

HEALTHY GIFT GUIDE: WHAT MEN WANT

ALLISON DECEMBER 19, 2012 0



VH Spa lobby & boutique

How's your holiday shopping going? I confess, I'm a last-minute Xmas-er. I'll probably buy most of my holiday haul this weekend. Stores I'll hit up: the Phoenix Farmer's Market for local one-of-a-kind finds, Whole Foods for healthy gourmet eats (you can't go wrong with consumable gifts), and Union at the Biltmore, my new fave spot. I also adore spa boutiques, especially the VH Spa Boutique at Hotel Valley Ho. So I asked spa director Brad Garrett for his gifts picks for fit guys. The result: a list of loot that covers everything from a muscle-melter to a manly sunscreen.

All I want for Christmas... by Brad Garrett, spa director [VH Spa for Vitality + Health](#)

Gehwol Foot Cream

Great for hikers, runners and cyclists, this foot cream beats all the rest when it comes to strengthening the skin and preventing aching feet, sores, blisters and chafing. A time-proven German formulation that has been around since WWI, it's a must-have item for guys taking advantage of the great outdoors here in the Valley.



Blue Dragon Muscle Gel

Locally formulated and produced (in Tucson), Blue Dragon Muscle Gel is full of all-natural ingredients including ginger, willow bark, Hawaiian seaweed and the miracle herb arnica. It's great for soothing aching, sore muscles (we use it in our massages at VH SPA). It's a great solution pre/post workout, on long plane rides, or just after prolonged standing or sitting. Best of all, its light scent means you don't smell like you just smeared yourself with grandma's Bengay.



Moroccanoil Shampoo and Conditioner

It's been all the rage for a couple of years now, but guys are just starting to catch on. Argan oil from Morocco does amazing things to protect your hair from the elements, and the formulations from Moroccanoil are super hydrating, especially great for us desert rats. Add the Moroccanoil leave-in Hair Treatment for a great shine without your hair feeling stiff or oily.



MDSolarSciences SPF40

A good sunscreen is a must for Arizonans, no doubt about it. MDSolarSciences is the best I've ever used. With titanium dioxide and zinc oxide as active ingredients, you get full protection from both UVA and UVB rays, meeting the much higher European standards for sunscreen. The other huge plusses for this one are no fruity scent, your skin feels natural and not oily, and it doesn't melt and stream down into your eyes in the intense heat!



PerioSciences Oral Care System

Healthy gums mean a healthy body. This system of cutting-edge products redefines oral care by integrating powerful antioxidants into toothpaste, mouth rinse, and a gel you apply to your gums at night. If you whiten your teeth, have crowns, veneers, implants or even the beginnings of gum disease, these products are a must have. The first thing people see if your smile; the worst thing they notice is bad breath. Keeping your mouth healthy with antioxidants may be the best thing you can do for your image... and your total-body health!



More healthy gift ideas for all the health nuts and fitness aficionados on your list...

For the runner, click [here](#)

Healthy stocking stuffers, click [here](#)

All-natural glam gifts, click [here](#)

Healthy gifts from Whole Foods, click [here](#)

Healthy local gifts, click [here](#)

POSTED IN » Healthy Holidays

LEAVE A RESPONSE »

Name (required)

Email (required)

Website

Comment

POST COMMENT

Search here..



chromebook

FOR \$199

available at play.google.com

