GIFTS WORTH GIVING

THE Well KNOWN
PODCAST
WELLNESS WORTH KNOWING

WELLNESS HOLIDAY
GIFT GUIDE 2026

CURATED BY
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HI, FRIENDS

A NOTE BEFORE YOU SHOP

If I'm obsessed with something, I want to learn everything about it. That curiosity is how I ended up in wellness, and it's why I'm always discovering new products, therapies and technologies, usually in conversation with my clients at Organic Edge and Regenerative Wellness.

This isn't a list of whatever happens to be trending. Every gift here is something I genuinely love, use, or find interesting, and I'll tell you why it made the list and who I think would love it.

A few things I believe about gifting: a small, everyday luxury can feel more special than one big present. I'm known for putting together little collections of my favorite things instead of one gift at the same price. And an experience, or time for someone to do something for themselves, can mean more than anything wrapped.

When you can, support small businesses and independent founders this season. As a small business owner myself, I know how much it means.

Happy shopping. Be well.

SHANNON

A THOUGHTFUL GIFT DOESN'T HAVE TO BE EXPENSIVE.

INSIDE

1. Little Luxuries
2. The Skincare Edit
3. Rest & Ritual
4. The Travel Sleep Basket
5. Keepsakes & Experiences
6. The Movement Basket
7. Recovery & Light
8. The Investment Pieces
9. My Supplement Dispensary
10. Deals at a Glance

ABOUT THE DEALS

Every deal in this guide was checked on the brand's own site on November 18, 2026. Sales change fast, so confirm at checkout. Black Friday is November 27; Cyber Monday is November 30.

Some codes in this guide, like WELLKNOWN, are affiliate codes, which means I may earn a commission at no extra cost to you. I only share things I genuinely use and love.

LISTEN

Hear the full episode, plus my conversations with Dria Murphy and Dr. Jigar Gandhi, at thewellknownpodcast.com.

LITTLE LUXURIES

SMALL GIFTS THAT FEEL BIG

Sometimes the smallest gift feels the most luxurious, especially one they'll reach for every day.



Pistachio Milk Latte Lip Treatment

IOTA × TÁCHE

$28

The cool metal tip, the pistachio-latte scent, the whole ritual of it. I received three of these last Christmas and used every single one to the last drop. Credit to Dria Murphy (episode 3) for the introduction.

Gift it to: Stocking stuffer for anyone who always has something on their lips

Shop iotabody.com →

by dria

A YEAR OF CURATED SURPRISES

by dria Membership

DRIA MURPHY

Membership tiers vary

A gift that keeps arriving all year: a monthly gift from a brand Dria loves, plus her curated guides and member events. When I get the text that a package is coming and I didn't order anything, I know it's my by dria gift.

Gift it to: The person who has everything

Shop bydria.com/club →

THE SKINCARE EDIT

WHAT I'D PUT IN A SKINCARE BASKET

I'd rather give $200 of my absolute favorites than one $200 gift. These are exactly what I'd put in that collection.



Turmeric Brightening & Exfoliating Scrub + Mask

KORA ORGANICS

$54 (100 ml)

I've used this for years. It's a two-in-one scrub and mask that turns an ordinary night into a 10-minute at-home facial, and the gold tube is gorgeous on a counter.

Gift it to: Anyone who needs permission to take 10 minutes for themselves

Shop koraorganics.com →



Strawberry Rhubarb Hyaluronic Serum

EMINENCE ORGANIC SKIN CARE

About $55–58

An oldie but a goodie, and a hydration-first serum for winter skin. It smells amazing (my husband loves it). Eminence is a professional line, so buy it from your local esthetician if you can.

Gift it to: The skincare lover who already has the latest actives

Shop eminenceorganics.com →



OS-01 BODY Moisturizer

ONESKIN

$105 · $90 with subscribe & save

For years, clients asked me what to do about crepey skin on their body, and I had no answer outside of in-office treatments. Then client after client raved about this peptide moisturizer, so I got on board.

Gift it to: The biohacker and longevity-curious skincare person

Every day · Subscribe & save 15%

Shop oneskin.co →



Cryo Facial Tools, Set of Two

CRYO STICKS WITH TRAVEL CASE

See Amazon for current price

My at-home version of our cryo facelift. I keep mine in the freezer and use it along my jaw and cheeks before every podcast recording. Pair it with a cryofacial at Organic Edge for the pro-plus-home combo.

Gift it to: Anyone who likes a simple daily ritual

Shop on Amazon →

REST & RITUAL

THE GIFT OF A PERFECT NIGHT'S SLEEP



De-Stress Magnesium Duo

NEOM WELLBEING

$68.25 on sale (worth $91)

You know I love magnesium. A Real Luxury Magnesium Bath Milk and Body Butter in lavender, jasmine and sandalwood: think of it as gifting a warm bath, a rich body butter and a little space between the day and sleep.

Gift it to: The friend who's stressed and needs to put the phone down

On now · 25% off on us.neomwellbeing.com

Shop us.neomwellbeing.com →



Signature Hemmed Sheet Set

BOLL & BRANCH

From $279 (queen)

My favorite sleep hack is non-toxic sheets. These are 100% organic cotton sateen: soft, luxe, and made from what you'd actually want next to your skin for a third of your life.

Gift it to: Newlyweds, a new home, or anyone who appreciates quality

Shop bollandbranch.com →

THE TRAVEL SLEEP BASKET

MY FAVORITE GIFT THIS YEAR

New room, bright lights, a glowing dot on every electronic, and not your pillow. Here's how to help your favorite traveler build an out-of-house sleep ritual.



Selene Organic Silk Eye Mask

COYUCHI

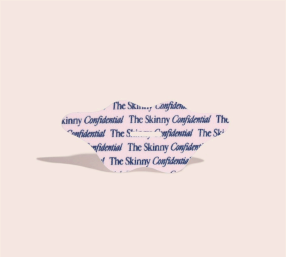
$88

I have a sensory issue with things on my face, and I still love this one. It's 100% GOTS-certified organic silk, blocks light without feeling tight, and comes with a matching travel bag.

Gift it to: Light sleepers and constant travelers

New customers · 20% off first order; 25% off bundles

Shop coyuchi.com →



Mouth Tape

THE SKINNY CONFIDENTIAL

About $35–42 (30 tapes)

My mouth tape of choice for the basket, in a little tin for the nightstand. As always, check with your physician before trying something new like mouth taping.

Gift it to: The nasal-breathing, sleep-optimizing friend

Shop shopskinnyconfidential.com →



Brooklyn Blue Light Blocking Glasses

BON CHARGE

About $130

Designed for the evening wind-down. BON CHARGE publishes its lens test results and says these block blue and green light from 400 to 550 nm, which is exactly what you want in a bright hotel room before bed.

Gift it to: Anyone on screens at night

My affiliate code: **WELLKNOWN**

Shop boncharge.com →



LightDims Black Out LED Covers

LIGHTDIMS

Under $15

My husband and I used to travel with a roll of tape so he could cover every glowing dot in the hotel room. Now there are stickers made for it, and nobody's peeling glue off the TV.

Gift it to: The light-sensitive traveler (me)

Shop lightdims.com →

KEEPSAKES & EXPERIENCES

SOMETHING TO WEAR, SOMETHING TO REMEMBER



Thread Hoops

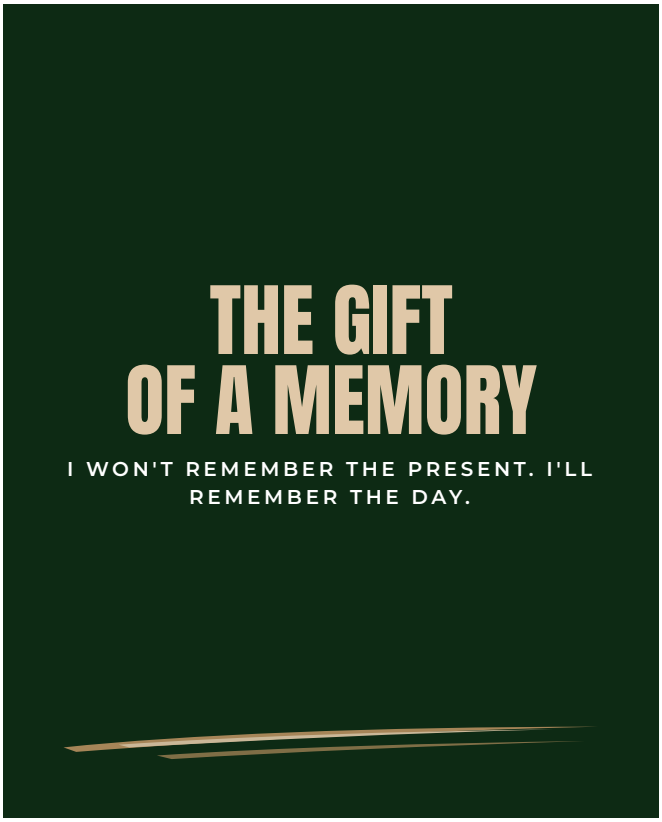
JENNIFER FISHER

From $140

I've worn these on almost every episode. Thin, light, and my everyday go-to. If you want to gift quality jewelry that won't break the bank, these are it. They don't call her the queen of hoops for nothing.

Gift it to: Anyone who wears the same jewelry every day

Shop jenniferfisherjewelry.com →



A Gift Certificate from an Independent Practitioner

EXPERIENCES

Any budget

Every holiday my mom and sister get an experience from me: sound healing, crystal healing, astrology or psychic readings. One of my favorite gifts ever was a cooking class from my Aunt Margaret. And if you'd trust me with your people, I'd love to welcome them at Organic Edge (Southampton & Park City) or Regenerative Wellness (Huntington).

Gift it to: The memory person

yourorganicedge.com →
regenerativewellnessli.com →

THE MOVEMENT BASKET

FOR THE GIRLY WHO LOVES TO WORK OUT

The P.band and the cup make a cute movement basket on their own. Add hydrogen tabs and electrolytes and it's complete.



P.band

PVOLVE

$44 · showed sold out solo on Nov 18; also in PVOLVE bundles

Thanks to my friend Rachel Katzman, founder of PVOLVE, this has become my recovery workout alongside high-intensity classes. Tiny, light, and it packs a punch. My husband, who lifts heavy, was impressed.

Gift it to: The traveler who doesn't want to skip resistance training

Black Friday · 20% off sitewide with code BF20, plus a free gift with bundles



Era 40 oz Tumbler

BRÜMATE

About $45–48

My sister introduced me to this after I sent her a photo of yet another water spill walking into Organic Edge. It's leakproof, comes apart for the dishwasher, and goes everywhere with me.

Gift it to: Anyone carrying too much (so, everyone)

Shop brumate.com →



Molecular Hydrogen Tablets

H2TAB

$29.95 (30 tablets)

I use these daily and I don't fly without them. Drop one in water and it fizzes into hydrogen water. They belong in the movement basket and the travel basket.

Gift it to: The frequent flyer and the daily-ritual person

Black Friday · "Biggest sale of the year" early access opened Nov 18

Shop drinkh2tab.com →



Electrolyte Packets

SUPERIEUR ELECTROLYTES

About $14 (14 packets)

Shout out to Seth: this is a local Hamptons brand. Plant-based electrolytes with pink Himalayan sea salt and vitamin C from acerola, a lighter touch of sodium than many mixes, and they taste amazing.

Gift it to: The girly who loves to work out

Shop superieurelectrolytes.com →

RECOVERY & LIGHT

WELLNESS TECH, PART ONE

Some of these are bigger investments. Each one earns its place in my routine.



Hypervolt Go 3

HYPERICE

$149

It's in my bag right now. I'm hypermobile, so recovery is harder on me. I use it on my traps and chest in traffic, and it relaxes me fast. I've wondered whether the vibration plays a role with the vagus nerve.

Gift it to: Almost anyone; it's compact enough for any bag

Shop hyperice.com →



Pulsetto

PULSETTO

Around $250–300 (promos change often)

A wearable marketed for relaxation through gentle electrical stimulation around the neck. When I visited Dr. Jigar Gandhi's office, he was using it with almost all of his clients.

Gift it to: The gift of nervous system regulation

Shop pulsetto.tech →



LightStim for Wrinkles

LIGHTSTIM

$249

LightStim is what I use at the office (a medical-grade panel) and at home. The handheld is FDA-cleared for wrinkles, and LightStim makes separate handheld for other uses. My first LightStim was actually for my dog Molly's arthritis.

Gift it to: The red light enthusiast who wants quality at a good price

Shop lightstim.com →



Celluma FACE

CELLUMA

$795

If you want something that wraps the face and you're ready for a bigger buy, Celluma is a good one. A flexible LED panel you can relax under.

Gift it to: The at-home facial devotee

Shop celluma.com →

THE INVESTMENT PIECES

WELLNESS TECH, PART TWO



Inner Balance Coherence Plus

HEARTMATH

$249

Joe Dispenza introduced me to HeartMath, and a client who's a HeartMath practitioner got me to buy it. It gives you real-time heart-rhythm feedback. The goal isn't being calm all the time; it's learning to come back to center.

Gift it to: Anyone curious about stress, breath and the nervous system

Black Friday · 30% off Inner Balance

My affiliate code: **WELLKNOWN**

Shop heartmath.com →



BrainTap Headset

BRAINTAP

Investment piece · headset + app

This changed my life. Light and sound through the ears and eyes plus an app of guided sessions (I love the dual-voice ones). After 22 years of meditating as a struggle, I can finally drop in.

Gift it to: The busy brain that can't switch off

Shop braintap.com →



Somavedic Vedic Gen. 2

SOMAVEDIC

$1,099

I have one in every office and at home. Somavedic describes its devices as harmonizing the environment, including EMF, and structuring water. Water quality matters deeply to us at Organic Edge and Regenerative Wellness.

Gift it to: The wellness investor who's building a home sanctuary

Shop somavedic.com →

MY SUPPLEMENT DISPENSARY

FULLSCRIPT · BLACK FRIDAY

Fullscript is the professional-grade supplement dispensary I use with my clients at Organic Edge. For Black Friday, my whole store is on sale.

20% OFF SITEWIDE

+ Free shipping on orders $50+

NOVEMBER 27 – DECEMBER 2 · NO CODE NEEDED

Shop my dispensary →

1 Open my store
Use my link to get to the Organic Edge dispensary on Fullscript.

2 Create your free account
Sign up as a patient in my dispensary. It takes a minute.

3 Shop the sale
The discount applies automatically. It ships straight to your door.

Shop: us.fullscript.com/s/organicedge/shop

NOT MEDICAL ADVICE. Talk with your physician or another qualified healthcare provider before starting any new supplement.

DEALS AT A GLANCE

CHECKED ON EACH BRAND'S OWN SITE · NOV 18, 2026

GIFT	OFFER	AFFILIATE CODE	SHOP
Fullscript · Organic Edge My Supplement Dispensary	Black Friday · 20% off sitewide + free shipping on $50+ · Nov 27–Dec 2 · no code needed	–	Fullscript store
HeartMath Inner Balance Coherence Plus	Black Friday · 30% off Inner Balance	WELLKNOWN	heartmath.com
BON CHARGE Brooklyn Blue Light Blocking Glasses	No sale posted yet	WELLKNOWN	boncharge.com
PVOLVE P.band	Black Friday · 20% off sitewide with code BF20, plus a free gift with bundles	–	pvolve.com
NEOM Wellbeing De-Stress Magnesium Duo	On now · 25% off on us.neomwellbeing.com	–	us.neomwellbeing.com
H2Tab Molecular Hydrogen Tablets	Black Friday · "Biggest sale of the year" early access opened Nov 18	–	drinkh2tab.com
Coyuchi Selene Organic Silk Eye Mask	New customers · 20% off first order; 25% off bundles	–	coyuchi.com
OneSkin OS-01 BODY Moisturizer	Every day · Subscribe & save 15%	–	oneskin.co

No Black Friday offer was posted yet for the other brands when I checked. Many announce theirs the week of November 23, so it's worth a second look before you buy.

BUILD A BASKET

The Skincare Basket

KORA mask · Eminence serum · cryo tools · iota lip treatment

The Travel Sleep Basket

Coyuchi silk mask · mouth tape · BON CHARGE glasses · LightDims · H2Tab

The Movement Basket

P.band · BrüMate Era · H2Tab · Superieur electrolytes

THANK YOU FOR BEING HERE.

New episodes every Wednesday at thewellknownpodcast.com. Share this guide with someone who's shopping for you; maybe it'll give them a few hints.

NOT MEDICAL ADVICE. This guide is for educational and informational purposes only.

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