

DINA DOES...

by Dina Cantin @dinadoespodcast

*It's the most wonderful time of the year!
Let's celebrate with heart and soul!*

"LEAVE A LITTLE SPARKLE WHEREVER YOU GO"
Holiday Goddess Energy! ~ This sequin Caftan by La Vie Style house is an ABSOLUTE stunner. Bonus? Leave the spansk at home and indulge on all the holiday treats you want!
www.laviestylehouse.com



"GRATITUDE IS THE BIRTHPLACE OF JOY"

I never set a table without putting my entire heart into it. Thanksgiving is the perfect time to throw in the rippling stone of gratitude. Send your guests home with a head start on a beautiful year ahead with these personalized prompted gratitude journals doubling as unique place card holders. *I've placed a sprig of Eucalyptus to repel negative energy and bring peace which every holiday dinner can use!



Bonus tabletop pretties:
Velvet pumpkins plushpumpkins.com
Liquid real flame no burn candles lucidcandle.com

"CLEAR YOUR ENERGY, LIVE YOUR VISION"

Ring in a beautiful abundant new year...Literally with these Waterford crystal bells. Ringing bells clear any negative or stagnant energy in your home or space. Start in the feng shui "wealth and prosperity" corner of your home (furthest corner to the back left of the front door) and move clockwise throughout your space. I like to add in a mantra like "all negative energy be gone, only beautiful energy remains here" You can actually feel the energy shift! Be sure to open your doors and windows to let the energy out!



"IT'S NOT JUST A GIFT IT'S GIVING A SOUL A LIFT"
Stand out with a meaningful hostess gift like these vintage moroccan tea glasses and ceremonial mystic tea blends by Magic Hour. The Queen blends are my personal favorites and the brown sugar bubble tea will be sure to please. Check out more info on "an alchemical combination of sun, earth, wind, seed and spirit that you can drink" at clubmagichour.com



"WE ONLY HAVE WHAT WE GIVE"

Giving back is a huge part of the Holiday season for my family. We have several traditions like making extra platters of food for the homeless, running our credit cards for random elders in the supermarket, delivering toys for children in the hospital and bringing the staff pumpkin pie! Last year in place of our usual elaborate gift baskets for friends and neighbors we made a donation in their names to one of my favorite animal charities. Our Christmas cards had a lovable photo of the adorable "faces" of the charity with a note of Thanks! It was a HUGE hit and brought smiles to lots of faces. Win win for all! www.roadogs.org

