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Your healthy Christmas Gift Guide for shopping in the Premier County

All you need to know!



File photo

By **Laurann O'Reilly**

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It's hard to believe it's December already and with Christmas just a few weeks away, we may still be looking for that special gift for our family and love

Why not give the gift of health this Christmas?

This week, nutritionist Laurann O'Reilly and owner of Nutrition By Laurann, guides us through her top healthy gifts which include a range of local and businesses too.

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Healthy Self Care Gifts

- Emerald Therapy - Clonmel

The Gift



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Available From: You can purchase a physical voucher by contacting Jane at jane@emerald-therapies.com (register)

[massagetherapies.com](https://www.emerald-therapies.com/massagetherapies.com) or 0873965469.

Alternatively, you can buy them online at [emerald-therapies.com](https://www.emerald-therapies.com)

/gift-vouchers/

- Lara Slattery Health Wellness

Lara is passionate about finding the way to wellness, whether it's the physical body, the emotional body or on a spiritual level.

She believes that "each person's story is different and each person needs a different set of tools".

The Gifts: With an option of

Before you leave, try these recommendations?

- 1) Therapies: including reflexology, Intuitive Energy Medicine, Reiki and Indian head massage or
- 2) Class Packages & Workshops: Which take place in Sukha Wellness Centre Cahir and include a choice of yoga, pilates, meditation and restorative yoga. Book her upcoming Reset & Renew and Candlelit Rest & Restore Workshops.

Available From: [laraslatteryhealth](https://www.laraslatteryhealth.com)

[andwellness.com/](https://www.laraslatteryhealth.com)

Healthy Skincare Gifts

- Zero Waste Market Place - Eco Friendly

Owned by Jenny Brewer, Zero Waste Market Place is Tipperary's first organic, refill shop and online eco-store, helping customers transition to a more sustainable lifestyle.

The Gift: Her Lavender Gift Box includes Ruth's Palm Free Lavender soap bar, lavender essential oil, authentic sea sponge, konjac sponge and a sisal scrubber.

Available From: Custom made gift boxes and lots more sustainable gift items can be purchased online www.zerowastemarketplace.ie or in store, Angle Clonmel from Wednesday to Saturday.

- Away With Nature – Eco Friendly

Away with Nature was created by Fiona O'Donohoe as a way to combine a love of nature, skin care and mindful living. Based in the heart of Drangan, Co. Tipperary. Their family run business produces a variety of handcrafted skincare, body care, home fragrance and gift sets to cater for all budgets. Custom made to order.

The Gifts: A variety of gifts for him or her are available with everything from crystal jewellery, skincare and essential oils.

Available From: <https://awaywithnature.com/>

- Esker Fields – All Natural Skincare Products

Owned by Maria Morgan, Esker Fields is a range of natural skincare products inspired by nature and made with love. All the products are handmade in Louth using natural ingredients and pure essential oils. What makes Esker Fields products unique is not only will they heal & improve the appearance of your skin, they will also make you feel amazing. The products will also help relieve stress and anxiety, ease muscular aches and pains and aid sleep because that is the power of essential oils.

Available


eskerfields.ie/shop/
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bodycare/luxury-

home-spa-gift-set/

Healthy Gift Set

- Hug In A Box

During the global pandemic, two sisters Mags and Aisling came up with the idea of a “Hug in a Box”. Their concept came from the distance that was cr during lockdown and from missing friends and family. They are passionate about wellbeing and hope that the idea of getting a “Hug in a Box” will ma that special someone smile while feeling the love.

The Gifts: You can either build a gift box or buy a premade bundle with everything from socks, teddies, chocolate, cups, hot chocolate, candles and mo

Before you leave, try these recommendations?

Available From: <https://huginabox.ie/>

Healthy Children's Gifts

- The Speechie Spiel – Annas Shopping Adventure Children's Story Book

Eimear Ryan, a speech and language therapist from Tipperary and owner of The Speechie Spiel, five years of their lives including that of speech and language. Through her experience she has s specialist during this critical window. From here, her book “Anna's Big Shopping Adventure” w

erstands how children develop many skills within children with language delays who may not get to orn.

The Gift: “Anna's Big Shopping Adventure” gives parents practical strategies to support langua chance to reach their potential. The best part is that the strategies in this book can be applied to

development in their own homes, giving their child book, game or daily routine and is suitable for all c

Available From: Can be purchased directly from @thespeechiespiel on Instagram or online from each sale being donated to Down Syndrome Tipperary.

ythebook.ie and the Book Depository for €15, with +

- Sensational Kids – Games & Activities

Sensational Kids is an award-winning social enterprise that has already changed the lives of ove special educational needs and many have developmental delays. They provide a variety of amazi

,000 children. Today, one in four children in Ireland gifts for everyone to enjoy.

The Gifts: They have such a range of games and activities which are suitable for all children incl stress and boredom busting packs, sensory gifts and fun developmental games to name a few.

ing books, arts & crafts boxes, glow in the dark/dark

Available From: Online from sensationalkids.ie/shop/

Fitness & Health Gifts

- Nutrition By Laurann – Personalised Nutrition

Whether you or your loved one are looking to lose weight, eat healthier, get the most out of your personalised nutrition consultation and diet plan may be the perfect gift for you. There are a ran including Tipperary, Kildare Dublin and online. The perfect start to a healthy new year.

rkouts or have issues with your digestive health, a of packages available and clinics in various location

The Gift: A range of nutrition consultation gift vouchers are available to suit all budgets

Available From: Online at nutritionbylaurann.ie/



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you can talk and think about your goals and values as well as learning practical ways to achieve these.
(/register)

The Gift: Includes 90-minute Power Life Coaching with neuroscience session to work on both life and business goals for 2023. After Monica has discussed needs, they are provided with all of the relevant resources by email following the session. Definitely a gift that will have long lasting benefits.

Available From: www.MonicaJackman.ie

- WellFest Dublin Tickets

If your loved one is a fitness fanatic like me, then WellFest Dublin tickets are an incredible gift. Taking place in Royal Hospital Kilmainham May 6-7, 2 every fitness class you can imagine, the most amazing talks, food and health stalls.

The Gift: They have both day and weekend passes available, don't forget the yoga mat!

Available From: Online at <https://www.wellfest.ie/>

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More News

(<https://www.tipperaryliver.ie/news/sport/989787/tipperary-athlete-wins-antarctic-marathon-in-record-breaking-performance>)
(<https://www.tipperaryliver.ie/section/827/sport>)

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([https://www.tipperarylive.ie/news/deaths/989783/tipperary-deaths-and-funeral-d](https://www.tipperarylive.ie/news/deaths/989783/tipperary-deaths-and-funeral-details-december-16.html)ils-december-16.html)
Tipperary deaths and funeral details, December 16 ([https://www.tipperarylive.ie/news/deaths/989783/tipperary-death](https://www.tipperarylive.ie/news/deaths/989783/tipperary-death-and-funeral-details-december-16.html)and-funeral-details-december-16.html)



(<https://www.tipperarylive.ie/news/home/989601/tipperary->

Tipperary councilors show solidarity with fire fighters in dispute over pay and conditions ([https://www.](https://www.tipperarylive.ie/news/home/989601/tipperary-)



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(https://www.tipperaryliver.ie/news/home/987934/tipperary-gardai-arrest-seven-people-in-different-locations-on-public-order-charges.html)



Thurles (https://www.tipperaryliver.ie/section/854/thurles)

Before you leave, try these recommendations?

Thurles mourns the passing of well known and popular Paul Ga (https://www.tipperaryliver.ie/news/thurles/989614/thurles-mourns-the-passing-of-well-known-and-popular-paul-galvin.html)

(https://www.tipperaryliver.ie/news/thurles/989614/thurles-mourns-the-passing-of-well-known-and-popular-paul-galvin.html)



Home (https://www.tipperaryliver.ie/)

Call to increase free pre-Christmas parking in Tipperary towns down by county council (https://www.tipperaryliver.ie/news/home/989581/call-to-increase-free-pre-christmas-parking-in-tipperary-towns-shot-down-by-county-council.html)

(https://www.tipperaryliver.ie/news/home/989581/call-to-increase-free-pre-christmas-parking-in-tipperary-towns-shot-down-by-county-council.html)