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# The season for giving

It's the time of year to be jolly but sometimes Christmas shopping can be maddening. Try Mind&Body's ideas for merry gifts.

It's not hard to inject a little good health and happiness into your Christmas gifts. With a little thought, presents for your loved ones this year can come with a positive vibe.

How about items that promote a healthy, active lifestyle and utilise the great outdoors? What about gifts which allow for a little personal pampering? Or even something environmentally friendly, be it recycled or planet-conscious?

## GIFTS FOR HIM

1. West Surf Labs Lite wetsuit \$450, from selected surf stores.
2. The Body Shop Men's Feldover Box \$19.95, from The Body Shop stores.
3. Oxfam Conserve Recycled Document Bag, made from recycled plastic bags \$6.95 from Oxfam in Perth and Fremantle.
4. Sazenger 5000 table-tennis table \$249, delivery charges apply, from Myer.

## GIFTS FOR HER

1. Country Road bright raspberry woven check tote, \$59.95, stockists: 1800 801 911.
2. Australian Geographic shower digital timers, to promote water-saving habits, \$14.95 each, from Australian Geographic stores.
3. Spalding boxing gloves, \$30, from Spalding at Target stores, stockists: 1300 130 000.
4. 2010 Positive Changes diary, containing an enviro tip each week, 100 per cent recycled paper, \$19.95, from Kikki.K, enex100, Perth.

## GIFTS FOR CHILDREN

1. Sunny Life soccer balls, \$29.95, from David Jones, and Empire in Highgate.
2. Hasbro Giraffalaff Limbo game, \$39.95, from major department stores and leading toy stores.
3. Bokido animal jumping ropes, \$9.95 each, assorted styles, from Baby Road in Booragoon and Baby Expo in Morley.
4. WeeRide balance bike, \$89.95, list of WA stockists at [www.weeride.com.au/WA-Stores/WA.html](http://www.weeride.com.au/WA-Stores/WA.html)

COMPILED BY  
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## WIN!

Go green with your Christmas by giving eco-friendly Ecosilk Bags, valued at \$6.95 each or \$39.95 for a pack of six. Mind&Body and Ecosilk Bags Australia are offering five readers the chance to win an Ecosilk pack. Write your name and address on the back of an envelope and post it to: Mind&Body Ecosilk competition GPO Box 2908, Perth 6800. Competition closes on Monday.

CHRISTMAS GIFTS

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