



Health-Conscious Gifts for Father's Day



Dads are usually the last member of the family to care about toxic ingredients in personal care products. If you're a health-conscious person, you've probably had an experience with a dad who just doesn't understand your "obsession" with having clean, safe, and eco-friendly products to use. This could be your opportunity to give them something that's high-quality and non-toxic.

Here's a list of gift ideas for Father's Day that keep dad's health in mind. (Don't worry, it's not just personal care products. There's some gadgets and devices in this list too.)

Here's some ideas for you:

- Natural clothing — **Pact**, **Bombas**, and **Patagonia** are all brands that use natural fibers like organic cotton and hemp. You can get hoodies, joggers, jeans, and socks from these companies. These are eco-friendly products made from sustainable materials.
- Outdoor products — **Badger Balm** has lotions and non-toxic sunscreen made with natural ingredients. With the summer coming up, Badger Balm is the perfect zinc-based sunscreen. **Shwood Eyewear** has high-quality sunglasses made with a lightweight bamboo frame.
- Gadgets and devices — **LSTN Sound Co.** and **House of Marley** (found on Amazon) have wireless headphones/earbuds, bluetooth speakers, turntables, and other audio devices that are made from environmentally friendly materials.
- Grooming products — **Native** and **Primals** offer body washes and deodorants that are made with all-natural ingredients. They have scents like Sea Salt and Cedar that are perfect as a Father's Day gift. Primals also has bamboo toothbrushes with boar bristles.

These are just a few gift ideas for Father's Day. We hope that you can find a gift for dad that prioritizes his wellness. After all, the best gift that you can give is the gift of better health.

Our Father's Day Promotion is running from June 16-23. First appointment is only \$89 and includes consultation, exam, computerized nerve scan, and x-rays (if necessary).

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