



Top 5 Self-Care Gifts for Natural Wellness Lovers

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Self-care gifts are an excellent way to convey your love and care for anyone. It shows that you're thinking of them, and they should also take a moment to think and care for themselves.

These natural wellness tools also make great gifts for the overworked practitioner, stay-at-home mom, determined athlete, or the self-care aficionado in your life. Self-care is for everyone, right?

Would you love tried and true gift ideas for natural health and wellness? You've come to the right place because here are the five best natural wellness gifts for the holiday season.



The best part? You won't have to scramble at the last minute to find something your friends and family will use and adore.

Let's start here: can you think of anyone in your life who's complained about feeling bloated, tired, 'bunged up' or perhaps feeling stuck in their own body?

All signs point towards a lack of lymphatic drainage and flow. Now, you might be wondering... "Is there a simple natural wellness tool to help enhance lymph drainage and flow?" Yes!

5. The Castor Oil Dry Brush Kit supports lymph drainage



You see, dry brushing has been commonly used in Ayurveda for centuries as it has multiple health benefits. It's a relatively simple technique to improve blood flow, metabolism, and energy, while reducing cellulite.

Dry brushing supports lymphatic drainage¹ and detox. It also offers physical exfoliation by sweeping away dry, flaky skin.

Plus, dry brushing stimulates receptors in the skin that connect to your nervous system which may be beneficial for your mental health.

If you dry brush when you wake up in the morning it's almost like an alarm clock for your body, because dry brushing helps to gently stimulate cortisol, your alert hormone, at the time of the day when cortisol is naturally supposed to rise.

To enhance the benefits of dry brushing, it can be combined with Castor Oil, aka the Palm of Christ, as it's packed with skin-loving nutrients like vitamin E, omegas, and polyphenols² that hydrate and nourish your skin and further support lymphatic flow.

Simply apply a thin layer of Castor Oil to your skin before dry brushing for enhanced benefits. So easy, agreed?

Get them together with the Queen of the Thrones® Castor Oil Lymphatic Dry Brush Kit! Your kit comes with an easy to hold circular brush with bamboo bristles as well as a 3.38 oz (100ml) amber glass bottle of 100% pure, certified organic, cold-pressed, hexane-free Castor Oil.

Now that we've talked about waking up, what about falling asleep?

Sleep problems are far too common, agreed? The next natural wellness tool will have you and your loved ones covered!

4. Sleep helper: Castor Oil Eye Compress Kit

You might be wondering, how can a Castor Oil Eye Compress improve sleep?

Well, the Queen of the Thrones® Castor Oil Eye Compress Kit was created so you can help gently reset your sleep-wake cycle and support your circadian rhythm.

How does it do this? Wearing the Eye Compress when you go to bed at night naturally promotes your sleep hormone, melatonin³ so you can fall asleep easier. Then, because of the light color of the compress, it allows sunlight in to wake you up in the morning.

Plus, like we talked about above, once you're awake, you can greet the day with your Castor Oil Dry Brush to stimulate cortisol and further support gently resetting your sleep-wake cycle.



The best part? The combination of Castor Oil and your Eye Compress allows it to function as a weighted, warm compress to help promote oxytocin. Castor Oil is a great source of moisture and hydration, soothing and rejuvenating tired-itchy eyes⁴ due to its natural antihistamine properties⁵.

Castor Oil Eye Compresses are also commonly used to relieve styes in the eyes, supporting relief from inflammation⁶. It may also result in the reduction of dark circles and wrinkles around your eyes.

Are you wondering... "Is Castor Oil good for eyelashes?"

And the answer is "Yes". The fatty acids that make up Castor Oil are believed to be extremely nourishing to the skin and hair follicles, and it helps naturally promote nitric oxide⁷, which increases circulation. Regular application of Castor Oil may help with thicker, longer eyelashes and eyebrows.

So, while your loved one is falling asleep, they're also giving their eyelashes and eyebrows nourishment and care.

To further promote relaxation, your loved one can include an aromatherapy experience by simply spraying essential oils in the room.

And using organic home fragrance oils is an excellent aromatherapy option.

3. Great for aromatherapy: Eau de Throne®



Eau de Throne® is a pure blend of organic home essential oils of lavender, rosemary, clove, and citrus (limonene) that neutralizes odors and purifies the air in your home and bathroom while promoting relaxation and healthy digestion.

Who wouldn't want to leave the throne (the toilet) with an odor they are proud to own?

Organic home fragrance oils not only smell amazing but also have additional health benefits. Some of these essential oils can neutralize bacteria, calm the nervous system, and support digestion.

Eau de Throne® includes...

- **Lavender:** Acts as an antiseptic, anti-inflammatory, anti-viral, calmative, and antioxidant action¹⁰.
- **Rosemary:** Supports hormone balance, circulation, and digestion. It also acts as an anti-inflammatory, antiseptic, anti-cramping, and antioxidant¹¹.
- **Clove:** Improves digestion, reduces gas and bloating, and fights infection¹².
- **Limonene**(terpene from the lemon peel): Supports healthy digestion and works as an antioxidantizing and anti-inflammatory agent¹³.

You can spray it in your bathroom after going number 2, your living room before having guests over, in your gym bag, or use it as part of an at-home spa day.

So, Eau de Throne® is an excellent choice for aromatherapy and essential oil lovers.

Additional tip: Aromatherapy is a natural stress reliever and a great choice for someone who's stressed. After all, we want our loved ones to be happy and stress-free, right?

Stress not only affects your mental health but can also cause physical symptoms, including hair loss or thinning¹⁴.

Fortunately, Castor Oil can also support healthy hair.

2. Castor Oil Hair Growth Kit: Practical tool for hair and scalp care

The Queen of the Thrones® Castor Oil Hair Growth Kit nourishes, hydrates, and repairs hair deeply from your roots to tips, making it a great natural wellness gift

One of the major benefits of Castor Oil for hair growth¹⁵ is that it helps naturally balance the microbiome¹⁶⁻¹⁸ of the scalp, and may help reduce inflammation of hair follicles and dandruff relief.



And that's not it...wouldn't it be great to enjoy an easy, relaxing 'hot oil' hair treatment with less mess and no heating required? The Hair Wrap does this for you by holding in your natural body heat!

The Hair Kit is great for those dealing with hormonal hair loss, including PCOS and thyroid disorders.

We've talked about Castor Oil for hair care, what about skincare, and what's going on beneath?

You know, tense neck muscles, cellulite, and tender knots. Is there a simple way to support this? Yes! Your tried and true...

1. Castor Oil Fascia Massage Roller: Body & skincare tool for pain-relief



Fascia Massage Rollers appear to be everywhere, from gyms to the shelves of your local big box store. The most common use of the Castor Oil and Fascia Massage Roller is to support smoothing out cellulite, lymph massage, and scar tissue breakdown.

Like Gua sha, a Queen of the Thrones® Castor Oil Fascia Massage Roller Kit can also be used for sore muscles and migraines. Bonus tip: you can enhance your experience by putting your Roller in the fridge or freezer.

Plus, by applying Castor Oil before using your Roller, due to its anti-inflammatory properties¹⁹⁻²², the Oil combined with the Roller...

- naturally engages enhanced circulation
- supports lymphatic drainage
- releases tension and stress

In turn, hormone balance, fertility, and gut health are supported when the flow has been restored to your body. Amazing, agreed?

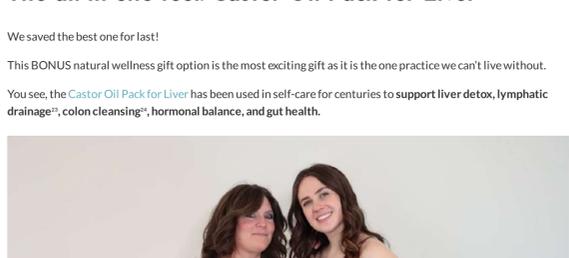
Now for the pièce de résistance...

The all-in-one tool: Castor Oil Pack for Liver

We saved the best one for last!

This BONUS natural wellness gift option is the most exciting gift as it is the one practice we can't live without.

You see, the Castor Oil Pack for Liver has been used in self-care for centuries to support liver detox, lymphatic drainage²³, colon cleansing²⁴, hormonal balance, and gut health.



It calms the body down like a weighted blanket. Hundreds of testimonials speak to how it's a game-changer to feel better, sleep better, feel less stress²⁵⁻²⁷ and poop better²⁸.

Plus, it's a key foundational practice for all stages of life (except during pregnancy), as the liver is the hub of cleansing and detox in your body²⁹, which we all need to truly thrive.

Are you curious to know how and why the Queen of the Thrones® Castor Oil Pack works? We have the answers for you in this blogpost.

That's it, that's all on the top 5 tried and true gift ideas for natural health and wellness using the ancient practice of Castor Oil.

Are you a practitioner, health coach or wellness influencer? If you're interested in recommending our easy-to-use tools and practically applying them in your health and wellness professional practice, in clinic, or online with the people you serve, you can join now!

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