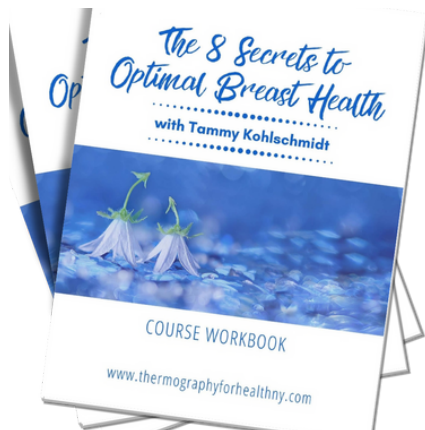


Holiday Gift Guide

From Tammy Kohlschmidt & Thermography for Health NY



SLEEP WELL GIFT SET

Get ready for a great night's sleep.

Light a beeswax candle, play some quiet music, and soak in the tub (or do a foot soak) with Epsom salts and a few drops of Lavender oil before bed.

After your soak, add a few drops of Bergamot (or Lavender or Serenity Blend) to the Laluz or Volo diffuser by your bedside and place your sleep journal on the nightstand with your favorite pen.

Spritz your eye mask and sheets with Serenity Linen Mist before tucking in for the night.

Sweet dreams!



ITEMS FOR THIS GIFT SET:

Beeswax Pillar Candle	Eye Mask
doTerra Laluz or Volo Diffuser	Falling Into Sleep Meditation
doTerra Lavender, Bergamot, Serenity Blend	Foot Soak Tub
doTerra Serenity Calming Linen Mist	Sleep Journal
Epsom Salts	

HYDRATION GIFT SET

Hydration is essential for all four levels of your health – physical, mental, emotional, and spiritual.

Make someone's day when you pull together these items for staying hydrated.

Purchase my favorite beautiful glass water bottle. Add a few drops of a refreshing essential oil for flavor, like Lemon, Ginger, or Spearmint.

Enjoy reading about the wonders of water when you take a break during the day to sip your beautiful water and read from The Healing Power of Water.

BONUS: Set a timer or phone alarm to chime every 1 or 2 hours throughout your day. Then spend just 5 minutes with your flavored water and the In the Moment Meditation.

Your focus will improve and your life will be forever changed for the better!



ITEMS FOR THIS GIFT SET:

Book - The Healing Power of Water
Doterra Oils for water - Lemon, Ginger, Spearmint
In the Moment Meditation
Tammy's Favorite Water Bottle

PAMPERING GIFT SET

When it's time for some much-needed self-care, have this set of goodies ready to go.

Whether it's at the end of a long day or a weekend treat, this can be your go-to "Pampering Kit."

Fill your bathtub (or a foot soak tub), add Epsom salts, rose petals, and few drops of your favorite doTerra essential oil.

Create your own custom blend – add a few drops of both a citrus and a floral essential oil. You might try Orange and Jasmine, for example. If you want pure relaxation, try Chamomile.

TIP: While the tub is filling, light a beeswax candle, brew a cup of Elderberry tea, and after disrobing, use your dry brush. Now you are ready to soak.

Use doTerra's Hydrating Body Mist on your face, pull down your eye mask, and relax into your pampering zone while you sip your tea.

Ahhhhhhh.



ITEMS FOR THIS GIFT SET:

Beeswax Candle
doTerra Hydrating Body Mist with Beautiful Blend
doTerra Laluz or Volo Diffuser
doTerra Orange, Jasmine, Chamomile
Dry Brush

Elderberry Tea
Epsom Salts
Eye Mask
Foot Soak Tub
Rose Petals

THE WONDER OF TREES GIFT SET

Immerse yourself in the wonder of trees.

You can do this whether or not you venture outside for some Forest Bathing. Pick up one of these amazing and informative books, unroll your yoga mat, fill your water bottle, and have a seat.

Browse through the books while you do a few stretches on your mat. Print the Tree Ritual Meditation (or pull it up on your tablet) and rest in the beauty of trees.

Enjoy the “fruit” of your favorite tree (whether it’s nuts, seeds, or fruit). Place a few drops of doTerra’s Balance Blend in your Laluz or Volo diffuser.

Now you are ready for some communion with the power and majesty of the trees.

Relax, be still, and let the trees help to ground you.

BONUS: Do the Summon the Lion Visualization once you are in this centered, grounded state.



ITEMS FOR THIS GIFT SET:

- | | |
|---|--|
| Apples, Organic Dried | Pecans, Organic |
| Book: The Meaning of Trees | Summon the Lion Visualization |
| Book: The Forest Has Eyes - Children's Book | Tammy's All-Time Favorite Water Bottle |
| doTerra Balance Blend | Tree Ritual Meditation |
| doTerra Laluz or Volo Diffuser | Yoga Mat |

BODY WORK GIFT SET

Reduce stress, reduce stiffness, and improve your flexibility, posture, and balance.

Start with this Body Work Gift Set and make a commitment to your body.

Include some joyful movement (use the rebounder – it's so much fun!) every day.


Grab your yoga mat, water bottle, fascia balls, and favorite stretching routine. Spend a few minutes doing full-body-stretches and fascia release exercises to keep your fascia healthy and free from restrictions.

Finish off your body work session with a self-massage!

Add a few drops of doTerra Aromatouch blend to your palm. Add a small amount of fractionated coconut oil and let the oils warm up. Another option is to use Deep Blue Rub. Either way, it's time to give those muscles some love. Ahh, that feels great.

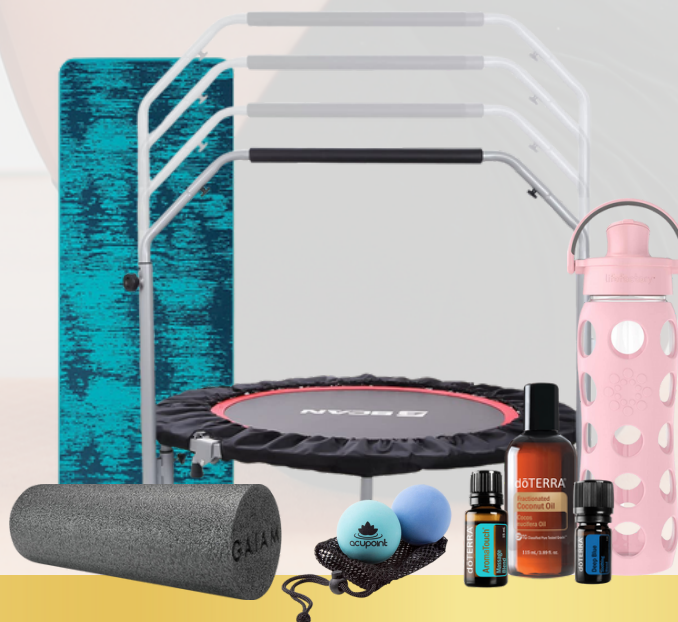
BONUS: Schedule a biomagnetism therapy session at TFHNY to balance pH, reduce inflammation, pain, and more.

Your whole body will thank you.



ITEMS FOR THIS GIFT SET:

Biomagnetism session at TFHNY
doTerra Aromatouch Blend
doTerra Deep Blue Rub
doTerra Fractionated Coconut Oil
Fascia Balls
Foam Roller
Rebounder
Water Bottle with Flip Top Cap
Yoga Mat



HEALTH ENHANCEMENT GIFT SET

Make this year your healthiest year yet.

Start by reading “Medical Medium: Life-Changing Foods” and then choose your health focus. Here are some ideas for a customized Health Enhancement Gift Set.

Up your antioxidant intake by creating a daily ritual. Take a 5-minute antioxidant break. Brew a cup of elderberry tea, enjoy a few organic cherries or acai berries, and breathe while you do the Intention Arrows Visualization.

Refill your beautiful water bottle and add a few drops of MetaPWR Metabolic Blend. Add collagen to your daily routine to rejuvenate skin, hair, and more. Reset your GI system with the Microbiome Labs ‘total gut restoration system.’

You will see improvement at every level of your health from the cellular level outwards.

BONUS: Use a personal infrared sauna regularly to flush toxins, decrease inflammation, increase circulation, and sleep better.



ITEMS FOR THIS GIFT SET:

Acai
Book – Medical Medium: Life-Changing Foods
Cherries
Doterra MetaPWR
Elderberry Tea
Flower of Life Water Bottle
Intention Arrows Visualization
Microbiome Set
Therasage Personal Infrared Sauna

MEDITATIONS FOR YOUR OVERALL HEALTH & WELL-BEING



ANGEL WHISPERS

MEDITATION: This is a simple, soothing, and fun daily ritual to decrease stress and increase pleasure. It only takes a few minutes, and you will be amazed at the results.



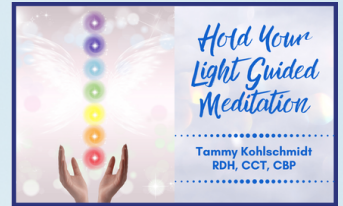
BE-U-TY MEDITATION:

This guided meditation helps you receive and embody the gifts of beauty, allowing you to radiate positive energy into the world and inspire others to do the same.



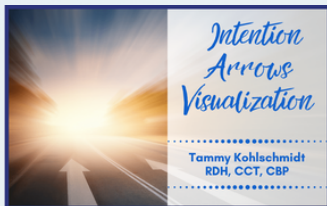
FALLING INTO SLEEP

RITUAL: Try this bedtime Falling Into Sleep ritual for an easy way to release the mind of its burden and allow yourself to let go.



HOLD YOUR LIGHT GUIDED MEDITATION:

Holding your light holds your cells, your vibration, and your calm. Please enjoy this simple, yet empowering, meditation I've recorded for you. Listen to it daily – or even more frequently – and hold your light steady.



INTENTION ARROWS

VISUALIZATION: Use this meditation regularly to get into an upward spiral of thoughts and feelings that support your desires. Have fun with this and then watch out for amazing things to begin happening in your life!



IN THE MOMENT

MEDITATION: This meditation will help you reprogram your mind by bringing your awareness to a single moment to reframe your pattern of thinking, gaining self-mastery and empowerment over your thoughts.



SUMMON THE LION

VISUALIZATION: This meditation helps you find your way with boundaries, overcoming the fears associated with setting boundaries, and creating the courage needed to be true to yourself. Summon the Lion to harness your courage!



TREE RITUAL

MEDITATION: Trees have messages that hold ancient truths for us all. Tree Talk is fun if you give it a try! In appreciation for our Trees of Life, try this Tree Ritual to engage all of your senses.

ONLINE LEARNING



Learn the 8 Secrets to Optimal Breast Health

There Is So Much More To Breast Health Than Your Annual Mammogram!

I'VE GOT GOOD NEWS!

There is SO MUCH you can do yourself to optimize your breast health! Learning The 8 Secrets to Optimal Breast Health will change your life for the better. There are many simple-to-do lifestyle changes you can make that have a positive impact on your breast health.

*And all of this can be done by you very easily on a daily basis.
You are in control of your breast health!*

ALL WOMEN HAVE THE SAME GOAL:

To Enjoy Optimal Breast Health Throughout Your Entire Life!



**GIFT YOURSELF MY COURSE
AND OPTIMIZE YOUR BREAST HEALTH
GET ALL 8 SECRETS HERE!**

ONLINE LEARNING



Be-U-ty

BE BEAUTY, BE YOU

GET READY TO DISCOVER THE TRUE MEANING OF BEAUTY

Beauty is the light within you.

*It is the light that shines outward and reflects your beauty back to you.
If you are not living from your light, your beauty will be dark.*

Join me as we learn where beauty lives.

Learn how to recognize the dark side of beauty and become Be-U-ty with self-care, ancient rituals, and a deeper awareness of you!



**GIFT YOURSELF MY COURSE
AND UNCOVER YOUR BEAUTY
SAY YES TO BE-U-TY!**

TAKE YOUR WELLNESS TO THE NEXT LEVEL



BLOCK THERAPY focuses on releasing the fascia all the way to the bone - where issues are stored. Fascia decompression is the missing link to health and healing. The Block Therapy system is the most effective self care technique to soften and release tissue to promote blood and oxygen flow to cells.



The **Vollara® Air & Surface Pro+** combines multiple complementary technologies, including HEPA, activated carbon, and ActivePure® Technology. It provides advanced surface and air purification technology. And been proven to reduce over 99.9% of many common airborne and surface contaminants.

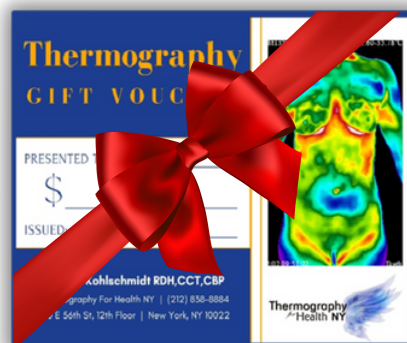


THERASAGE: The Thera360 Infrared Personal Portable Sauna will bathe your body from every angle in gentle full spectrum Infrared frequencies and negative ions, and with no exposure to you from harmful EMF's, ELF's and RF's. All this in the comfort of your own home.

20% off with this code: Tammy20 through NOV 30th
10% savings anytime with Tammy10

GIFT CERTIFICATES

Begin the New Year with a full-service health and wellness gift certificate for yourself or someone you love. You choose the amount and we'll apply it towards the service of your choice. Here are some ideas to take your health to the next level!



INDIVIDUAL PRODUCTS FEATURED IN THIS HOLIDAY GIFT GIVING GUIDE

- [8 Secrets to Optimal Breast Health Online Course](#)
- [Acai, Organic](#)
- [Angel Whispers Meditation](#)
- [Apples, Organic Dried](#)
- [Beeswax Pillar Candle](#)
- [Be-U-ty Masterclass](#)
- [Be-U-ty Meditation](#)
- [Book – Medical Medium: Life-Changing Foods](#)
- [Book – The Forest Has Eyes](#)
- [Book – The Healing Power of Water](#)
- [Book – The Meaning of Trees](#)
- [Cherries, Organic](#)
- [doTerra Essential Oils and Products](#)
 - Fractionated Coconut Oil
 - Hydrating Body Mist with Beautiful Blend
 - Blends: Aromatouch, Balance, Deep Blue, MetaPWR, Serenity
 - Individual Oils: Bergamot, Chamomile, Ginger, Jasmine, Lavender, Lemon, Orange, Spearmint
 - Laluz or Volo Diffuser
 - Serenity Calming Linen Mist
- [Dry Brush](#)
- [Elderberry Tea](#)
- [Epsom Salts](#)
- [Eye Mask](#)
- [Falling Into Sleep Meditation](#)
- [Fascia Balls](#)
- [Flower of Life Water Bottle](#)
- [Foam Roller](#)
- [Foot Soak Tub](#)
- [Hold Your Light Guided Meditation](#)
- [In the Moment Meditation](#)
- [Intention Arrows Visualization](#)
- [Microbiome Labs Total Gut Restoration](#)
- [Pecans, Organic](#)
- [Rebounder](#)
- [Rose Petals](#)
- [Sleep Journal](#)
- [Summon the Lion Visualization](#)
- [Tammy's All-Time Favorite Water Bottle](#)
- [Therasage Personal Sauna](#):
*Save 20% with code TAMMY20 thru Nov. 30th.
Save 10% anytime with TAMMY10*
- [Tree Ritual Meditation](#)
- [Water Bottle with Flip Top Cap](#)
- [Yoga Mat](#)

