

# Health & Wellness Gift Guide from The Houstonian Club

*The experts at the Houstonian Club have curated a gift guide with products perfect for the mind, body, and soul.*

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EINPresswire.com/ -- 'Tis the season for holiday gift-giving, and the fitness experts at [The Houstonian Club](#), have made it easy this year by curating a list of health and fitness essentials for everyone on the list. The Houstonian Club's expert staff have gone one step further and provided reasons why their recommendations are at the top of their gift-giving list.



'Tis the season for holiday gift-giving, and the fitness experts at The Houstonian Club, have made it easy this year by curating a list of health and fitness essentials for everyone on your list.

Whether giving to a gym newbie, a wellness warrior, or a workout devotee, there is a gift for every level or 2022 resolution. All products are available at [The Shop at The Houstonian](#), which is open to the public in The Houstonian Club.

[Photos available here.](#)

## 1. Promaxima Dumbbells and Rack - \$24 - \$260

Personal Trainer, Connie Emmerson: "I recommend adding dumbbells to your home gym because no matter what your fitness level may be, dumbbells can be used to create a variety of different exercises to meet your needs. Dumbbells also allow you to utilize one limb at a time to strengthen the weaker one and create muscle balance throughout your body."

## 2. Yoga Tune Up Therapy Balls - \$12.95

Yoga Program Coordinator, Misha Laird: "When I get achy or sore, I rely on Yoga Tune Up Therapy Balls because they're portable, easy-to-use, and they provide relief."

3. Manduka AligN Yoga Strap - \$18  
Yoga Instructor, Robert Boustany: "The Manduka AligN Yoga Strap is the most durable and sensible yoga strap with its metal buckle and strong, flat cloth. I find its grip makes it extremely safe to use during difficult yoga challenges."

4. Ortho Biotic Supplement by Ortho Molecular - \$28  
Registered Dietitian, M.S., L.D., Denise Hernandez: "I love and use Ortho Biotic by Ortho Molecular Products. It contains a particular strain, *S. boulardii*, which has been shown to restore healthy microbial balance. It competes against harmful bacteria and creates an environment that favors the growth of the right microflora, which translates to a healthier immune system."

5. Theragun Mini - \$199  
Personal Trainer Eric Vaughn: "I recommend the Theragun Mini to my clients to assist with muscle recovery and repair. The Mini is light and portable enough to keep in a gym bag or travel with."

6. Bala Bangles Classic Wrist Weights - \$49  
Group Exercise and Pilates Instructor, Maria Kelly: "Enjoy Bala Bangles while you walk/run for the extra calorie burn or an upper-body edge to your cardio workout. The bangles fit comfortably on your wrists so that you can reap the benefits of an upper-body workout without arthritic discomfort."

7. Switch2Pure Be Glow CBD & Hyaluronic Spray Serum - \$65  
From Houston local Switch2Pure, this potent serum and toner is lightly rose-scented and made with natural and organic ingredients like hemp oil extract and sodium hyaluronate for anti-aging, plumping, and appearance of inflammation. Super hydration will leave you with a natural glow.

8. Campo Diffuser and Essential Oils – Diffuser, \$108, Essential Oil Blend, \$50  
The Shop at the Houstonian keeps this diffuser running all day to transform the mood & fragrance using ultrasonic vibrations. No heating or burning using 100% natural, pure essential oils made in the U.S.



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9. Olive Texas Ranch Figalicious Balsamic Vinegar - \$17

Fig infused balsamic vinegar is soft and sweet. We love it drizzled over soft cheese, wild game, or in salads. Freshly infused and bottled in Carrizo Springs, Texas.

10. Casual Carats Silicone Ring – start at \$195

Casual Carats are a must for active lifestyles locally designed by a certified gemologist and jeweler. The rings are 14Kt gold, made from ethically sourced natural diamonds and high-grade silicone.

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa just celebrated its 40th anniversary in 2020. It is a Forbes Travel Guide Four-Star, urban retreat located adjacent to the city's iconic Memorial Park, and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian is a member of Preferred Hotels and Resorts, and consistently provides guests with attentive and highly personalized service in an authentic manner. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its newly renovated guest rooms, four onsite dining restaurants, and a classic hotel bar. The hotel has 33,890 square feet of Indoor Meeting Space and 87,349 square feet of Outdoor Meeting Space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 175,000 square-foot Houstonian Club offers state-of-the-art equipment, over 160 weekly group exercise classes, aquatic programs, an indoor tennis facility, a resort pool with a rockslide, sports lap pool, and a quiet garden pool. At 26,500 square feet, the new Trellis Spa at The Houstonian is now the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception and hallway, leading to all-new redesigned, sophisticated interiors where guests may enjoy hours of undisturbed relaxation. Trellis offers a new outdoor Soaking Pools and Garden experience with open-air cabanas, a scenic treetop dining room, renovated treatment rooms, indoor Reflection Pool, and tranquil lounging areas. Solaya Spa & Salon by The Houstonian opened in February 2020 in the prestigious Highland Village of River Oaks in Houston. The Houstonian also opened Sage 'n' Bloom Floral Studio at The Houstonian in July 2020, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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<https://www.facebook.com/HoustonianClub>

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