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2025 Holiday Gift Guide

FOR THE

Yoga Girl



FEATURING

————— GIFTS UNDER \$50

————— GIFTS UNDER \$150

————— \$\$\$ SPLURGE GIFTS

Need More Ideas?

I'VE BUILT GIFT GUIDES FOR YOUR FAVORITE SURFING AND PILATES GIRLIES TOO!

CHECK 'EM OUT

GIFTS

UNDER

\$50



FOLDS UP
SOOO SMALL

The only yoga towel that actually stays put during class and holds up wash after wash – no rubber that melts in the dryer!

PERFECT YOGA TOWEL

Hot yoga can be hard on the skin, so I always keep this spray in my bag and give myself a spritz after class.

CLARIFYING MIST

WON'T DRY
SKIN



Elevate your yoga girly's home practice with some nice incense and a cute holder.

FANCY INCENSE



JASMINE
SCENTED

MORE <\$50 GIFTS

GIFTS

UNDER

\$150

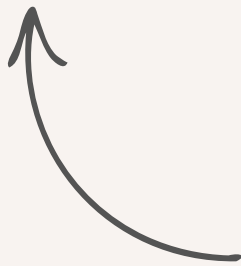
Combine two trends: natural fiber activewear and yoga onesies! I discovered this brand in Bali, all their clothes are so cute and comfy.

INDIGO LUNA ONESIE



COMES IN
BLACK AND
BROWN TOO

NATURALLY
ANTIMICROBIAL

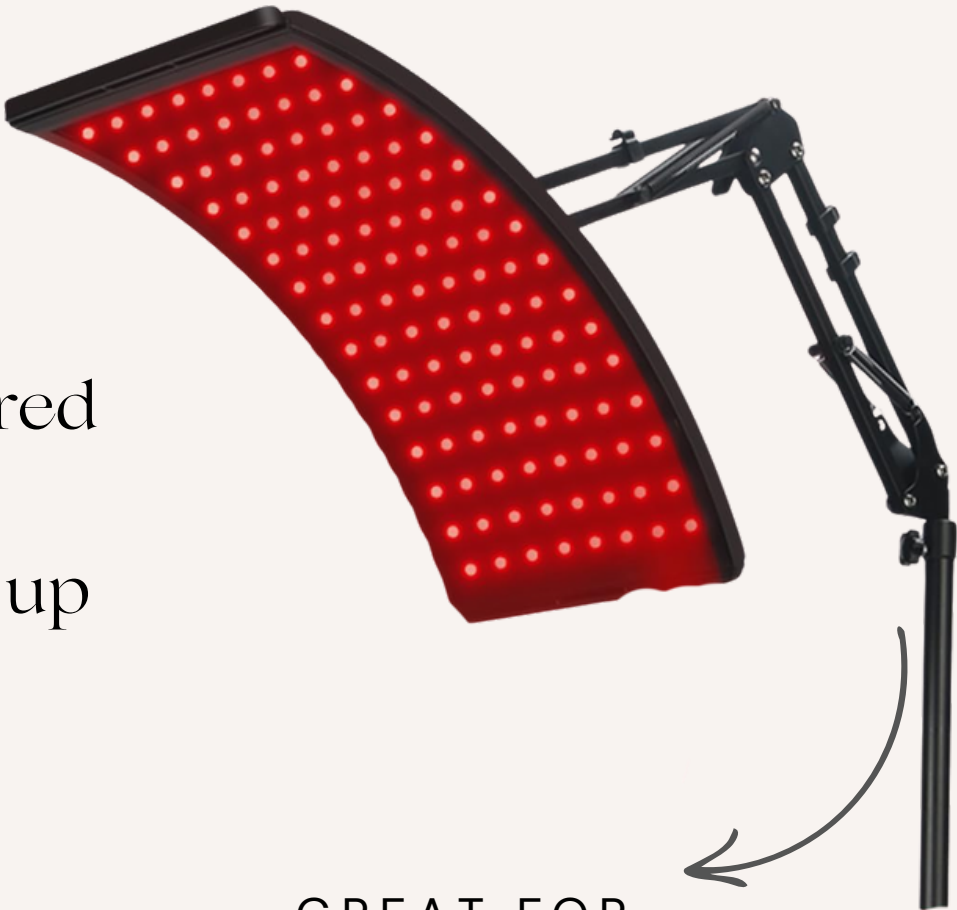


Cork yoga mats are so underrated. Not only is cork a sustainable material, it also gets grippier when wet!

CORK YOGA MAT

Get the benefits of red light without the price tag of the red light mask. This one is on a crane so she can even set it up for home meditation.

RED LIGHT LAMP



GREAT FOR
SHAVASANA

MORE <\$150 GIFTS

\$\$\$

SPLURGE

GIFTS

A gym bag that can be worn as a tote or a backpack, with straps for a yoga mat too. Comes in two chic colors. and made of vegan fabric.

CARAA SPORT TOTE

GREAT FOR
CITY GIRLS



WELLNESS GURU
FAVORITE



The ultimate at-home wellness luxury: an infrared sauna blanket. Infrared saunas help the body detox. Give her the gift of sweating in her own home!

SAUNA BLANKET

MORE \$\$\$ GIFTS

Need More Ideas?

CHECK OUT MY OTHER GIFT GUIDES



Pilates Girl



Surfer Girl

CHECK 'EM OUT

Not Ready to Say Bye?

COME CHECK OUT ALL MY OTHER RECOMMENDATIONS ON YOGA, SURFING, PILATES, TRAVEL, AND MORE!

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