YOUR HOLIDAY WISH LIST



15 beauty, fitness & wellness gifts I'd put on my own wishlist.

For anyone who knows exactly what to buy everyone else, then goes blank when someone asks what she wants.

GOOD GIFTS. ZERO GUESSWORK.

LOVE SWEAT FITNESS

Tap any shop button to see the latest price and availability.

START SHOPPING

USD prices are reference prices and may change. Some links may earn me a commission at no extra cost to you. iRESTORE sponsors the video; I founded Love Sweat Fitness.

The everyday favorites

Useful gifts that make ordinary days feel a little better.

01



FOR THE GIRL WHO WANTS HER STEPS, MINUS THE EXTRA ERRAND

WalkingPad C2

Walk while you answer emails or catch up on a show. The folding deck makes this a wishlist pick for getting more movement at home without dedicating a whole room to a treadmill.

$399

Brand-listed offer; comparison price $599.

SHOP THE C2

02



FOR THE GIRL WHO MISSES HER SUMMER GLOW

Loving Tan + Mitt

A fresh bottle of a beauty favorite is always a good gift. Pair the 2 HR Express mousse with the velour mitt so she has both pieces ready to go. Choose her shade before you send the link.

$60 mousse + $15 mitt

200 ml mousse pictured. $75 together, before offers.

SHOP MOUSSE

SHOP MITT

03



FOR WORKOUTS, WALKS & A LITTLE TIME TO HERSELF

Beats Headphones

The kind of gift that fits into so many parts of her day: a walk, a workout, a flight or her favorite podcast. Send the exact model and color she wants so nobody has to guess.

See current model pricing

Katie's tech guide has her headphone picks.

SHOP KATIE'S TECH PICKS

BROWSE BEATS

Beauty, with options

A bigger splurge, an affordable restock, a wellness favorite.

04



THE BIG WISHLIST GIFT / VIDEO SPONSOR

iRESTORE Elite

An at-home hair-growth device with 500 lasers and LEDs and 12-minute daily sessions. A thoughtful splurge for someone who has already said she wants to work on fuller-looking hair.

$1,699 advertised offer

Listed comparison $2,699. Battery upgrade +$99.

EXPLORE THE ELITE

05



THE BEAUTY GIFT THAT DOESN'T NEED A LUXURY BUDGET

Medicube Skincare

Choose the Triple Collagen Cream, serum or pink balm for a skincare lover's wishlist. One favorite makes a useful restock; a few together make a little beauty set that feels picked just for her.

Shop individual picks

Tap a product for its current price and offers.

CREAM SERUM BALM

06



FOR THE GIRL WITH A WELLNESS WISHLIST

Lifepro Waver

An at-home vibration plate for someone who has been eyeing one. It has adjustable settings and a remote, so she can find a setup that fits her routine. Pair it with a spot in the house where she'll actually use it.

$199.99 listed

Brand-listed comparison $289.99; check cart offers.

SHOP THE WAVER

The routine she loves

Easy restocks and little extras that earn their place.

07



FOR THE GIRL WHO LOVES GETTING STRONGER

(her)FORM Creatine

Our unflavored creatine blend is an easy restock for the girl who already takes it every day. Each serving has 5 g of creatine monohydrate, plus betaine and L-glutamine. A useful gift she'll work into her routine.

$45.99

One-time purchase; check LSF for current offers.

SHOP (her)FORM

08



FOR SMOOTHIES, COZY RECIPES & EVERYDAY PROTEIN

LSF Vanilla Protein

An easy way to add 20 g of plant protein to her day. Gift her favorite flavor, or pair vanilla with a shaker or cute mug. For a girl who already loves it, a fresh tub is a gift that gets used.

$54.99

One-time purchase; check LSF for current offers.

SHOP VANILLA

09



THE LITTLE BEAUTY GIFT SHE'LL USE EVERY DAY

Spa Headband Set

Keep hair out of the way for skincare and makeup, with soft wristbands to catch those annoying drips at the sink. Tuck a set into a beauty basket with a moisturizer or sleep mask.

See current set pricing

Browse Katie's beauty picks for linked options.

SHOP KATIE'S BEAUTY PICKS

The wishlist upgrades

Good hair, big goals and a better wind-down.

10



FOR THE GIRL SAVING EVERY BOUNCY BLOWOUT TUTORIAL

Dyson Airwrap

The beauty splurge for someone who loves styling her hair. Switch attachments to dry, smooth, add volume or create curls and waves. Send the exact version and attachment set she wants.

$599.99 reference

Complete Long Straight+Wavy; currently out of stock at Dyson.

VIEW MODEL & AVAILABILITY

11



FOR THE GIRL READY TO MAKE ROOM FOR HER OWN GOALS

2027 LSF Goals Planner

Somewhere for your plans, your goals and all the things taking up space in your head. The brain dump is one of my favorite parts. Add a nice pen and make it a little goals-night gift.

$39.99

Off-white cover, navy details and gold binding.

SHOP THE PLANNER

12



FOR THE GIRL WHO TAKES BEDTIME SERIOUSLY

DROWSY Sleep Mask

A soft, padded silk mask that makes a simple wind-down gift feel a little more special. Pair it with her favorite book or the spa headband set. Small enough to pack for travel, too.

See current colors and prices

Shop DROWSY directly or browse Katie's LTK sleep picks.

SHOP DROWSY

SHOP KATIE'S SLEEP PICKS

A little time for herself

Thoughtful picks for the girl who loves a self-care night.

13



FOR THE FRIEND WHO ALREADY LOVES A SELF-CARE RITUAL

Castor Oil + Patches

A little restock for someone who already enjoys using castor oil packs. The linked set includes a bottle of oil and patches. Choose it because it fits her routine, and follow the package directions for topical use.

$29.99 reference

Tracker price recorded Nov. 19; check the live listing.

VIEW THE SET

14



FOR AN AT-HOME FACIAL NIGHT

Vanity Planet AIRA

The steamer for the girl who loves turning skincare into a whole evening. Pair it with a headband and a favorite moisturizer for a gift that gives her a reason to take a little time for herself.

$55.99 advertised reference

Colors and availability vary; check the live product page.

CHECK AIRA AVAILABILITY

15



FOR THE BEAUTY-TOOL GIRL

DERMAPORE Pore Tool

A handheld ultrasonic pore tool with Extract and Infuse modes. This is a separate device from the steamer. Use on wet skin as directed, with a light touch. A fun wishlist pick for someone who already wants one.

DERMAPORE+ · $109 reference

Original device pictured; shop link opens the current model.

EXPLORE DERMAPORE+