

**Prevention**

**2007**  
**Gift-Giving**  
**GUIDE**



The *Prevention* staff has put together this guide to help you find gifts that inspire health, fitness, and a season of smiles. Each item is available on the Internet. Just click on the Web address, order the gift, and put a check mark after another name on your list.



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# THE GIFT OF GOOD FOOD

## BREW ON THE GO

The 10-ounce Liquid Solutions **Tea-Zer Brewing Mug** makes it a snap to enjoy your favorite tea anywhere. Drinking more tea means getting more antioxidants; and that translates to better heart health. Just place tea bags—or even loose tea—in the stainless steel brewing basket to steep. Remove the basket, and you can use the tumbler for other hot or cold beverages. Perfect for the tea drinker on your list. **\$10; [ems.com](http://ems.com)**



## CAKE WALK

For kids of all ages, **Sili-Feet silicone baking cups** are just too cute to resist. Filled with plain muffins or with cupcakes topped off with decorative faces and bodies, this hilarious bake-ware says, “The party’s here!” These reusable cups can also serve nuts or individual desserts. **\$10 for a set of 4; [surlatable.com](http://surlatable.com)**



## DIPPITY DO

This cluster of colored spoons is begging to get cookin’! **Dipping Measuring Spoons’** long handles make it easy to reach deep into the baking soda box or to scoop spices from a jar. When you’re not meting out ingredients, hang this little bouquet of brightness someplace where it will be seen. **\$8; [spoonsisters.com](http://spoonsisters.com)**



## OLD-FASHIONED TASTE IN NEW TIME

Looking for a family gift? Everyone loves homemade ice cream. And the ultraspeedy **Cuisinart Classic Frozen Yogurt-Ice Cream & Sorbet Maker** cuts everyone’s least favorite part: the waiting! Add the ingredients, flip the switch, and in as little as 20 minutes, the fully automatic machine will deliver 1½ quarts of heavenly dessert! Dive right in! More than two dozen recipes for ice creams, frozen yogurts, sorbets, sherbets, and slushy drinks are included. Note: Replace some or all of the heavy cream in the ingredients list with fat-free half-and-half, and you’ll cut the fat calories by up to a fifth. **\$60; [surlatable.com](http://surlatable.com)**





## HEY, YOU AT THE COMPUTER: CHILL!

Sipping a cold drink can keep things chugging along—especially when someone spends many hours in front of a computer. The portable **CoolIT USB Beverage Chiller** plugs right in to a computer USB port and keeps cold drinks at a pleasant 45°F. Give the gift that means no more watered-down iced coffees and helps make drinking eight glasses of water a day a reality! **\$40; [redenvelope.com](http://redenvelope.com)**



## SEAL THE DEAL

Pop the cork on a fine red wine and drink a glass daily—that's sound medical advice, since the resveratrol in the wine has been shown to protect heart health. Problem is, it's hard to keep the rest of the bottle just as rich and flavorful because of the air that slips in after it's been opened. But **Wine Vac Wine Bottle Vacuum Seal** can save the day! When you place it on the bottle, this special cap automatically starts pumping out the air and then tells you when the seal is complete. Bonus: The LCD thermometer reading (suggested temperatures are listed on the back) lets you know the wine is at its optimal temperature. A real find for friends who enjoy wine.

**\$35; [sharperimage.com](http://sharperimage.com)**



## CHEERS FOR GREEN!

Makes sense: Rescue a Bordeaux bottle that's on its way to the landfill, chop off the top, and—voilà—make the bottom into a lovely drinking glass. Etched with leafy designs and “protect our earth” in four different languages (English, Spanish, French, and Afrikaans), this glassware is stylish as well as ecofriendly. And near the bottom of each of the **Protect Our Earth Glasses**, you'll find the original molding mark of 750 ml size, a reminder of its origin. This unique gift will grab everyone's attention. **\$40 for a set of 4; [uncommongoods.com](http://uncommongoods.com)**

# THE GIFT OF A HAPPY EARTH

## RECYCLED CONTENT WITH FRESH STYLE

Eye-catching, sturdy, dishwasher safe, and in four convenient sizes—what more could you ask for? How about beautifully recycled? That's right, the retro-looking **Zak Confetti Mixing Bowls** are made of recycled melamine. These cheery bowls will add pizzazz to any table. Plus they'll instantly spark conversation about Mom's—or Grandma's—old kitchenware. **\$30 for a set of 4;** [laprimashops.com](http://laprimashops.com)



## HOME SWEET HOME PLANET

This gift bag is ideal for anyone who is setting up their own digs for the first time—or trying to make their home more ecofriendly.

According to Seventh Generation Inc., if every household in the United States replaced one 100-ounce bottle of ultra petroleum-based liquid laundry detergent with Seventh Generation's vegetable-based detergent, "we could save 560,000 barrels of oil, enough to heat and cool 32,000 U.S. homes for one year." So just imagine if each household started using *all* the products in **Gaiam's Healthy Household Gift Set by Seventh Generation**. Actually, each product features its own "if" statistic on the label, so you can have fun adding up all the ways you're helping to save the planet.

The large canvas shopping bag contains liquid laundry detergent, lavender fabric softener, citrus dishwashing liquid, a jumbo roll of natural brown paper towels, and a 30-count box of 100% recycled plastic tall kitchen bags. **\$18;** [gaiam.com](http://gaiam.com)



## SUN-SATIONAL GADGET

This ecofriendly, pocket-size charger is an ideal gift for travelers, environmentalists, PDA addicts, or that teen in your life with a cell phone seemingly strapped to her head.

Fan out the three panels of the tiny, techy **Solio Hybrid Charger** and recharge a gadget-filled life with the power of the solar rays. The award-winning device comes with removable charger tips that are compatible with Motorola, Samsung, and Nokia cell phones, a mini-USB tip, and a USB cable (think MP3 players and digital cameras). You can even hang it on a car window to take advantage of the sun's rays. Too cloudy? In that case, users can fill up a Solio with energy from a wall socket (includes connectors for four common international outlet styles).

Not only is this a reliable source of sustainable energy, but the maker of Solio, Better Energy Systems, plants trees in a biodiverse sustainable forest to make Solio a carbon-neutral purchase. Colors include silver, black, white, and pink. **\$100;** [solio.com](http://solio.com)



# THE GIFT OF GOOD LOOKS

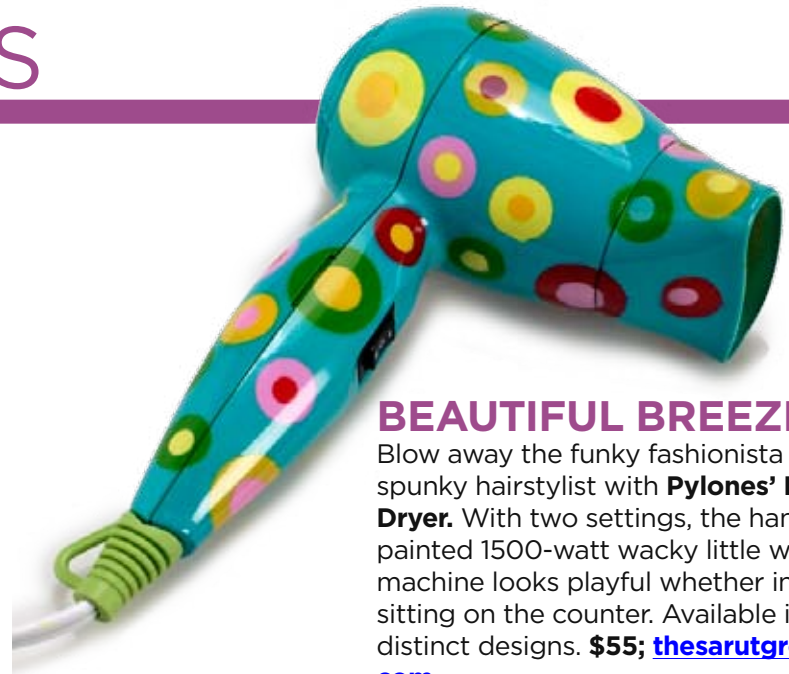
## MUST-SEE JEWELRY

Graceful, discreet, and functional, the **5X Satin-Corded Magnifying Pendant** from Gold Violin offers a bigger, better picture to your giftee. The bauble enlarges text to five times its regular size, but still looks pretty around the neck in either the butterfly or turquoise style. A stylish way to get a better look at nutrition facts and other fine print. **\$12; [goldviolin.com](http://goldviolin.com)**



## CLOTHES FROM THE HEART

These shirts sport clever motifs and inspiring phrases like “Love Is My Religion,” “Laugh Often, Love More,” and “Positive Soul Model.” And when you buy a **KarmaThreads T-shirt**, the company helps teens in need by donating a portion of the proceeds to New Outlook Teen Center (in Exeter, NH) and Stand Up for Kids (based in San Diego). For your favorite teen, sister, or friend of any age, one of these comfy cotton-and-polyester blend toppers will become a wardrobe basic. **Up to \$40; [karmathreads.com](http://karmathreads.com)**



## BEAUTIFUL BREEZES

Blow away the funky fashionista or spunky hairstylist with **Pylones' Hair Dryer**. With two settings, the hand-painted 1500-watt wacky little wind machine looks playful whether in use or sitting on the counter. Available in five distinct designs. **\$55; [thesarutgroup.com](http://thesarutgroup.com)**



## CARRY A CAUSE

Fresh from New Balance's “Lace Up for the Cure” product line, the **New Balance Yoga Duffel** sports a pink ribbon to show the company's support of the Susan G. Komen Breast Cancer Foundation. The bag features a separate deep pocket for shoes and other dirty items, elastic straps on the bottom to carry large yoga mats, and holes in the shoulder strap to hold smaller, thinner mats. The sleek design, with an adjustable Velcro strap and removable valuables pouch, means the yoga aficionado in your life will be organized and comfortable—while promoting Race for the Cure. **\$38; [newbalancebags.com](http://newbalancebags.com)**

# GIFTS FOR PETS AND THEIR PEOPLE



## FUN-LOVIN' FELINES

Originally a Web site for cat lovers to post pictures of their felines with “stuff” on top of them, the *Stuff on My Cat* site has become an overnight sensation. Photos show kitties with bored, bemused, and cranky expressions while beneath everything from plastic crowns to plates of food. T-shirts, calendars, postcards, and a book are some of the featured products. We suggest **Stuff on My Cat Note Cards** as a gift or to keep to share sentiments for birthdays, housewarmings, weddings, or any other occasion that calls for big Cheshire grins. **\$14; [stuffonmycat.com](http://stuffonmycat.com)**



## DOGGIE DESIGNER BAGGAGE

In countless chic colors to match any puppy's style, **Bon Ton Cleanup Kits** make poopy pickup convenient and compact. Simply clip the bone-shaped baggy carrier onto the leash or the walker's belt loop and head out the door for a heart-healthy stroll. A dream gift for the fashion-forward dog owner. **\$13; [muttropolis.com](http://muttropolis.com)**

## FOR THE POOCH PAMPERER, NATURALLY

The extra-environmentally conscious toiletries manufacturer All Terrain Company, which offers cleansers and spa items, crosses over into pet territory with a new product. **Paw Saver** moisturizes and soothes puppy's rough paw pads with nature's best remedies—calendula flower extract, rosemary, lavender, beeswax, and more. Always made with all-natural ingredients and packaged with recyclable, biodegradable, and/or recycled material, All Terrain ensures totally guiltless spoiling for a lucky Lab, seasoned sheltie, or tuckered-out terrier. **\$7; [allterrainco.com](http://allterrainco.com)**



# THE GIFT OF PLAY



## SOMEONE TO WATCH OVER ME

Make sure a lucky lady in your life gets a chic, purse-size pal for shelter from the storm. Adorable both open and closed, **Rain Parade umbrellas** come in eight different colors and characters, all with delicate expressions and cute little rain boots as a handle. **\$25; [thesarutgroup.com](http://thesarutgroup.com)**



## GROW SOME CHARACTER

These whimsical characters bring smiles to kids and grown-ups alike. Made of biodegradable latex, **Plant Me Pets** are squeakable, rubbery friends. And married with the fun is function: Each 4- to 6"-tall pet has two seedy eyes. So when the novelty of playing with the pumpkin, melon, or tomato pal has worn off, the dude can be dunked headfirst into the soil and watered over its upturned toes to blossom into a new phase of life. A neat way to bring the concept of gardening to children or to add a little character to a grown-up patch. **\$15; [perpetualkid.com](http://perpetualkid.com)**

## WATCH THEIR EYES LIGHT UP

Everyone can use a small but mighty flashlight. Whether you're searching for lost items under car seats, climbing unlit stairs, or fumbling for a keyhole in the dark, a **Photon Freedom Micro** will quickly become your favorite key-ring accessory. With its LED technology, this tiny, water-resistant marvel can flood a space with all the light you need. Simply hold the button to adjust from normal light to four different strobe levels. And the hands-free swivel clip allows creative placement—in a tent, on the brim of a hat, on a book, or anywhere else a reliable source of light is needed. Available in a wide range of colors. **\$20; [photonlight.com](http://photonlight.com)**



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Project writer: Katie Becker  
Project researcher: Kathleen Kach  
Copy editor: Alice Mangum Perry

Designer: Judy Ross  
Photographer: Tom MacDonald  
Photo editor: Stephanie Taylor