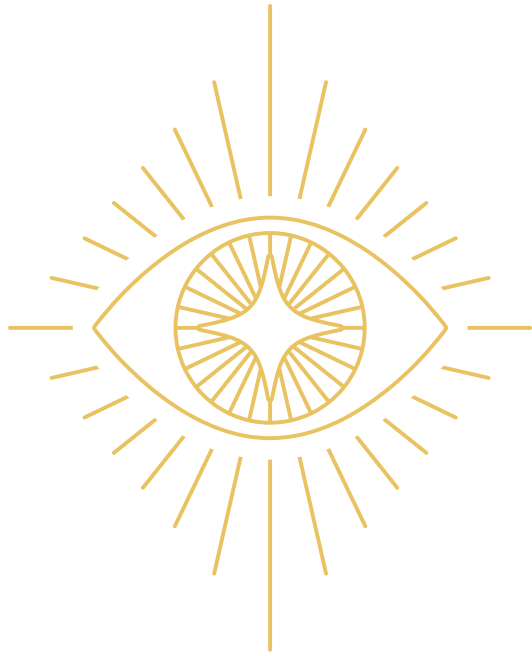


MOTHER'S DAY GIFT GUIDE

For Mom by Moms



INTUITIVE MEDIUM READING

***Jaimie Fox** is a brilliant intuitive medium and channeler. "Before every session I get quiet and clear in order to listen and channel. Typically I hear bullets of info/topics or full on sentences, A loved one, guides, angels, masters, or entities will step in and I write. When the session begins I'll rattle off what I heard/saw/felt and we get going!"*

You can find Jaimie on Insta:

@divine.alignment.nashville

AT HOME BARRE AND MEDITATION

***Solo Barre** serves clients both virtually + locally in Monmouth + Ocean, NJ. With our practice of barre, meditation, breathwork + reiki, we strive to provide you a full mind, body wellness connection.*

*Find Solo Barre on Insta: **@solo.barre***



MONTHLY WINE CLUB

*Join **Drink with Annie** monthly wine club and receive a curated selection of three wines each month. Along with the wines, each box will come packed with information: detailed tasting notes, suggested food pairings and recipes, and invitations to virtual tastings.*

You can find Annie on Insta:

@drinkwithannie



LYRICAL MAMA

***Tricia Fox Music** is a singer-songwriter, master of applied positive psychology, and thought leader in lyrics and well-being. She has created gorgeous encouragement cards with lyrics from her album *The Gathering* (songs for mothers). Shop cards here:*

<https://www.triciafoxmusic.com/shop> and her album can be found anywhere music is heard.

Find Tricia on Insta: [@triciafoxmusic](#)

FARM TO HOME

***Strega Luna Farm** is an herb farm in Vermont that grows all the magical plants used in their amazing products. Check out their gift boxes, like the "New Moon" with aromatic ritual bath soak with hand selected mixed salts, dried flowers, essential oils with a pinch of citric acid for fizz to add to the magic. Choose from Rose Lip, Soothing Headache, or Anointing Roll-on Oils and indulge in local goodies like chocolates and maple syrup candies.*

You can find Strega Luna on Insta: [@strega.luna.postpartum](#)



MOTHER'S TINCTURE

*Shop **Flower Power** for organic & wildcrafted medicinal plants, tinctures, salves, essences, oils, workshops & more! They highly recommend the *Motherwort Tincture*, a wonderful postpartum herb; it's like getting a hug and is great for heart issues and palpitations and anxiety.*

Find Flower Power on Insta: [@flowerpower_nyc](#)



PERFECTLY STOCKED PANTRY

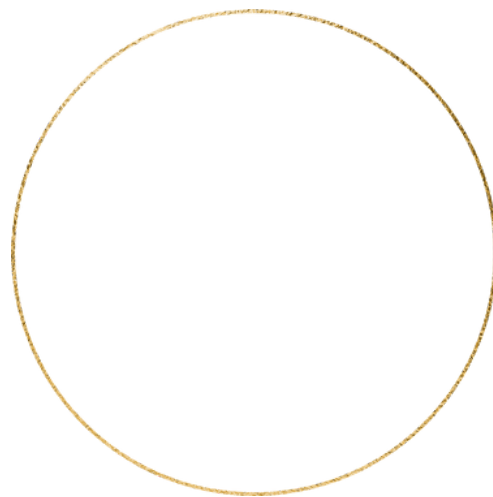
***SOS Chefs** is an East Village spice mecca offering the highest quality goods to satisfy professional chefs and avid home cooks alike. Check out the Essentials Kit: "everything you need for a well stocked pantry: onion powder, garlic powder, cumin, coriander, turmeric, sumac, sweet paprika, cayenne, cardamom, EVOO, Champagne vinegar, grey sea salt, and tellicherry peppercorns.*

Shop SOS here: sos-chefs.com

MOTHER WELL

*Kelly Van Zandt is the author of **Powerful Postpartum, Exploring the Spiritual Significance of Early Motherhood**. I now offer a six week online series, **Integral Mother, Calming the Mind to Connect with Spirit**. Each week we meet to chat about one of the six foundational concepts of inner discovery and illumination: **Service Connection Clarity Study Practice Devotion**. Perfect for the mother curious about her spiritual life or well on her way on a wellness or yoga journey.*

Visit: <https://www.kellyvanzandt.com/contact-me>



INSPIRED JEWELRY

*As a NYC artist, **Serena Van Rensselaer**, returned to her childhood fascination inspired by her grandmother's jewelry collection. She brings her amazing designs to life using her favorite tools, her hands. You can view all of her collections on her site: <https://www.serenavr.com/>*