

BioElevate



Christmas Gift Guide

2022



WELCOME TO THE BIOELEVATE GIFT GUIDE



Do you need gift-giving inspiration, for your nearest and dearest this Christmas?

To support your Christmas planning, I have created the ultimate, health optimising gift guide, to support and kick-start their journey to optimal health... something that your loved ones are sure to appreciate!

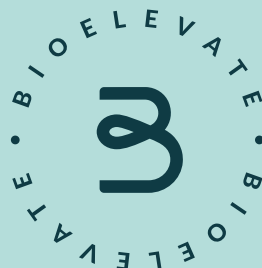
In this guide, are some of my favourite products, to elevate your health, longevity and fitness.

I am here to help with any questions/requests, and if you're looking for something in particular, or would like my advice, then please reach out to me at:

katie@bioelevate.co.uk

Wishing you and your loved ones,
a very Merry Christmas

Katie at BioElevate x



Elevate Your: Health



Note: Items marked with **, enter the code BioElevate at the checkout for a discount!



MediChecks
Blood Testing &
Home Health Checks



Edible Health Collagen
Collagen-Based Products



Amazon
Acupressure Mat
and Pillow



Amazon
Evoland Vibration Plate



Exhale Coffee
Organic House Roast



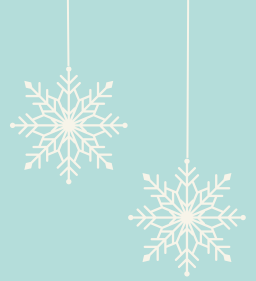
Amazon
Dry Brushing Body Brush



Amazon
Mitolab - Methylene Blue



Elevate Your: Sleep



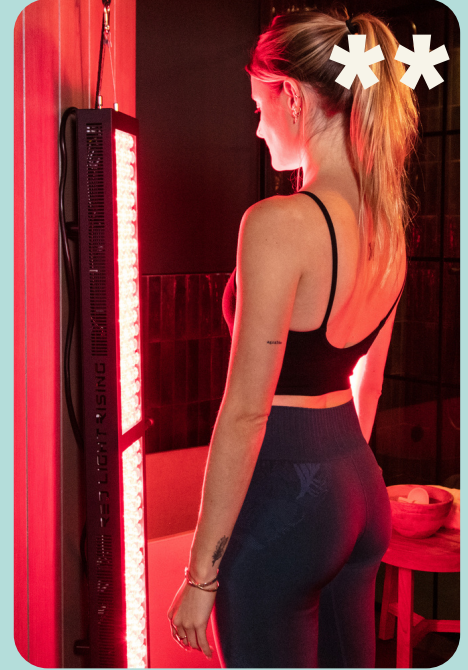
Note: Items marked with **, enter the code BioElevate at the checkout for a discount!



Red Light Rising
NYX - God of Night Blue
Blocking Glasses



Red Light Rising
The Target Light 2.0



Red Light Rising
The Full Stack 2.0



Rowland Earthing
Organic Grounding Sheet



Manta Sleep
Manta Sleep Mask Pro



Elevate Your: Oral Health



Amazon

Micropour Sleep Tape



Amazon

Copper Tongue Scraper



Amazon

Organic Coconut Oil



Amazon

Bamboo Toothbrush x3



Amazon

Biomed Natural Toothpaste Coconut / Charcoal



Amazon

Biomed Natural Mouthwash

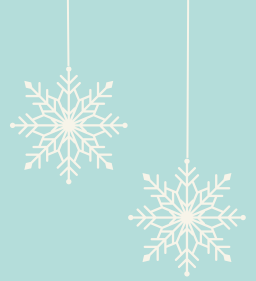


Amazon

Silk Dental Floss



Elevate Your: Tech



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Oura

Heritage/Gen 3 Oura Ring



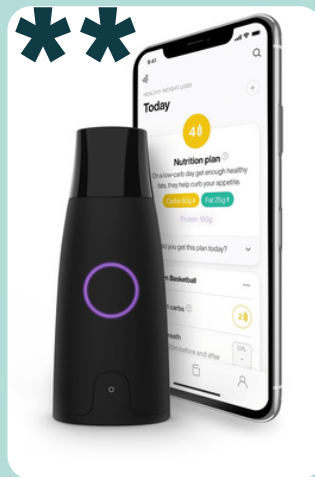
AiroFit

AiroFit Pro 1.0



Amazon

Q-Link Pendant



Lumen

Metabolism Tracker



Sensate

Sensate 2 Device



Amazon

Apple Wired Earphones

(Lightning / 3.5mm AUX Jack)



Amazon

EMF Radiation

Protection Stickers



Elevate Your: Home



**Amazon
Air Purifier**



**Amazon
Dehumidifier**



**Amazon
15-Stage Filter Shower Head**



Spider Plant



Peace Lily Plant



**Amazon
Essential Oil Diffuser**



Snake Plant



**Amazon
Himalayan Salt Lamp**



Elevate Your: Kitchen



Note: Items marked with **, enter the code BioElevate at the checkout for a discount!



Amazon

Wilfa Coffee Grinder



Amazon

Aeropress / Cafetière



Amazon Bamboo Chopping Boards (Single/Triple Pack)



Amazon

Kitchen Knife Set + Bamboo Block



Amazon

Clip Top Glass Bottle



ZeroWater

2.3L Filter Jug

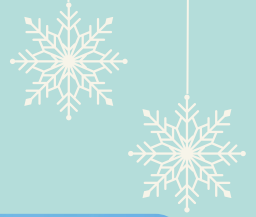


Amazon

UUUU Glass Blender



Elevate Your: Clothing



Amazon

Vivobarefoot Full Range



Sweaty Betty

Sweaty Betty Full Range



Amazon

Vivobarefoot Men's Range **Tops/Hoodies/Jumpers** **Leggings/Bottoms/Shorts**



Sweaty Betty



Sweaty Betty



Sweaty Betty

Sports Bras

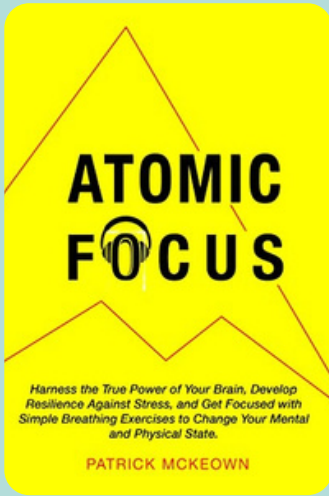
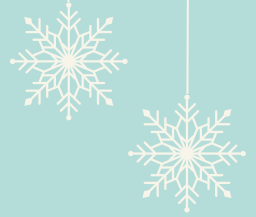


Amazon

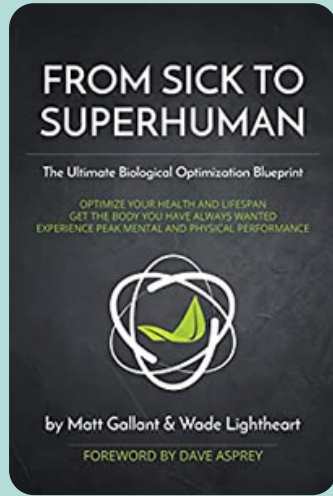
Vivobarefoot Women's Range



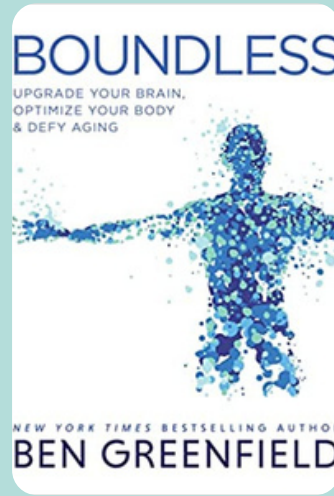
Elevate Your: Mind



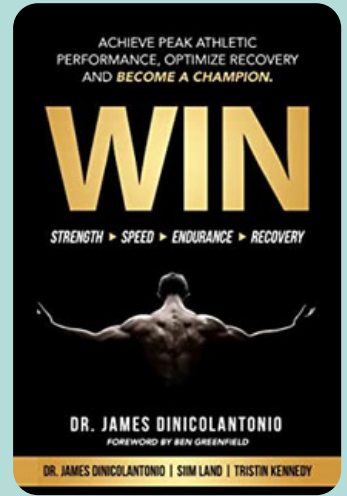
Atomic Focus
Patrick McKeown



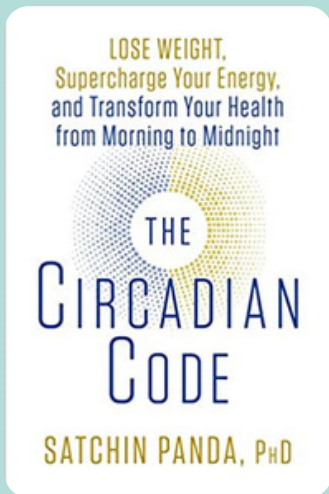
From Sick to Superhuman
Matt Gallant & Wade Lighthead



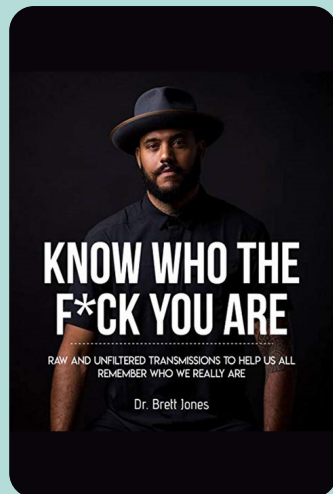
Boundless
Ben Greenfield



WIN
Dr James DiNicolantonio



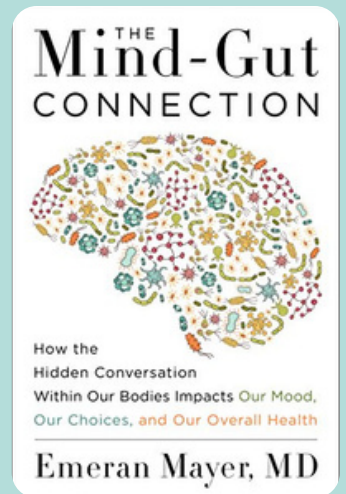
The Ciradian Code
Dr Satchin Panda



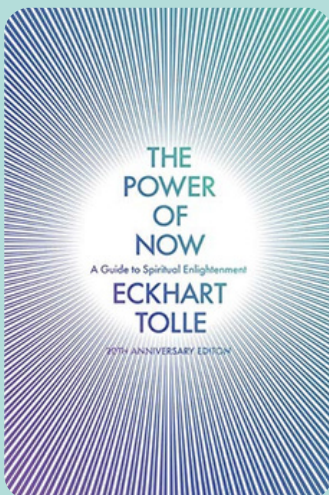
Know Who The Fk You Are**
Dr Brett Jones



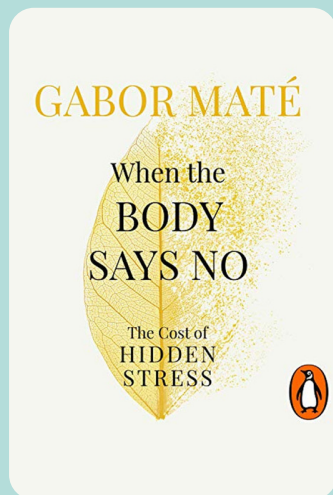
In the Flo
Alisa Vitti



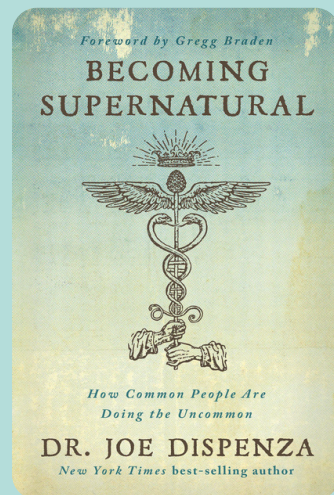
The Mind-Gut Connection
Emeran Mayer, MD



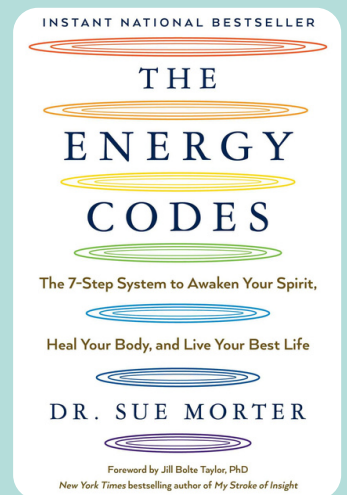
The Power of Now
Eckhart Tolle



When the Body Says No
Gabor Maté



Becoming Supernatural
Dr Joe Dispenza



The Energy Codes
Dr Sue Morter

Elevate Your: Stocking Fillers



Amazon

Organic Essential Oil Kit



Amazon

Green Origins Organic Nibbed Cacao



Amazon

Conscious Organic
Chocolate Gift Set



Amazon

Shungite Natural Crystal



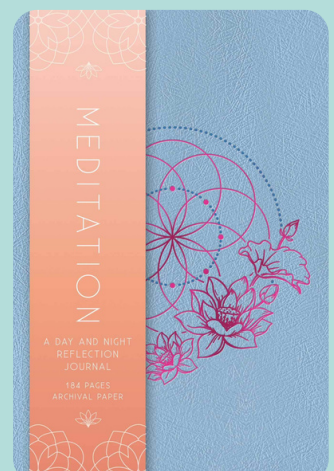
Amazon

JOCO Glass Travel Mug



Amazon

FLEX Resistance Bands



Amazon

Gratitude / Meditation Journal



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2022

Get in Touch:

katie@bioelevate.co.uk

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