

TRAVEL

Holiday Gift Guide 2022: Best Meditation And Mindfulness Gifts For Wellness Travelers

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Here are 10 mindfulness and meditation gifts for wellness travelers. GETTY

Mindfulness and meditation gifts can be especially thoughtful ways to treat your favorite traveler this holiday season. From calming mala beads to portable meditation cushions, these tools

help travelers find a bit of peace and relaxation when they're on the road. They can also remind travelers to stay in the present on their trip, soaking up every sensory detail of their experience in a destination.

Here are 10 of the best mindfulness and meditation gifts for wellness travelers.

Walden Travel Meditation Cushion



Walden Travel Meditation Cushion WALDEN

Walden's travel meditation cushion gives a traveler a home base for meditation anywhere in the world. The 4-pound mat's buckwheat-hull fill topped with gel-infused memory foam creates a comfortable, supportive foundation for a seated practice. Plus, the sleek antimicrobial cover is resists moisture, so it's sure to stand up to frequent travels. Choose from eight serene colors, like forest green, cobalt blue, and clay. *\$115 at [walden.us](https://www.walden.us)*

Katie Kime Travel-Inspired Journal



Katie Kime Travel-Inspired Journal KATIE KIME

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Kate Kime's travel-inspired journals (like this one decked out in iconic California landmarks) are the perfect place for jetsetters to capture their thoughts and emotions on a trip. The journal's high-quality dotted paper can be used for writing, doodling, jotting down lists, or any other form of creative expression. For an extra special touch, get this meditation gift monogrammed with the recipient's name or initials. [\\$18 at katiekime.com](https://www.katiekime.com)

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Civetta Bloodstone Mala Beads



Civetta Bloodstone Mala Beads CIVETTA

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Luxury Men's Wardrobe Essentials Perfect For Winter 2023

Yoga-inspired jewelry brand Civetta has created a beautiful set of mala beads that would make a mindful accessory for travelers. The 36-inch silk cord is strung with 108 intriguing bloodstones that can be used to count mantras in meditation, whether you're on a plane, in a bus, or savoring down time in your hotel room. It also features a stunning red tassel that will pop in all your travel photos. [\\$175 at civettala.com](https://civettala.com)

LG TONE Free T90 Wireless Earbuds





LG TONE Free T90 Wireless Earbuds LG

Travel can be chaotic. Sometimes tuning out the clamor is the only way to find a bit of respite, and these noise-canceling wireless earbuds from LG will help a traveler do just that. The high-tech headphones have Dolby Head Tracking technology that recalibrates the audio when you move your head to create a more natural sound experience—great for using during a streaming yoga class or guided meditation session on a trip. They can also connect wirelessly to devices that don't have Bluetooth, like in-flight entertainment systems and fitness equipment at hotel gyms. And if germs have your nerves on high alert, these earbuds can put your mind at ease, thanks to the special charging case that kills 99.9% of bacteria on the ear gels. [\\$179.99 at lg.com](https://www.lg.com)

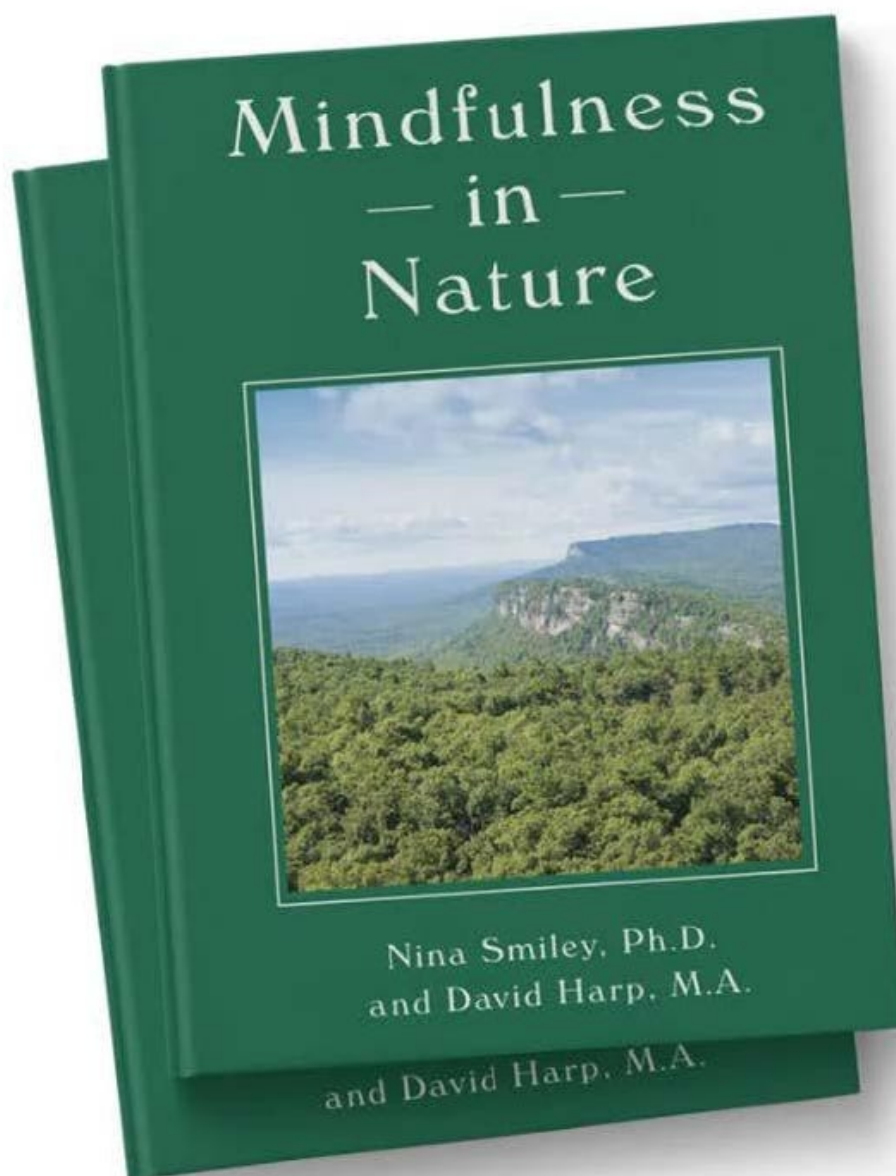
ORA Bath Salts



ORA Bath Salts ORA

Travelers can create a sense of calm and relaxation on the road with these luxe bath salts from ORA. The shiny black container comes filled with Dead Sea salts infused with ylang-ylang for mood enhancement, siam wood for stress relief, blood orange for an energy boost, and cedarwood for aromatherapy. Altogether, it makes for a restorative soak—especially in a deep tub at your favorite five-star hotel. [\\$38 at oraspace.com](https://oraspace.com)

“Mindfulness in Nature”



"Mindfulness in Nature" HATHERLEIGH PRESS

Every jetsetter needs an inspiring book for their vacation.

"Mindfulness in Nature," by Nina Smiley, PhD, and David Harp, MA, teaches travelers thoughtful ways to practice forest bathing and find meditative moments outdoors. The recipient will no doubt find themselves referring to the text again and again as they immerse themselves in nature on their travels. [\\$12.50 at amazon.com](#)

Sparitual Dry Brush



Sparitual Dry Brush SPARITUAL

Exfoliating your body with Sparitual's dry brush is not only a physical way to tap into mindfulness—it'll make you glow from head to toe. The sisal hemp bristles gently sweep away dead skin cells, which tend to accumulate in the arid environments of airplanes. The self-care practice of dry brushing is like an

invigorating spa treatment you can give yourself anywhere your travels take you. [\\$20 at sparitual.com](#)

Essential Oil Diffuser for the Car



Essential Oil Diffuser for the Car KONMARI

This essential oil diffuser is the ultimate gift for meditation and mindfulness on the road. The leather-handled diffuser turns the recipient's vehicle into a moving zen den, blanketing the space in an essential oil fragrance of their choice. Just plug it into the car's power outlet, squeeze in a few drops of the oil, and ease into your most relaxing road trip yet. [\\$29 at konmari.com](#)

Scentsual Palo Santo Incense and Holder





Scentsual Palo Santo Incense and Holder NIPPON KODO

Help a traveler set the right atmosphere for meditation and mindfulness with this giftable incense from Scentsual. It includes 30 sticks infused with the fragrance of sacred palo santo, along with an elegant floral incense holder that can be tucked away in even the smallest travel bag. Lighting this incense is the perfect way to reflect and unwind after a day of sightseeing. [\\$5.60 at nipponkodostore.com](https://www.nipponkodostore.com)

Heyday Gua Sha Tool



Heyday Gua Sha Tool HEYDAY

This gorgeous jade skincare tool from Heyday makes a great mindfulness-inspired stocking stuffer for a traveler. It's used to perform gua sha, a Chinese modality that involves gently scraping the tool over the face to relieve stress and tension, and reduce the appearance of fine lines. It's so small and light, a traveler won't even notice it in their bag—yet they'll love having the powerful tool on hand when they want to practice self-care on a vacation. [\\$30 at heydayskincare.com](#)

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Joni Sweet

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