

NATURAL AWAKENINGS LANCASTER-BERKS PRESENTS:

# THE 2021 HOLIDAY GIFT GUIDE

CULTIVATING WELLNESS, SUSTAINABILITY,  
CREATIVITY AND A THRIVING LOCAL COMMUNITY

by Lauren Sophia Kreider

**A**t a time when the world's challenges may feel insurmountable, supporting local artisans and businesses is a simple way to make a big impact this holiday season. Lancaster and Berks counties are home to a vast array of small businesses, talented artisans and resilient entrepreneurs that have weathered the storm brought on by a fierce global pandemic.

From handcrafted, fair trade rugs and international home goods to locally crafted essential oils, chai tea and pet treats, and spas offering guided meditation, salt therapy and shamanic therapies, there are plenty of eco-friendly, wellness-driven, handcrafted items from which to choose. The Gifts That Give Hope alternative gift fair, held on December 12, enables attendees to donate money to charitable organizations in their loved one's name and features vendors selling fair trade, socially conscious, handmade goods.

We've highlighted just a few of the many locally run businesses committed to quality merchandise and services and supporting local artisans and creatives, nurturing wellness and empowering the local and global communities.

GIVE GIFTS. GIVE HOPE. CHANGE LIVES.

GIFTS THAT  
**GIVE HOPE**  
**ALTERNATIVE  
GIFT FAIR**  
LANCASTER, PA

JOIN US IN PERSON THIS YEAR!

## SAVE THE DATE

SUNDAY | DECEMBER 12, 2021 | 10 A.M. TO 3 P.M.

@ FARM & HOME CENTER

1383 ARCADIA ROAD, LANCASTER, PA 17601

MORE INFO:

[GIFTSTHATGIVEHOPE.ORG/LANCASTER](http://GIFTSTHATGIVEHOPE.ORG/LANCASTER)



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## L'CHAI'M

### Bringing Health to People in an Accessible Way

Jenny Schulder has carefully crafted her chai over the course of 10 years, giving it the name L'Chai'm, which translates to "to life" in Hebrew. Schulder seeks to make healthy living accessible and fun through down-to-earth gatherings at local shops and studios, serving her chai masala as she educates on wellness topics. L'Chai'm chai is available online and in Lancaster City at Blade and Spade, Radiance, Lemon Street Market, Nature's Intuition, My Aunt Debbie, Move It Studio and Ellister's Elixirs.

Schulder says, "Health is something that can be cultivated through the conscious choices that we make each and every day and starts by building good habits. It does not have to be expensive or feel out of reach."

For more information, visit [JennySchulder.com](http://JennySchulder.com).

## THE SALT LOUNGE

### An Oasis of Wellness

Offering salt therapy sessions, guided meditation, massage, reflexology and reiki, The Salt Lounge is passionate about nurturing wellness and health in their clients. During a 45-minute salt therapy in specially designed halo chambers, clients rest in lounge chairs and breathe dry salt aerosol. Salt therapy is believed to benefit those with such conditions as sleep apnea, eczema, allergies, asthma, sinus infections and more. It is available for groups of up to six people and perfect for date night or a girl's night out.

The Salt Lounge features Paisley and Company bath products, Raaka unroasted chocolate, salt lamps and Plant People supplements. A special of three salt sessions for \$45 is offered for all new clients. Gift certificates are available for purchase and make an ideal holiday gift.



Location: 4 Wellington Blvd., Ste. 110, Wyomissing. For more information, call 610-743-4613, email [Info@TheSaltLounge.net](mailto:Info@TheSaltLounge.net) or visit [TheSaltLounge.net](http://TheSaltLounge.net).



## NAUGHTY OR NICE



### Mention this ad to receive:

- \$100 gift card for \$90
- \$200 gift card for \$175
- \$300 gift card for \$250

Gift cards can be redeemed starting Jan 1, 2022. Gift card purchases are redeemable for the following categories: Retail, Sanctuary Spa Services, and Shamanic Healing with Jocelyn or Liz. Excludes Massage Therapy and services with Alli.

2619 Leisczs Bridge Rd  
Leesport, PA

610-823-4410  
[SoulCenteredWellness.org](http://SoulCenteredWellness.org)

MYSTICAL BOUTIQUE is open:  
Wed 11-6 | Thur 11-6 | Fri 11-4  
Sat 10-2 | Sun 10-1



**bunyaad**  
marketplace

Fair Trade Rugs • Home Decor • Gifts

19 East Main St, Lititz  
717-721-8800 [bunyaad.com](http://bunyaad.com)

formerly the Bunyaad Rug Room  
at Ten Thousand Villages in Ephrata



Herbal Products for Wellness  
& Bodycare • Organic Clothing  
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We're open: Tue, Fri 9:30-5  
Mon, Wed, Thu 10-5

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Events and Classes

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## BUNYAAD MARKETPLACE

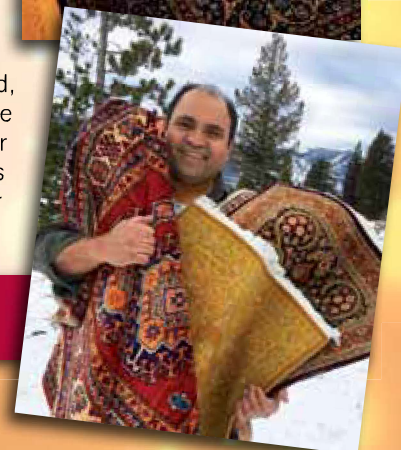
Fair Trade Rugs, Home Décor, Toys and More

Located on Main Street in Lititz, Bunyaad Marketplace features more than 1,500 hand-knotted fair trade rugs from Pakistan, made by fairly paid adults. Moving their rugs from the Bunyaad Rug Room at the former Ten Thousand Villages (TTV) store, in Ephrata, Bunyaad Marketplace opened its doors in Lititz in December 2020, adding to its rug inventory many of the fair trade lines previously sold at the TTV store, including Equal Exchange, Fair Trade Federation Friends and Burlap & Barrel.

Bunyaad Marketplace also features a full line of fair trade spices, organic baby and pet toys, jewelry, quilling cards, holiday décor and handmade kitchenware from Guatemala to the West Bank and much more.

Jenni Leister, who co-owns the store with her husband, Yousaf Chaman, enthuses, "Though items are available for purchase online, nothing replaces a visit to our store. We love when kids visit, and even have tunnels under our rugs for them to climb through while their parent shop."

Location: 19 E. Main St., Lititz. For more information, call 717-721-8800 or visit [Bunyaad.com](http://Bunyaad.com).



### Retail Store

30 E Main Street, Lititz  
Mon-Sat 10-5 | Sun 12-4

Gourmet Tools & Gadgets  
Specialty Foods  
Premium Herbs & Spices

### Cooking School

1180 Erbs Quarry Rd, Lititz  
A state-of-the-art cooking school with classes for Kids, Teens and Adults.

[www.ZestChef.com](http://www.ZestChef.com)

**SPICE UP THE HOLIDAYS**  
for everyone on  
your gift-giving list

with Gift Cards that can be used for  
cooking classes and in our retail store

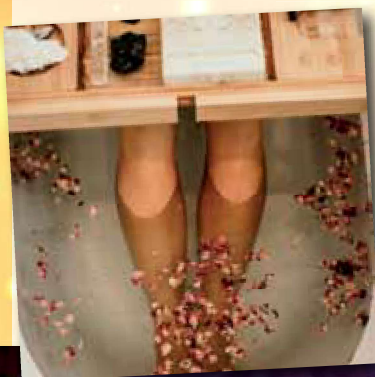


**HOLIDAY HOURS:**  
Mon-Sat 10-6 and  
Sun 12-5. OPEN  
Christmas Eve 10-2.



## THE MYSTICAL BOUTIQUE AT SOUL CENTERED WELLNESS

Full-Service Wellness and Spiritual Center and Boutique



Soul Centered Wellness, in Leesport, uses shamanic and holistic therapies to aid individuals in nurturing wholeness and healing in mind, body and spirit. The center's Mystical Boutique sells diverse handcrafted items from local artisans, as well as essential oils, ritual herbs, flowers and supplements and more than 50 types of crystal jewelry. The boutique also carries cannabidiol (CBD) tinctures, smokables, teas and pet products, plant medicines used for grounding, releasing and centering, ceremonial-grade cacao and sustainably sourced sage and palo santo.

All CBD products are 10 percent off and first-time shamanic sessions are 20 percent off through December 31.

**Location:** 2619 Leisch Bridge Rd., Leesport. For more information, call 717-269-9820 or visit [SoulCenteredWellness.org](http://SoulCenteredWellness.org).



## Holiday Spiritual & Holistic Bazaar

with **Benefit Raffle Auction**

for The Wellness Center for Pets & their People

Leesport Farmers Market Banquet Hall  
312 Gernants Church Rd • Leesport, PA

**Sat. + Sun. December 11 + 12**  
**10am to 5pm**

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**CALL OR GO ONLINE TO SCHEDULE YOUR APPOINTMENT**

Tue & Fri: 9-6 / Wed & Thur: 9-8 / Sat: 9-2 / Sun & Mon: Closed

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**Join us for the HOLIDAY OPEN HOUSE on Dec 2, 3 & 4**



## Convenience Is Overrated

### Take Time

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Feel Good



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Blade & Spade, Move It Studio, and  
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## GIFTS THAT GIVE HOPE

### Alternative Gift Fair Supports Charitable Organizations

The 14th annual Gifts that Give Hope alternative gift fair will take place on December 12 from 10 a.m. to 3 p.m. at the Farm and Home Center, in Lancaster. The event champions 30 local and global organizations committed to fighting poverty, improving health care, increasing safe and affordable housing and education, reducing trafficking and caring for the planet.

Marketplace vendors will sell fair trade, socially conscious, handmade items, and Father Christmas will read stories while Music for Everyone and Scaling Walls a Note at a Time provide live music. Food trucks will also be on hand.

Organizer Jenn Knepper says, "Everyone feels tired of consumerism and the emphasis on getting more stuff. This event is an alternative to that mindset. Your gifts are going to organizations that are important to your loved ones."



Location: 1383 Arcadia Rd., Lancaster. For more information, email

Lancaster@GiftsThatGiveHope.org or visit GiftsThatGiveHope.org/Lancaster.

## ZEST!

### A Culinary Adventure

Featuring unique items and specialty foods, Zest! kitchen store has something for everyone passionate about cooking or eating. Located on Main Street in Lititz, Zest! retails gourmet tools and gadgets, local and specialty foods and cooking classes.

The store boasts 200 spices from around the world, SMEG small appliances, Old-World Christmas ornaments, French presses, cookbooks, charcuterie boards, Lodge cast iron and Peugeot pepper mills. Gift certificates are a perfect choice for gifts for the host or hostess and the foodies. "A visit to Zest! is a culinary adventure for those who love to cook, and those who love to eat," reflects owner Sharon Landis.



Location: 30 E. Main St., Lititz. For more information, call 717-626-6002 or visit ZestChef.com.

## Lady Lynora's Gemstone Treasures & Gifts

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## OILY HOUNDS

### Wooden Essential Oil Storage Products

Oily Hounds, a small wood shop owned by nurses Mark and Angela Mohn and located in Boyertown, offers handcrafted wooden racks for organizing and displaying essential oils and other wellness products. Eight styles of racks are available, including a large wall shelf with an open back and a round table shelf in two sizes. Each piece can be customized with a choice from 25 stains. Items range in cost from \$4 to \$80.



Include the code **NATURAL** and receive 10 percent off the order. For more information, visit [Etsy.com/Shop/OilyHounds](http://Etsy.com/Shop/OilyHounds).

## BASSET & LAB

### Healthy Treats for Pampered Pets

Basset & Lab caters to canines and felines with a wide selection of bakery treats from their B&L Bistro, and provides the best in healthy, chemical- and GMO-free, non-processed, whole foods, treats, pupcakes and top-pers. They have a curated selection of the highest-quality foods and supplements and the best in durable, safe, non-toxic toys, apparel and accessories to suit the most discerning pups and kittens. Furry friends are welcome to visit the boutique, and local purchases can be delivered. "Our pets are part of our family, and we want to be sure that we are giving them a healthy, long life," says owner Alison Bowser.



Location: 1352 Harrisburg Pike, Lancaster (next to Brimmers). For more information, call 717-288-1200, email [Info@BassetAndLab.com](mailto:Info@BassetAndLab.com) or visit [BassetAndLab.com](http://BassetAndLab.com).

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