



super natural every day
HEIDI SWANSON

Confused by quinoa? At a loss when it comes to amaranth? Heidi Swanson's *Super Natural Every Day* (Hardie Grant, \$29.95) will encourage you to venture out of your cooking comfort zone.



Give back, feel good: this chic ceramic serving set, \$69.95, will help fund Oxfam's rural development programs in Thailand.

Stay on track with this cute hoodie from Lorna Jane, \$89.99.



Swimmers, take note: Kiehl's new All-Sport Swimmer's Cleansing Rinse for Hair and Body, \$36, thoroughly washes away chlorine.

festive finds

Spread some guilt-free Christmas cheer - or boost your own wellbeing - with these ideas for every budget



Treat your feet while working out with these trainers from Nike, \$160.



Runners rejoice - this sleek jogging belt, \$29.95 from SPiBelt, will keep your valuables secure.



Arm yourself for exercise with these clever key-holder wristbands, \$15 each, from Lululemon Athletica.



Research shows that writing down your goals can improve your chances of reaching them. Get scribbling in this kikki.K 101 Dreams journal, \$39.95.



This Retro Groove Bag, \$139 from Lululemon Athletica, is our pick for the gym junkie in your life.



Indulged a little too much? Soothe your stomach with freshly brewed T2 Peppermint tea, \$12.25 for 50g, in this pretty glass teapot, \$35.



Stay hydrated in style with this Takeya 470ml glass water bottle, \$22, from Peters of Kensington.



Not only does building muscle fight fat, but it can also help ward off disease. Try multi-tasking with a SandBell, a medicine ball and dumbbell in one, from \$11 each.