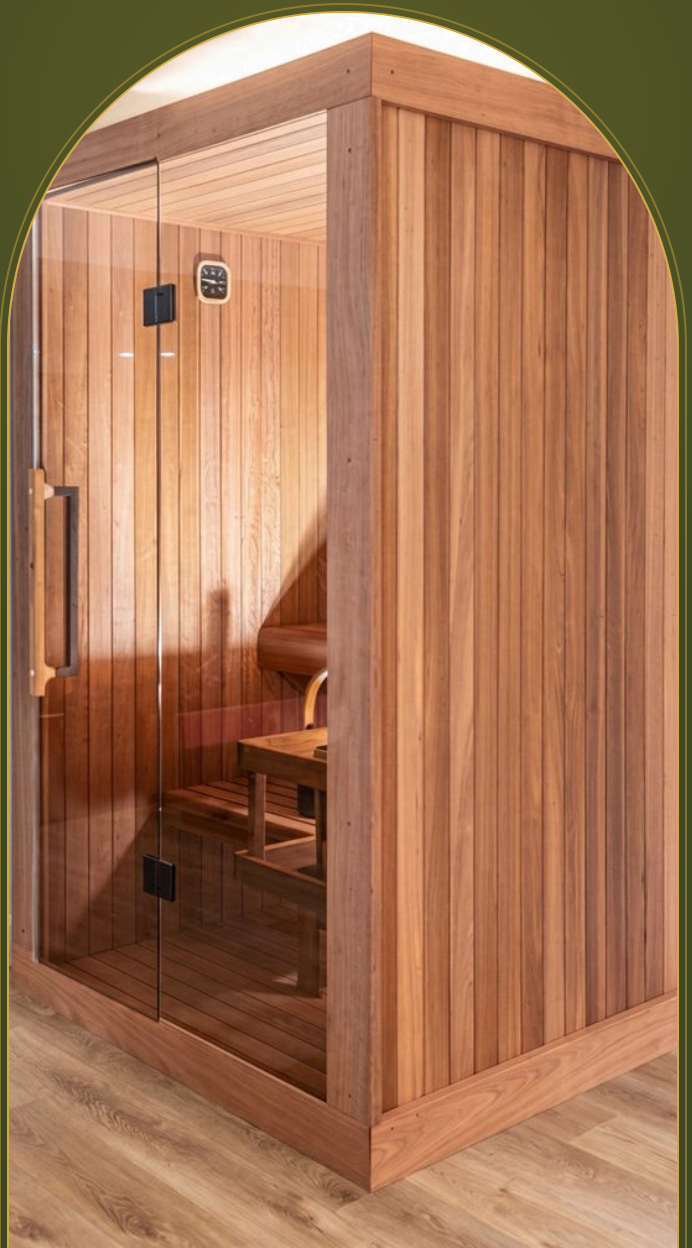
TRINKET TROVE · HOLIDAY 2026

The Gift *Book*

Twenty-one gifts for the people you love, chosen for the research behind them







GRADED HONESTLY · EVERY LINK LABELLED

A *true* gift

Before I give someone I love anything for their health, I want to know what stands behind it, and who.

So I went through everything in the Trove and kept what the research supports most firmly. Twenty-one gifts: seven small treasures, seven thoughtful gifts, and seven for once in a lifetime. None of them carries a Wait.

I have researched these; I have not personally tested them. Where the evidence has limits, I have said so beside the gift, because a true gift should be able to stand a little honesty.

With love, Gillian



CHAPTER I · PAGE 6

Small Treasures

Easy to give, and easy to keep up.



CHAPTER II · PAGE 9

The Thoughtful Gifts

For someone whose mornings and nights you think about.



CHAPTER III · PAGE 12

Once in a Lifetime

Heat and cold, for the home you will use for years.

READ THIS FIRST

How I *chose*

1 **I began with everything.**

Every product in the Trinket Trove shop, sixty-two of them, and I chose only from those.

2 **I looked behind the label.**

I checked who makes each gift, and you will find a few words about them beside it.

3 **I followed the grade.**

At each level of giving I took the strongest research first. Nothing here is graded Wait.

4 **A grade speaks for the kind of product.**

Established beside a sauna means the long-term research on traditional saunas, much of it from Finland. It does not mean that exact model was studied.

5 **Some grades have conditions.**

Vitamin D is Established if your levels are low. Omega-3 is Established for triglycerides and mixed for heart events. Where it matters, the condition is printed beside the gift.

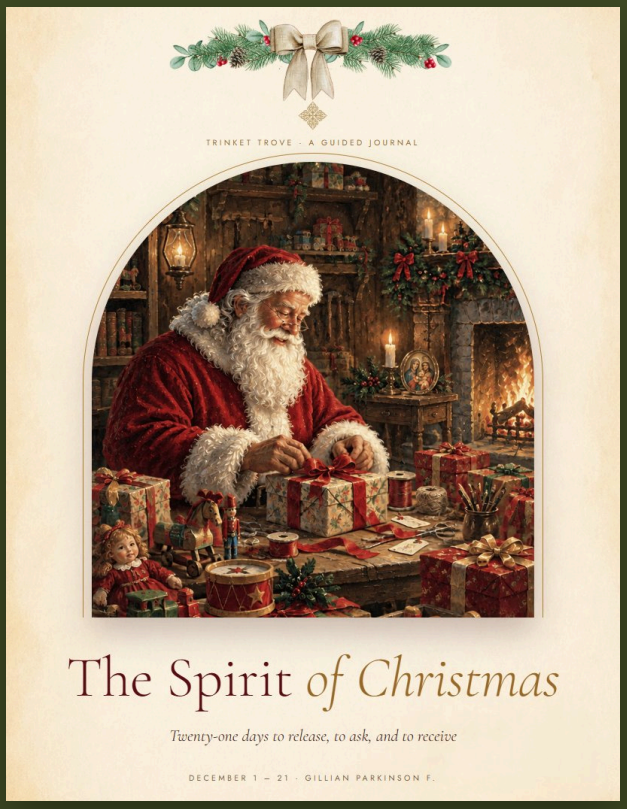
6 **The middle is mostly Promising.**

Few gifts at that level have settled science, and I would rather tell you than pretend.

ESTABLISHED Strong, repeated human evidence. PROMISING Real signals, not yet settled.

Please check with a clinician before starting a supplement, or a heat, cold or light practice, especially if you are pregnant, on medication or have a heart condition.

From *my family*

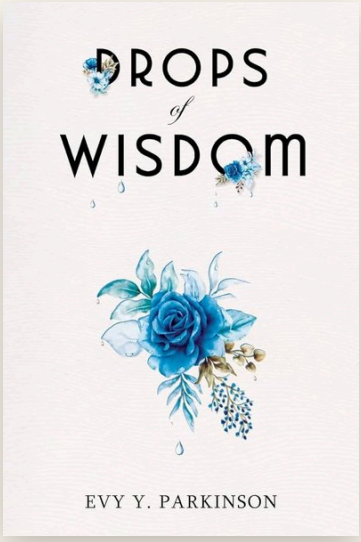


FROM ME TO YOU

The Spirit of Christmas

My own guided journal: twenty-one days from December 1 to the solstice night, to release, to ask and to receive. In English or Spanish.

SEE THE JOURNAL →



FROM MY NIECE

Drops of Wisdom

By Evy Y. Parkinson. Small, clear truths to keep beside the bed and open at random. In full honesty: the author is my niece, and I earn nothing from it.

How to use *this book*

Every gift has a number. Find one you love, then tap its number, or go to the web page and look for it there. That is where every gift has its link.

`trinkettrove.shop/gift-book.html`

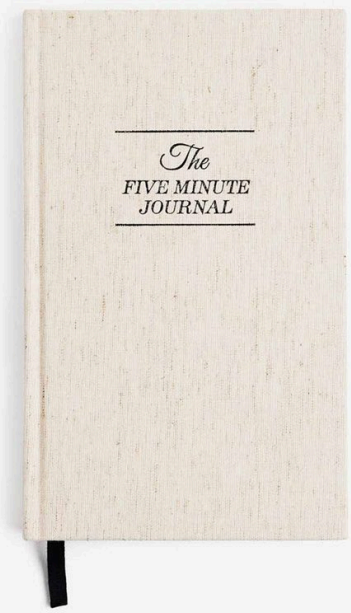
Prices change, so I have left them out. The seller's page always has today's price.

CHAPTER I

Small *Treasures*

Easy to give, and easy to keep up. The small daily things with the most research behind them.

No. 01



For anyone who is grateful and never has a minute.

The Five Minute Journal

INTELLIGENT CHANGE

PROMISING *small effects*

Five minutes, morning and night. Gratitude practices show small, real effects in trials; the structure is what makes the habit stick.

THE COMPANY. Intelligent Change launched this journal in 2013. The research is on gratitude practice in general.

SEE NO. 01 ONLINE →

No. 02



For the friend who keeps meaning to begin.

Organic Zafu Cushion

BEAN PRODUCTS

ESTABLISHED *modest effects, for meditation and anxiety*

Organic cotton and buckwheat. Meditation has modest, well-replicated effects on anxiety; a good cushion is how a practice gets a home.

THE COMPANY. A Chicago maker of meditation cushions, established in 1987 by its own account.

SEE NO. 02 ONLINE →

For the skin that is tired of promises.

100% Squalane Oil

BIOSSANCE

ESTABLISHED *as an emollient*

Squalane from sugarcane: a light, stable moisturiser that most skin types tolerate. It moisturises; it does not reverse ageing.

THE COMPANY. Launched by the biotech firm Amyris, and now part of the UK beauty group THG.

SEE NO. 03 ONLINE →

No. 03



No. 04



For the one who reads every label.

Mineral Sunscreen SPF 30

BADGER

ESTABLISHED

Zinc oxide only. Zinc and titanium dioxide are the only filters the FDA has proposed as safe and effective, so mineral is a reasonable choice if you prefer caution.

THE COMPANY. A family-run New Hampshire company, founded in 1995 by a carpenter, Bill Whyte, and now led by his daughters.

SEE NO. 04 ONLINE →

No. 05



For anyone you want strong at eighty.

Creatine (Creapure®)

MOMENTOUS

ESTABLISHED

Creatine monohydrate made with Creapure®. The research on creatine for women in midlife covers muscle, bone and memory.

THE COMPANY. A US sports-nutrition company led by its co-founder, Jeff Byers, whose Amp Human merged with Momentous in 2021.

SEE NO. 05 ONLINE →

For the dark months, once levels are checked.

Vitamin D + K2 Liquid

THORNE

ESTABLISHED *if you are low; Wait if your levels are normal*

D3 is the form your skin makes from sunlight. K2 helps the proteins that bind calcium into bone: a sensible pairing, not a proven one.

THE COMPANY. Founded in 1984, and bought by Procter & Gamble in October 2026.

SEE NO. 06 ONLINE →

No. 06



No. 07



For the friend who asks what is really in the bottle.

Ultimate Omega

NORDIC NATURALS

ESTABLISHED *for triglycerides; mixed for heart events*

650 mg EPA and 450 mg DHA per two softgels, with lot-specific third-party testing.

THE COMPANY. Founded in 1995 by the Norwegian-born Joar Opheim, and based in Watsonville, California.

SEE NO. 07 ONLINE →

CHAPTER II

The Thoughtful *Gifts*

For someone whose mornings and nights you think about. Light, sleep and calm, read honestly.

No. 08



For the friend who goes quiet every January.

Day-Light Classic Plus

CAREX

ESTABLISHED *for seasonal low mood*

Bright light therapy is one of the better-evidenced tools for seasonal low mood. A light box is what we would buy instead of blue-light glasses, which a Cochrane review found did not help eye strain.

THE COMPANY. A long-selling home health brand. The research is on bright light therapy in general.

SEE NO. 08 ONLINE →

No. 09



For the one who wakes in the dark.

Restore 3 Sunrise Alarm

HATCH

PROMISING

A dawn-simulating light and sound machine. Dawn simulation has small trials behind it.

THE COMPANY. A US sleep company founded by Ann Crady Weiss and Dave Weiss. Some extras are by subscription.

SEE NO. 09 ONLINE →

For the one who holds their breath all day.

Inner Balance Coherence Plus

HEARTMATH

PROMISING

A sensor and app that train heart-rhythm coherence through paced breathing. Heart-rate-variability biofeedback has real, if modest, trial support.

THE COMPANY. HeartMath, Inc. dates to 1991. Much of the research comes from its sister nonprofit, the HeartMath Institute.

SEE NO. 10 ONLINE →

No. 10



No. 11



For the one already serious about red light.

MitoPRO+ Series

MITO RED LIGHT

PROMISING

A four-wavelength red and near-infrared panel, for larger areas. Ask for the published irradiance at your distance before you buy.

THE COMPANY. A Scottsdale company that says it was founded in 2018. This panel is sold as a general wellness device.

SEE NO. 11 ONLINE →

No. 12



For anyone quietly watching their hair thin.

Red Light Hat

HIGHERDOSE

ESTABLISHED *for pattern thinning*

Red light on the scalp is one of the few at-home tools with sham-controlled trials in women. It asks for months of consistency, and a hat you can wear while you read is a device you will actually use.

THE COMPANY. Founded in New York by Lauren Berlingeri and Katie Kaps. FDA-cleared for hair growth in men with androgenic alopecia.

SEE NO. 12 ONLINE →

For anyone who wants the easiest red light habit.

Red Light Face Mask

HIGHERDOSE

PROMISING

The easiest red light habit to keep. A controlled trial found better skin texture and collagen density with regular sessions, though it used full panels, not masks.

THE COMPANY. Founded in New York by Lauren Berlingeri and Katie Kaps.

SEE NO. 13 ONLINE →

No. 13



No. 14



For the evening ritual that will actually last.

Skin LED Mask Series 2

CURRENTBODY

PROMISING

An LED mask with an FDA clearance for a stated use. Like every consumer mask we checked, it publishes no irradiance figure.

THE COMPANY. Founded in 2009; its parent, The Beauty Tech Group, is listed in London. FDA-cleared for wrinkle reduction.

SEE NO. 14 ONLINE →

CHAPTER III

Once in a *Lifetime*

Heat and cold, for the home you will use for years. The research is strongest for the traditional Finnish sauna.

No. 15



For the family that would gather in the heat.

Serenity Barrel Sauna

DUNDALK VIA TOPTURE

ESTABLISHED

A classic Canadian-built barrel with room for four. The heater is sold separately.

THE COMPANY. A family-owned Canadian manufacturer in Melancthon, Ontario. It began in 2004 and built its first barrel sauna in 2006.

SEE NO. 15 ONLINE →

No. 16



For the spare room waiting for a purpose.

Nook Indoor Sauna

DUNDALK VIA TOPTURE

ESTABLISHED

A true Finnish-style sauna for a spare room or basement. The heater is sold separately. Needs a 240 V circuit and a licensed electrician.

THE COMPANY. A family-owned Canadian manufacturer in Melancthon, Ontario. It began in 2004 and built its first barrel sauna in 2006.

SEE NO. 16 ONLINE →

For the one who wants it done properly.

C1 Indoor Sauna, Spruce

KOHLER VIA TOPTURE

ESTABLISHED

A complete traditional sauna with heater, guard and stones included, a 5-year limited warranty and optional professional assembly. Two- and three-person sizes need a 240 V, 30-amp circuit.

THE COMPANY. The American kitchen and bath company announced its sauna line in October 2025. It also owns the German sauna maker Klafs.

SEE NO. 17 ONLINE →

No. 17



No. 18



For the smaller home.

Solo System Portable Sauna

SUNLIGHTEN

PROMISING

A seated infrared pod about the footprint of an armchair: the middle step between a blanket and a cabin, for smaller homes.

THE COMPANY. An Overland Park, Kansas company dating to 1999, led by Aaron and Connie Zack.

SEE NO. 18 ONLINE →

No. 19



For the one who wants to meet the cold.

Baltic Cold Plunge

DUNDALK VIA TOPTURE

PROMISING

A 132-gallon cedar tub with a chiller listed down to 37°F that runs on a standard household outlet. Designed for outdoor use; about 1,200 lb when full.

THE COMPANY. A family-owned Canadian manufacturer in Melancthon, Ontario, making cold plunges since 2023.

SEE NO. 19 ONLINE →

For the one who wants the cold at home, every morning.

The Plunge All-In

PLUNGE

PROMISING

A chilled, filtered, self-contained plunge. Electrical needs, filled weight and service all matter, so check them before you order.

THE COMPANY. Founded in California in 2020 by Michael Garrett and Ryan Duey, who started in a garage.

SEE NO. 20 ONLINE →

No. 20



No. 21



For the one with a small corner and a strong will.

IceBarrel Cold Plunge

ICETUBS VIA TOPTURE

PROMISING

Built-in chiller listed to 37.4°F, three-stage filtration, rated for indoor or outdoor use, 2-year warranty for private use.

THE COMPANY. A brand of Dutch-designed cold plunges.

SEE NO. 21 ONLINE →

The *Index*

NO.	THE GIFT	FROM	GRADE
Small Treasures			
01	The Five Minute Journal	Intelligent Change	PROMISING
02	Organic Zafu Cushion	Bean Products	ESTABLISHED
03	100% Squalane Oil	Biossance	ESTABLISHED
04	Mineral Sunscreen SPF 30	Badger	ESTABLISHED
05	Creatine (Creapure®)	Momentous	ESTABLISHED
06	Vitamin D + K2 Liquid	Thorne	ESTABLISHED
07	Ultimate Omega	Nordic Naturals	ESTABLISHED
The Thoughtful Gifts			
08	Day-Light Classic Plus	Carex	ESTABLISHED
09	Restore 3 Sunrise Alarm	Hatch	PROMISING
10	Inner Balance Coherence Plus	HeartMath	PROMISING
11	MitoPRO+ Series	Mito Red Light	PROMISING
12	Red Light Hat	HigherDOSE	ESTABLISHED
13	Red Light Face Mask	HigherDOSE	PROMISING
14	Skin LED Mask Series 2	CurrentBody	PROMISING
Once in a Lifetime			
15	Serenity Barrel Sauna	Dundalk via Topture	ESTABLISHED
16	Nook Indoor Sauna	Dundalk via Topture	ESTABLISHED
17	C1 Indoor Sauna, Spruce	Kohler via Topture	ESTABLISHED
18	Solo System Portable Sauna	Sunlighten	PROMISING
19	Baltic Cold Plunge	Dundalk via Topture	PROMISING
20	The Plunge All-In	Plunge	PROMISING
21	IceBarrel Cold Plunge	Icetubs via Topture	PROMISING

Every gift, *one tap away*

trinkettrove.shop/gift-book.html

Please check with a clinician before starting a supplement, or a heat, cold or light practice, especially if you are pregnant, on medication or have a heart condition.

Trinket Trove researched these gifts and has not personally tested them. Some links on the web page are affiliate links, which may earn a commission at no extra cost to you. Each one is labelled.