

Elemental gifts

Tap the power of the five elements to offer energetic harmony to everyone on your list.

By Elizabeth Marglin

Photography by Paul Miller

JUST AS BALANCING YOUR doshas in Ayurveda can improve your health, having the right mix of the five elements—ether, air, fire, water, and earth—in your home can elevate how you live, says Kathleen Cox, a renowned expert of Vastu (an Indian system of design) and author of *Space Matters*. People with a lot of airy qualities, for instance, might benefit from a grounding, earthy gift that eases frenetic energy; fiery folks who work and play hard might love a dose of soothing water energy. With Cox's expert advice, we gathered creative gift ideas for each element that can be offered as medicine for the spirit. Tap into intuition, harness intention, and surprise loved ones with these attentive offerings.



Ether

Gifts to promote divine essence, Brahma (Lord of Creation), the unseen, original sound vibration, purity, preciousness

1 Mandalas represent a sacred geometry designed to trigger a connection between the self and cosmic totality. Place **Jamie Locke Art's** Invoke Mandala in any room and stare with abandon. (\$375, jamielockeart.com)

2 Help a loved one wake up and smell the oolong. The **Sacred Lotus Love** Tea Tumbler comes with a stainless-steel infuser and is made of double-walled glass, so no plastic chemicals interfere with cozy, morning tea ceremonies. (\$30, sacredlotuslove.com)

3 Find eternity in the grains of time with **MoMA Design Store** Magnetic Sand

Hourglass. A hidden magnet at the base creates hypnotizing, stalagmitelike formations as you watch the minutes dissolve. (\$20, store.moma.org)

4 Incense, with its ghostly upward pull, serves as the perfect reminder of the etheric realms. Infuse any room with the citrusy wood scent of **Skeem Design's** Palo Santo. (\$20–\$30, skeemshop.com)

5 Even the woman who has everything will appreciate the **Satya Jewelry** Gold Lotus Teardrop Necklace. The lotus signifies new beginnings and infinite potential, and gold

is believed to connect you back to your true essence. (\$139, satyajewelry.com)

6 Bells, always used in Hindu temples to awaken the deity, are also said to rouse your soul. Help a loved one get centered with the resonant **Sivana** Buddha Meditation Bell. (\$39, sivanaspirit.com)

7 Wireless and delightfully compact, the **Ultimate Ears** Wonderboom speaker in lilac (a color signifying cosmic consciousness) will be music to someone's ears. (\$100, ultimateears.com)



Air

Gifts to promote creativity, movement, travel, art, celestial realms, subtlety, lightness, growth

1



6



5



4



2



3



1 For those in need of an instant lift, try **Nectar** Roy Barloga Dotted Feather Print Study 5, a photo printed on handmade Nepalese paper. (\$90, shopnectar.com)

2 Get creative juices stirring with the **Xonex** Big Art Set. (\$30, dickbclick.com)

3 Handcrafted **Le Labo** Ylang 49 will help a loved one leave wafts of intoxicating

patchouli, sandalwood, and ylang ylang in her wake. (\$180, lelabofragrances.com)

4 The **KO Sticks** Tetraxis bronze star is a celestially inspired toy that folds and expands. (\$24–\$40, kosticks.com)

5 Made from durable paper, the **Wee Gallery** Play House Art Blocks offer six combinations of interactive fun for

babies and toddlers. (\$19, weegallery.com)

6 Perfect for the traveler on your list, the cotton **Birdling** Overnighter bag is spacious with plenty of pockets. (\$175, birdling.com)

7 Bring an airy quality to any room or practice space with the **Hanging Mobile Gallery** Mark Leary “Am I Blue” mobile. (\$99, hangingmobilegallery.com)

Fire | Gifts to promote transformation, nourishment, digestion, fieriness, warmth, courage, illumination, enthusiasm

1 See the light with this clever **MoMA Design Store** Heng Balance Lamp, which turns on through wooden balls embedded with magnets. (\$59, store.moma.org)

2 **Skeem Design** Alchemy Fireplace Match Bottle has a strike-on-bottle design and is silk-screened with a vibrant take on the elemental symbol for fire. (\$44, skeemshop.com)

3 Exceptional heat retention is one of the hallmarks of the cast-iron **Staub** Fry

Pan, along with durability and rugged beauty. (\$99–\$199, food52.com)

4 Made of eco-friendly material with entrancing tableaus, the five-piece **Love Mae** bamboo kids' dinnerware in Forest Feast is a win-win for finicky kids and the planet. (\$34, alpinemodern.com)

5 Shine a light on a radiant friend with the **Hygge Life** Salt Rock Candleholders, which provide an almost molten glow. (\$30–\$140, hyggelife.com)

6 Infuse any room with a burst of warmth with a **Block Shop** Marigold Pillow, inspired by the late designer Alexander Girard's stylized sun faces. (\$85, blockshoptextiles.com)

7 Help rekindle your near and dear's *agni*—an Ayurvedic term for the fire of digestion—with **The Kitchen Imp's** organic Indian Spice Sampler. (\$20, thekitchenimp.com)



Water

Gifts to promote meditation, tranquility, yoga, consciousness, forgiveness, flow

1 Help make a yogi's practice sustainable—and lifelong—with the book ***Yoga for Healthy Aging*** by respected yoga teachers Baxter Bell and Nina Zolotow. With humor, insight, and maturity, they'll guide you through a foundational program that's easy to combine with other practices. (\$25, shambhala.com)

2 Encourage hydration with the **Box Appetit** Eau Good Glass water bottle, which has a charcoal filter to remove tap water's chemical aftertaste. (\$35, alpinemodern.com)

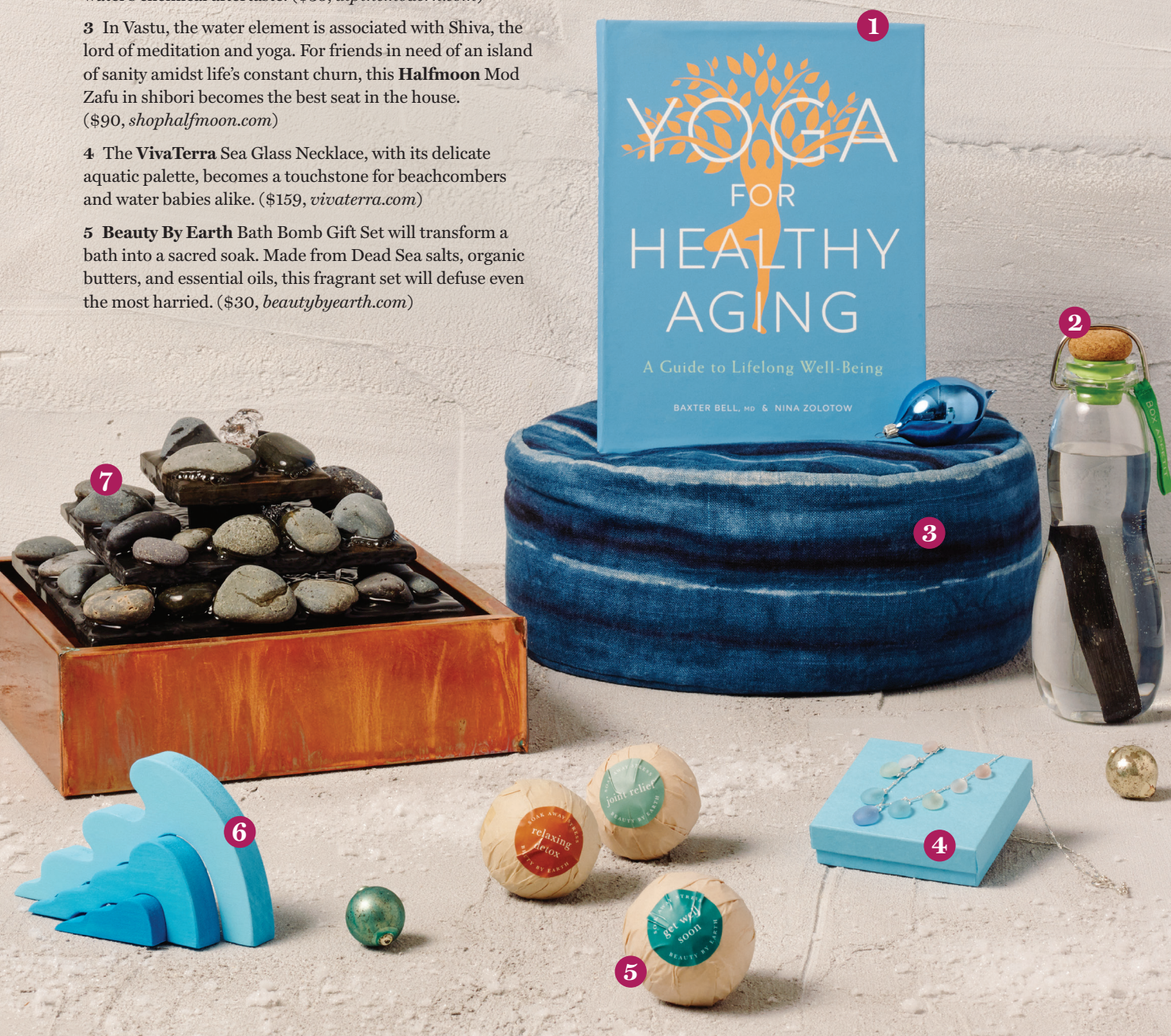
3 In Vastu, the water element is associated with Shiva, the lord of meditation and yoga. For friends in need of an island of sanity amidst life's constant churn, this **Halfmoon** Mod Zafu in shibori becomes the best seat in the house. (\$90, shophalfmoon.com)

4 The **VivaTerra** Sea Glass Necklace, with its delicate aquatic palette, becomes a touchstone for beachcombers and water babies alike. (\$159, vivaterra.com)

5 **Beauty By Earth** Bath Bomb Gift Set will transform a bath into a sacred soak. Made from Dead Sea salts, organic butters, and essential oils, this fragrant set will defuse even the most harried. (\$30, beautybyearth.com)

6 Handcrafted from sustainably harvested wood, the **Imagination Kids** Wooden Wave Stacking Puzzle offers a glimpse of the ocean for the landlocked. (\$15, imaginationkidstoy.com)

7 Bring the soothing murmur of water into a home or office with the **Serenity Health & Home Décor** Sunnydaze Cascading Pyramid Copper Tabletop Fountain. (\$209, serenityhealth.com)



Earth

Gifts to promote strength, wisdom, balance, stability, maturity, patience, groundedness, embodiment

1 Shambhala Publications pocket books offer inspirational messages on every page to help ground you in the present moment. (\$13, shambhala.com)

2 A tactile, fine-grained wooden cutting board like **American Heirloom's** Herringbone Flag is rustic and enduring. (\$38, aheirloom.com)

3 Most kids have the intuitive sense that a stuffed animal can help them feel safe and grounded. Adorable **Blabla** knit dolls

Machu the Alpaca and Hercule the Elephant work particularly well as down-to-earth spirit animals. (\$58, blablakids.com)

4 The stone, metal, and plant trifecta found in the **Buddha Groove** Zen Rock Triple Plant Terrarium brings an earthy quality to any room. (\$36, buddhagroove.com)

5 Help a friend enjoy *hygge* (coziness) with a **Lapuan Kankurit** Corona gray/moss blanket that's made from 100 percent lamb's wool. (\$125, alpinemodern.com)

6 Marble & Milkweed's Deeply Rooted Chai is an organic blend of pu-erh tea, quality spices, and adaptogenic herbs (they enhance the ability to adapt to stress) like ginger, turmeric, and ashwagandha. (\$18, marbleandmilkweed.com)

7 The Wooden Owl designed by **Paul Anker Hansen** has a magnetically revolving head and is a charming totem of the reservoir of wisdom that lives in each one of us. (\$84, canoe.design) ■

