



# SCPN INSPIRED GIFTS

5.

## Gifts that unwind, nourish and motivate

Prioritising relaxation and maintaining motivation can be a challenge. Help your loved ones, colleagues and friends by giving gifts that help them unwind, detox and stay motivated. The SCPN has a few ideas for you...

## UNWIND



### **Bath oils**

**A poetry book** – humour, garden, romance, childrens

**Aromatherapy gifts** – hand creams, body oils, masks

**Sleepy time tea** and a hot water bottle

**Foot massager**

## NOURISH



**Olive oil** or great Scottish rapeseed oil

**Herb vinegars** for salads

**Nuts**

**Fruit (and veg!) baskets**

**Mixed packets of seeds**

**Spice ranges** (reduced salt)

## MOTIVATE



**Hand or ankle weights**

**Workout CD**

**Yoga mat**

**Entry to race/walk/sporting event**

**Map** with local walks

**Bright brolly** for rainy days

**Water bottle** (non-plastic)