

# Om giveaways



## Boutique Luxury Hand Care Duo

Close your eyes and transport yourself to a place of ultimate relaxation and luxury with Boutique. Give hands the ultimate treat with this hand care duo. Containing a rich fragrant Luxury Hand Wash (500ml) and Luxury Hand Cream (500ml), this set contains everything for a super-indulgent experience for your hands.

£12.00 for the set | [gracecole.co.uk](http://gracecole.co.uk)

Enter online at [ommagazine.com/boutique](http://ommagazine.com/boutique)



## V is for Vegan by Kerstin Rodgers

V is for Vegan is the perfect book for life-long vegans, the vegan curious and those just looking to cut down on their meat intake. Whether it's for health reasons, environmental concerns, or simply to mix things up, there are plenty of motives to say goodbye to meat and dairy and hello to a whole new way of eating.

£20 | [quadrille.co.uk](http://quadrille.co.uk)

Enter online at [ommagazine.com/visforvegan](http://ommagazine.com/visforvegan)

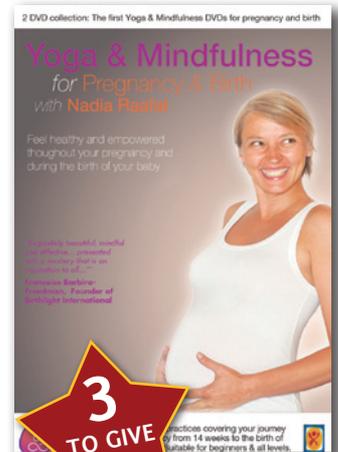


## Yoga & Mindfulness for Pregnancy & Birth DVD with Nadia Raafat

This programme is the first of its kind and offers over 240 minutes of practice designed to support and transition women throughout their pregnancy and birth experience all the way into motherhood itself. Endorsed by midwives, doctors, doulas and birth professionals, this DVD represents the gold standard of pregnancy yoga and birth prep teaching today.

£16.99 | [yogamatters.com](http://yogamatters.com)

Enter online at [ommagazine.com/nadiaraafat](http://ommagazine.com/nadiaraafat)

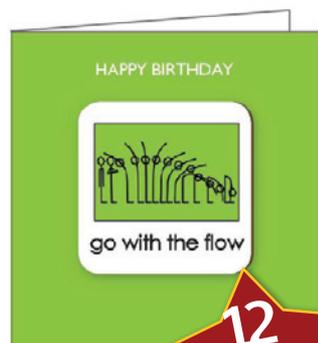


## Yogastickmen Coaster cards -

3 Quirky and bold designs with an uplifting and supportive message. A great way to send a gift and connect and let someone know you are thinking of them. Available as a birthday card or blank.

Price £5.50 | [yogastickmen.com](http://yogastickmen.com)

Enter online at [ommagazine.com/yogastickmen2](http://ommagazine.com/yogastickmen2)



## Art Therapy: Extraordinary Gardens

Enter the enchanting world of the garden, where birds, insects and flowers unite to form 100 beautiful illustrations for you to make your own. From Eden to the Hanging Gardens of Babylon, any garden is a symbol of peace and pleasure and this book allows you to create your own wonders of the world. Let your imagination wander between the seasons through the pages of this book and rediscover the simple, yet calming pleasure of observing nature at its finest.

£12.99 | [quartouk.com](http://quartouk.com)

Enter online at [ommagazine.com/arttherapy](http://ommagazine.com/arttherapy)

