

Unwrap the gift of joy

In the true spirit of Christmas, we bring you a selection of meaningful gifts to spread love and light this Yuletide

The festive season is upon us once more and, this year, we want to inspire you with gifts that evoke a sense of comfort, joy and an experience to savour; that feeling described as hygge – the Danish word used to acknowledge content cosiness and wellbeing in the moment. Yes, this is what Christmas is all about at 'Psychologies'; joyful glimpses of being truly present.

In the pages to follow, we have carefully curated a selection of presents that encapsulate this mindful experience of giving – that embody time, thought and meaning – because we know how important it is to you to find that elusive gift which represents the uniqueness

of someone you care about.

These hand-picked pieces will help to serve as daily reminders of what friends and family are passionate about in life, whether it's nature, the outdoors and animals, or food, cooking and creativity. From a pampering set of natural beauty products and a personalised item of jewellery, to something for spiritual nourishment and growth, you'll find it here in our gift guide.

Of course, we haven't forgotten the small but mighty people in your life, and we've put together some marvellous ideas for the little ones, too. Enjoy!

May your Christmas be merry and bright.

ON OUR SHOPPING LIST

We've chosen these uplifting tokens with our loved ones in mind



Choose quirky home furnishings. Face cushion, £24.50, husandhem.co.uk



Remind someone you care. 'I am enough' necklace, £110, notonthehighstreet.com



Send a positive message. 'Be good to yourself' bag, £20, alphabetbags.com



Spoil a dear friend. Wellness hamper, £99, toa.st



Share joyful vibes. 'Bee happy' sweatshirt, £34, notonthehighstreet.com



Celebrate the great outdoors. *Forest: Being, Doing & Making In Nature* by Sian Tucker, £20, octopusbooks.co.uk

Little somethings on our wish list

A few goodies we're hoping to find under the Christmas tree this year



Get into the spirit. Festive bowl candle, £17.50, whitestuff.com



Choose handmade handbags. Yellow satchel, £105, sirgordonbennett.com



Soak up the spa feeling. Luna bath salts, £30, essenceandalchemy.com

For holistic wellbeing

Delight those who care about their health and wellness with pampering, handmade and comforting items



Cosy toes. Cashmere knitted socks, £36, whitehallstudio.etsy.com



Create a calming ambience at home. Esta diffuser, £57.50, nealsyardremedies.com



Slip into ultimate comfort. Birkenstock sheepskin slippers, £135, toa.st

In a word

FJAKA
Language: Croatian

FJAKA IS USED to describe the feeling of relaxing your body and mind and delighting in doing nothing – so vital for our physical and mental health. Bristol-based wellbeing experts, State of Liberty, have created the ideal way to do this with their seasonal self-care boxes. Designed so that you can enjoy a pampering experience in the comfort of your own home, their boxes include a selection of natural, organic products, online wellbeing practices, plus advice on how to make your own natural skincare – all delivered to your door. You also deserve a treat this Christmas.

• **Self-care boxes**, from £60, stateofliberty.com/shop



Warmth for winter months. Hand-knitted hot-water bottle covers, £25 each, yogamatters.com



Drift off in peaceful serenity. Sleeping eye mask, £12.50, oliverbonas.com



Soothe aching muscles. Pink Himalayan bath salts, £6.90, wearthlondon.com



For exploring in style. Alpaca travel shawl/pillow, £120, samanthaholmes.com

FOR SPIRITUAL NOURISHMENT

Connect with what's truly important and count your blessings with this grounded curation



Show your gratitude. Box of blessings greetings cards, £15, deptstoreforthemind.com



A reminder to live in the moment. 'Be here now' necklace, £45, mantrajewellery.co.uk



Appreciate the ones you love. Connect game, £20, theschooloflife.com



Life-affirming reads. The Skimming Stone by Dominic Wilcox and **The Path** by Louisa Thomsen Brits, £10 each, thedobook.co



Hello, sweet slumber. Beauty Sleep bedtime collection, £50, nealsyardremedies.com



Remember to look up and marvel. Metallic star pin, £10, bonbiforest.com

In a word

KANSO
Language: Japanese

IF YOU'VE USED the word kanso lately, which means 'keeping things simple and achieving clarity by eliminating clutter', you may have been clearing your life of all those non-essential items that get in the way. In today's fast-paced society, we can lose sight of what really matters, such as health, happiness and love, so why not give the gift of an experience this year to strengthen someone's connection to their passion? Or create a 'reverse advent calendar' for those in need in your community? Fill each day of advent with items of food or clothing that can be taken to a food bank or charity to help those who are struggling at Christmas.

• **Pick a charity and start collecting. For food banks**, see familyfoodbank.org



Go on a cultural journey. National art pass and map, £70 per year, artfund.org

For the light seekers

It may be dark outside but you can bring a little warmth into someone's life with these bright and sparkly gifts



Let it glow.
Shine On candle, £22,
deptstoreforthemind.com



Light up their faces.
Sunburst earrings, £58,
wanderlustlife.co.uk



Add sunshine to walls.
Sun foil wall art, £59.50,
oliverbonas.com



Reach for the stars. The Jacksons 'Go for the moon' handmade jute bag, £78, notonthehighstreet.com



Brighten dark days.
Body clock starter SAD light,
£59.99, johnlewis.com



Spritz and sparkle.
Sacred Light flower essences,
£17.50, yogamatters.com

In a word

MORGENFRISK Language: Danish

MORGENFRISK IS A DANISH word to evoke the feeling of waking up refreshed after a good night's sleep – not always easy when there's no natural light in the winter! Help brighten someone's morning with a sunrise alarm clock that eases them into their day. Or why not give a loved one something that provides warmth and light in their home, such as a beautiful piece of sun foil wall art? We also love the SPACED range from Alex Shamanics, which combines powerful energy-clearing Peruvian Florida water with a unique blend of essential oils.

• The Christmas offering from SPACED contains tangerine, rose, lavender, cinnamon, ginger and clove oils. Buy for £15 from alexshamanics.com



Hang on a moment.
Flora terrarium
pendant lamp, £92,
beaumonde.co.uk

FOR THE ANIMAL LOVER

Those with pets and four-legged companions will adore these animal-inspired pressies



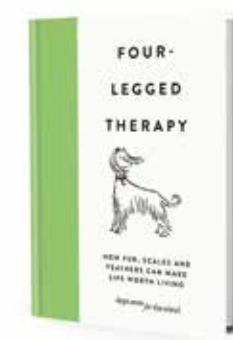
Seasoning's greetings! Toucan salt and pepper shakers, £25, hannaeturnershop.etsy.com



Put your pets in the picture.
Customised portraits, from £20,
lizsmithillustration.com



Save the world's wildlife.
'Small wonders' bees gift (includes bee pin), £15, nationaltrust.org.uk



Animal healing.
Four-legged Therapy, £12.99,
octopusbooks.co.uk



Make breakfast egg-cellent.
Dog egg cups, £12.95 for a set of four, annabeljames.co.uk

In a word

ORKA Language: Swedish



ORKA, WHICH translated means 'to be bothered to do something' is at the heart of this gift selection for animal enthusiasts. Not only have these pet-tastic pieces been selected to bring a smile to the faces of your loved ones, but you could also combine their pressie with a charity donation. There are various organisations that provide Christmas gift ideas to help animals in need, such as The National Trust 'Small Wonders' gifts (top right), which support wildlife conservation across the National Trust.

• To find out more about 'Small Wonders', see nationaltrust.org.uk



Fine print. Greyhound motif silk scarf, from £45,
catherinerowedesigns.etsy.com



Baa humbug? Put your feet up.
Ram footstool, £69,
redcandy.co.uk

For the nature lover

Give crafters, creators and outdoor aficionados an activity to immerse themselves in or a memento of their passion



Create your own festive decoration. **Wreaths** by Katie Smith and Terri Chandler, £16.99, hardiegrant.com



Nature's finest gold leaf. **Fern brooch** by Michael Michaud, £100, vam.ac.uk



Keep heads warm on wintry walks. **Star knit child's beanie**, £12.50, fatface.com



A special something for green-fingered friends. **Outdoor hamper**, £135, toa.st



Bird's-eye view. **Dovecote birdhouse**, £35, nationaltrust.org.uk



Plant now for a spring spectacle. **Christmas sweetpea bundle**, £15, thefuturekept.com

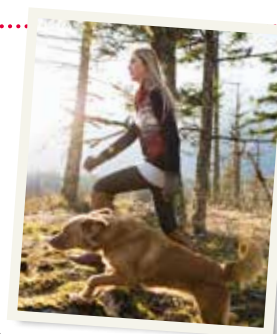
In a word

LYKKE

Language: Danish

WE ALL KNOW SOMEONE who finds their happiness, or *lykke*, by being in nature, whatever the season. With the wind in their hair and the sun on their faces, they love to explore forests, fields and coastlines, or simply potter in their gardens. If you know someone like this, a membership to Folk and Field's nature-led community would make a thoughtful offering. Every three months they open for subscriptions, which include seasonal journals, meet-ups, a wealth of monthly resources and a private online community to connect with other nature lovers.

• Membership costs £15 per month and is available at folkandfield.podia.com



Goodbye wet feet and socks. **Wonderwelly boots**, £75, fitflop.com

FOR THE FOODIE

Treats for all those epicureans you know, from aspiring chefs to budding bakers and chocolate lovers



Fresh and fragrant greens. **Orla Kiely three-herb pots with tray** (herbs not included), £49.95, cuckooland.com



It all fits into place. **Multicoloured trivet and coasters**, £19.50, redcandy.co.uk



Snack, cracker, pop! **Wine duo and nibbles basket**, £70, johnlewis.com



Enjoy a pizza Italia. **Taste of Italy gift experience**, £29.99, johnlewis.com



Satisfy their sweet tooth. **'Try something new' chocolate gift box**, £16.45, postboxed.co.uk

In a word

GEZELLIG

Language: Dutch

GEZELLIG, WHICH MEANS 'good vibes' is the feeling of warmth you get when spending time with people you care about in a cosy environment, and there's nothing like coming together for a feast of comfort food at Christmas. We've selected gifts that will appeal to both the foodie and cooking enthusiast in your life. Or, treat someone special to a Mimo's Borough Market tasting tour, where they will experience everything from 'the bustle of traders to the smells of cheese, coffee and briny seafood wafting through the air'.

• Mimo's experiences cost from £80, available at mimofood.com



Ready, steady, cook! **'Head chef' double oven glove**, £23.50, redcandy.co.uk



Take a shine to this. **Hammered copper water bottle**, £25, yogamatters.com

For sparking creativity

Inspire someone to express their creative side this Christmas, with this round-up of quirky presents



Ignite their imagination.
Ideas prompt box, £11.99,
yogamatters.com



Fun on their feet!
Chatty socks, £8 a pair,
shop.nationaltheatre.org.uk



Sew joyful...
Embroidery kit, £12.95,
cottonclara.etsy.com

In a word

MERAKI
Language: Greek

DO YOU HAVE a friend or family member who would enjoy experiencing meraki, which means 'doing something with love and soul'? Well, it's now easier than ever to give something crafty a try with a selection of beginner's kits available to teach the basic skills of weaving, crochet, drawing or knitting. Getting lost in a creative pursuit is a great way to settle the mind, and studies have found that knitting, for example, can reduce depression and anxiety, slow the onset of dementia and distract from chronic pain. For someone who appreciates ancient crafting skills, Mary Maddocks' beginner's weaving kit makes a great gift.

• The kit costs £45 and is available at marymaddocks.com



For art's sake. Sketchbook,
£12.50, cambridgeimprint.co.uk; detail
brushes, £14.95, anniesloane.com



Spark seasonal creativity.
Making Winter by Emma Mitchell,
£14.99, mombooks.com



To have and to hold.
Cat yarn bowl, £44,
redcandy.co.uk



Knock-out gift.
Boxing hares tapestry kit,
£67.50, libertylondon.com

INDEPENDENT.COM

FOR LITTLE ONES

Ideas to keep those cherished youngsters in your life entertained, from babies and toddlers to older children



Sitting pretty.
Giraffe stool, £275,
sweetpeaandwillow.com



Get the kids snapping.
Fujifilm Instax Mini 9 camera,
£109, littlewoods.com



Inspirational bedtime stories.
Little People, Big Dreams books,
from £5.99, waterstones.com



Celebrate their intrepid nature.
Space-themed lunch bag, £20, sophieallport.com



Who's afraid of the big bad wolf?
Red Riding Hood puppet theatre, £6.95, rexlondon.com



Train of thoughtful.
Wooden pull-along toy,
£33, andliving.co.uk

In a word

VAGARY
Language: Latin

BUYING CHRISTMAS GIFTS for children can be one of the loveliest things about the festive period; a vagary, if you like, which means 'a whimsical journey'. Tapping into our own inner child is a rare treat. We've selected gifts for a range of budgets and ages, including those in the spirit of creativity and adventure. Or consider gifting an immersive experience; perhaps a Harry Potter studio tour, tickets to a musical, a cookery class or a trip to the Natural History Museum in London, which is currently home to the Wildlife Photographer of the Year exhibition (until May 2020).

• For studio tours, see wbstudiotour.co.uk; for the NHM, visit nhm.ac.uk



Fun for everyone.
Charades tube, £7,
oliverbonas.com