

# Ultimate Gift Guide

## For Stressed Out People

It's the season to be stressed. Well, we all know at least one person in our lives who maintains this level of stress all throughout the year. This guide will promote you to Chief Gift Giver and help them start the New Year with the tools they need in order to learn to RELAX.

\$80-\$125 / Hour

### Massage Gift Certificate

Massage Therapy has many benefits, one of them being that it can help reduce stress and anxiety by relaxing both mind and body. The gift of massage is always appreciated - and might I recommend making it a 90 minute treatment? Trust me, you won't regret it! Google is a great tool to find a local massage therapist or ask a friend for a referral to a good therapist in your area.



### At-Home-Massage Bundle

The "How-To Massage" Book  
<https://amzn.to/3Wgf3Gw>

Massage Table  
<https://amzn.to/3Yegbw5>



\$16



\$232

Make your own "At-Home-Massage" Bundle with all of my favorite essentials. You'll need a massage table and a How-To-Book; the bolster, table warmer and fleece pad are just for comfort, but highly recommended!



\$60



\$110

Bolster for comfort  
<https://amzn.to/3FMf9A2>

Massage Table Warmer & Fleece Pad  
<https://amzn.to/3uOHIMA>

### Massage Oil

I will only recommend the best massage oils on the planet. These are what I have used in my massage therapy practice for years and they are the absolute best! V-6 has no scent but essential oils can be added to it for a nice aroma massage; Cel-Lite has a fruity/peppery smell that is divine; Ortho Sport and Ortho Ease are great if you're experiencing some soreness before or after your massage.

<https://www.youngliving.com/us/en/referral/1796271>



\$49/each



\$35

### Thera Cane Trigger Point Massager

This is such a great tool to use between massage treatments. It comes apart making it a convenient travel companion. It can be used anywhere you have sore muscles and with its ergonomic design and strategically placed nodules, it's easy to use and control where ever you need relief.

<https://amzn.to/3UR2g-Jj>

**Physical therapist recommend**  
Great for breaking up tissue



**\$16**

## Stainless Steel "Scraping" Tool

Made from medical grade stainless steel, this tool is used in Instrument Assisted Soft Tissue Mobilization - IASTM. Scraping - aka Guasha - is a form of traditional Chinese medicine in which instruments are used to scrape the skin over sore muscles to increase circulation to the area. This is another great tool to use on yourself when you are feeling the stress build up in your neck and shoulders.

<https://amzn.to/3WcCIYf>

## Silicone Cupping Set

Cupping uses suction to "pull" old blood out of fibrotic tissue to aid in healing, reduce soreness, and assist in returning soft tissue to its normal state of function. Lure has THE best silicone cups on the market, in my opinion, and are a hit in my massage practice.

<https://amzn.to/3iZ6eT8>



**\$34**

Everyday Glow Bundle  
**\$125**



**\$175**

Premium Starter Bundle  
CBD



## Essential Oils

Another excellent gift is an essential oil bundle from Young Living. The oldest essential oil company in the nation, Young Living has been delivering the highest quality essential oils since 1993. With the purchase of a bundle, you'll also be giving your stressed friend/loved one lots of relaxing oils and the ability to save 24% on additional purchases for 12 months. The gift that keeps on giving!

<https://www.youngliving.com/us/en/referral/1796271>



**\$165**

Premium Starter Bundle

## Portable Massage Stone Warmer Set

This is the same set that I have at my office and it can be taken anywhere with you. Give yourself a hot stone massage while on break at work. I recommend setting the temp to 120 degrees, oil up the stones, then massage them over tight muscles, feeling the tension melt away.

<https://amzn.to/3j217nG>



**\$100**

PACKAGE CONTENTS



**\$198**

## Theragun Prime

The Theragun is geared more toward the athlete or person who enjoys a really deep tissue massage. Ease pain and tension away with this percussion therapy.

<https://amzn.to/3hivymB>

## Still Point Inducer

This simple device can have far-reaching effects when it comes to releasing accumulated stress and relaxing the Autonomic nervous system. The still point inducer also can have a beneficial effect on acute and chronic musculoskeletal problems, including degenerative arthritis. In addition, it can be used to reduce congestion, swelling, headaches, anxiety, and overall tension. This is an amazing little gadget that I highly recommend to anyone!

<https://amzn.to/3FpNxQ2>



\$33

## Reading & Meditation

Learning techniques to reduce stress in life is key. "Relaxation and Stress Management Made Simple" by Silvana Siskov outlines 7 strategies to calm your mind and improve your life. <https://amzn.to/3j3MNZr>

Another amazing stress-reducing technique is meditation. If you aren't good at sitting still or calming your mind, try this free 15-minute guided meditation on Prime Video.

<https://amzn.to/3Fsad2L4>



## Stretch Out Strap

Stress can cause the muscles to tighten and become tense, leading to pain, especially in the neck, shoulders, back, and head. Stretching can help loosen muscles that have tightened in response to stress and help the body recover from stress. The Stretch Out Strap includes an exercise book to show you how to use the strap to stretch the different muscles of the body.

<https://amzn.to/3uMIYKz>



\$16

Since receiving my massage therapy certification in 2003, I have continued to expand my knowledge of the human body and how it works, constantly filling my brain with new info in order to meet the needs of each individual client. Every day, I see the toll stress takes on the human body. I typically see a client once a month for 60 minutes. I do what I can to promote relaxation in that time however I wanted to come up with a list of things the client can do during the remaining 719 hours in the month. I hope you find this info useful for you or your stress-filled friend/loved one!



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