- Citrus Cheer (Orange, Grapefruit, Lemon, Key Lime)
- Snowflake (Peppermint/Lavender)



Pit Liquor Natural Deodorant

\$18.95

Don't worry, this is legal for minors! This is a natural deodorant option that was highly recommended when I did my non-toxic deodorant post. Many people said it was the only deodorant their teenage boys liked using. Consider this a great alternative to Axe body spray or any other popular product full of synthetic fragrances. Also, this will not leave a white cast if your son is worried about that.



POPPI Sparkling Prebiotic Soda

\$29.99 for Holiday Pack (12 sodas)

For soda lovers wanting to lower sugar consumption, these are a fun, holiday-themed gift! Even more fun to make fancy mocktails with your older kids for them to sip during celebrations.



[scroll to the top](#)

GIFTS FOR ACQUAINTANCES

Concerning love languages, you may not know an acquaintance well enough to properly discern which love language they have. Therefore, the following recommendations are general, however great for neighbors, your kid's teachers, or anyone else you want to bless this season.

With Simplicity Peppermint Lip Set

\$8.50 each with discount "JUSTTHEALTERNATIVES" for 15% off

Give the gift of hydrated, peppermint-kissed lips! Each set includes a Peppermint Lip Balm and a Mini Peppermint Lip Scrub.



JoJo's Dark Chocolate Peppermint Pretzel Bites | \$29.99 for 4 pack

I have to be careful stocking this chocolate in my home because I can easily eat an entire bag myself! This 4 pack would be great to get and then gift one bag in a small gift basket paired with a gift card or any other gift in the guide.



We are blessed with a rich community in our area which means lots of acquaintance gifts! Our budget doesn't allow gifting most products for each of them which is why I started making large batches of holiday cookies to gift to those around us. My mom comes over and we bake over 20 dozen cookies! We let them cool and then put them in these cute holiday containers to gift when we see acquaintances. It's been a great way to bless others without breaking the budget!



Another option is to make a bunch of holiday chocolates in these molds and gift in smaller tins. I may do a few of these this year! Pinterest has plenty of chocolate recipes for you to experiment.

[scroll to the top](#)

BLACK FRIDAY SALES

You've probably already noticed "Black Friday" sales are no longer bound to the day after Thanksgiving. Some even started on November 1st! Here is a list of some incredible sales planned for Black Friday. I will also be adding sales as they are announced [here](#). As always, these sales are only beneficial if they do not cause financial stress. For tips on how to make mindful purchases, click [here](#)!

FROWNIES® THE ORIGINAL WRINKLE PATCH

NOVEMBER 1 - 30

20% off everything with discount code "[JUSTTHEINSERTS](#)" including facial patches which are wonderful Botox alternatives.

Perfect Supplements

NOVEMBER 13 - 16

35% off all [Perfect Brand supplements](#) with code "[JUSTTHEINSERTS](#)"

I personally love the desiccated liver, magnesium, and acerola capsules + my husband takes the mushroom immunity religiously. The bone broth + bovine collagen are great too!



NOVEMBER 13 - 24

[Faith-Filled Childbirth Course + the Empowered Postpartum Course Bundle](#) for \$49 (normally \$198)

I featured both of these in my Motherhood Guide!



NOVEMBER 17 - 27

Thousands of holiday deals. Check [here](#) for the current ones.



NOVEMBER 21 - 24

20% off everything starting 8:30 am MST with a special access code updated [here](#) when available. This sale includes the Holiday collection as well as new dairy-free protein powders in the following flavors: chocolate, vanilla, mint chocolate, snickerdoodle, and peanut butter chocolate.



NOVEMBER 21 - 28

20% off [everything](#) including the new holiday items: Mistletoe Tallow Balm + Candy Cane Tallow Lip Love.



NOVEMBER 21 - 27

\$50 off the Hormone Healing Academy with [this link](#). Wonderful resource for anyone struggling with hormone regulation! Click [here](#) to read more.



NOVEMBER 24 - 26

23% off everything with discount code "BF23" and following [this link](#).