

Mother's Day GIFT GUIDE

Style

1. Style + Spirit I AM ROOTED AND I FLOW leggings

These super comfortable leggings are printed with the beautiful quote from Virginia Woolf: "I am rooted, but I flow." A perfect reminder for everyone, but it is an especially appropriate mantra for mamas who need to stay grounded ... but also flexible and fluid.

style-and-spirit.com

2. Just be. Apparel Sleeveless Tank Simple. Easy. Ethical.

Simple. Easy. Ethical. This 100% fairtrade cotton tank is versatile and available in both grey and white. \$45 justbeapparel.com

3. Divine Goddess Sunrise Crop and Purple Snake Leggings

Beauty meets functionality in this cute outfit! The natural fibres allow for easy, breezy movement and a super comfy practice. Crop \$49 and leggings \$79 divinegoddess.net

4. Dance Maternity Leggings

Specially designed for mums-to-be, these eco-friendly leggings will leave mamas yoga ready and inspired – look on the inner waistband for a beautiful Rumi quote. \$126 rumiyogawear.com

5. Jennifer Meyer Mini Hamsa Ring

Make sure mum gets good vibes only. The hamsa is said to be a protective amulet that protects the wearer from the evil eye and brings happiness, harmony and success. Can't hurt! \$482 ylang23.com

6. Warriors Of The Divine Arch Angel Gabrielle Kimono

Give mama her wings already. She's earned them. These hand-printed batiked silk kimonos will have her flying through her day. \$279 lisacloset.com.au

Mother, yogi and wellbeing whizz, **Caitlin Nowland** shares her ultimate Mother's Day wish list.



Caitlin Nowland is a Byron Bay-based mother of two and co-creator of Wabi-Sabi Well, a comprehensive, holistic union that fuses metabolism-boosting movement, yoga, mindfulness, bioenergetic techniques, meditation and deep relaxation. The method integrates not just the physical, but also the emotional and spiritual elements to help you reconnect and return to a healthy state of balance, harmony and wellbeing. www.wabisabiwell.com



Treats ...

7. Shemana Crystalline Elixirs Heart Mist/ Savasana Mist

These amazing Australian-made aromatic sprays are a blend of essential oils infused with crystal codes and flower essences. I love using the Heart Mist to set an intention at the beginning of a practice and then the Savasana Mist to create a super lush relaxation at the end. \$28 shemana.com.au

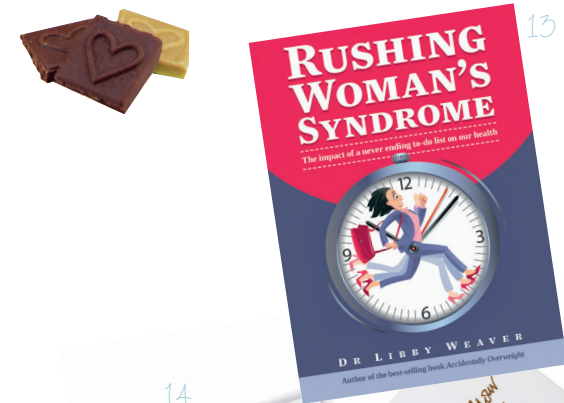
8. Living Libations Rose Glow Serum

This all-in-one oil is a must for mums on the go. Washing the face with plant oils is an ancient gypsy way to cleanse, exfoliate and moisturise skin. The rose otto oil smells incredible and the seabuckthorn berry oil boasts an impressive range of bioactive substances that add up to balanced, radiant skin. Yes, please. \$84.60 benaturallyyou.com

Eats ...

9. Made With Raw Love Chocolate

When in doubt ... chocolate. It's always a good gift idea. Made With Raw Love has some seriously delicious flavours with inventive combinations that satisfy any sweet tooth. But they take chocolate to the next level with ingredients such as medicinal mushrooms, prebiotics and probiotics, wild harvested bee pollen and matcha tea. Bonus points for infusing the chocolate with singing bowl vibrations and ensuring the packaging is compostable. \$6.15 madewithrawlove.com



Love and support

10. Grounded Factory Stone Yoga Mat in Nude

I am lusting after this gorgeous eco-friendly yoga mat from Sweden. Made from natural rubber and vegan suede, these mats are free from toxic glues, latex, metals and other no-nos. Plus, it's majorly beautiful. \$130 groundedfactory.com

11. Yogi-toes Skidless Mat-Size Yoga Towel

I joke that in Byron Bay all yoga is hot yoga! These eco-friendly yoga towels have grippy silicone dots that make it slip-free. Lightweight, absorbent, sustainable and made from recycled plastic bottles. A must for any sweaty yogini mum. \$53 empind.com.au

12. Organic Cotton Wave Cushion/Bolster

The perfect restorative yoga and meditation companion, this beautiful cushion is also a delicious support for gentle backbends. It comes in three funky patterns and is portable enough to take away for a yoga escape! \$45 stretchnow.com.au

Wisdom

13. Rushing Woman's Syndrome by Dr. Libby Weaver

This should be required reading for all women, but especially mothers. Nutritional Biochemist, Dr. Libby Weaver, opens our eyes to the relentless, overwhelming rush that many women find themselves battling, and she offers solutions to the biochemistry and emotional patterns that are causing epidemic hormone health issues for women. Give this book to your best mama friends. Available in paperback and e-book. From \$17.95 www.drlibby.com

14. Truthbomb Decks from Danielle LaPorte

Feminine wisdom from soulful entrepreneur Danielle LaPorte that every woman can use in her day. I use these cards oracle-style for daily divination. \$45 daniellelaporte.com