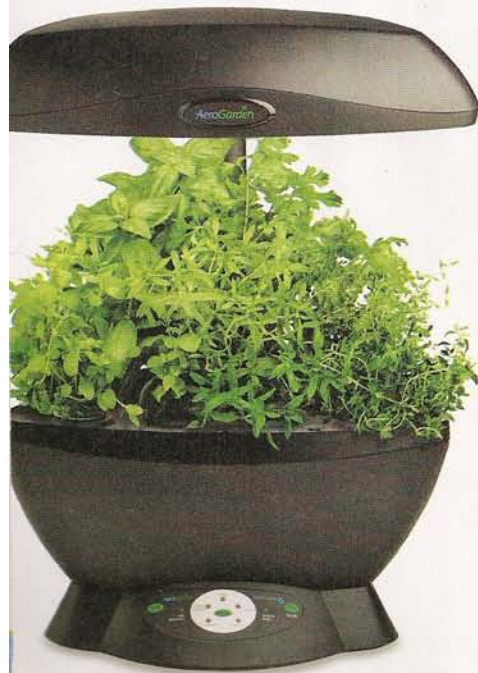


healthmatters | SHARING



AeroGarden Space Saver. Green and brown thumbs alike will appreciate this handy hydroponic indoor garden. It can grow basil, lettuce, tomatoes, and chili peppers even through the frozen depths of winter. \$149.95; aerogrow.com

Bissinger's Gummy Pandas
These aren't your average gummy bears. With flavors like blueberry-*açaí*, pomegranate-white tea, and green tea-spiced peach, these pandas pack an antioxidant punch in every delicious bite. \$13.50, 16 oz; bissingers.com



Teavalize. Give the health benefits of whole-leaf tea with this travel mug. It comes with a built-in infuser in the lid and dual layers of BPA-free plastic to keep beverages hot and the mug cool to the touch. \$29.95; teavalize.com



Wellness Shower. This easy-to-install showerhead uses volcanic minerals from Japan to filter out damaging chlorine from tap water. Even after one shower, skin and hair feel healthier and more hydrated. \$249; wellnessshower.com



CocoaVino Fig Truffles. These decadent little spheres elegantly combine organic figs, apricots, and honey with organic, fair-trade dark chocolate hand-rolled in richly flavored cacao powder. Perfect with a mild chèvre or a glass of port. \$24, box of 12; cocoavino.com

Paul Dolan Vineyards Organic Wine
If you're like us, you cringe a little when someone mentions organic wine. But at last we've found one we love that uses clean, sustainable practices without sacrificing flavor. Give the wine lover on your list Paul Dolan's organic Cabernet Sauvignon. \$25 for 750 ml; mendocinowineco.com



Solay Crystal Salt Lamp. Made with salt rocks mined from as far afield as the Himalayas and Poland, these beautiful lamps emit negative ions that energize the whole body while improving respiratory function. \$29.95 to \$125; natural-salt-lamps.com



Autonomie Project's Scarf Set
Keep a loved one cozy this winter with a beautiful scarf, gloves, and hat set handmade by a women's knitting cooperative in rural Peru. And you can feel warm on the inside, too, knowing that your couture gift is fair trade. \$89; autonomieproject.com