



Minimalist gift guide

Your holiday gift giving guide!

written by Jasmine Nakasone

The holidays are here and for most that means finding the perfect gift for your loved ones. Christmas can be a consumerism nightmare and can create a lot of clutter in our homes and our planet. So why not give a gift that your loved ones will actually cherish?

My family and I choose to live a minimalistic lifestyle. We try our best to live low waste and to be make mindful decisions to lower our carbon footprint. However, the holidays can be tricky. I have compiled a list of gift giving ideas that take on a minimalist approach and that are a little more eco-friendly. These gift ideas are creative, simple and meaningful.

Love always,

jasmine

www.lovealwaysjasmine.com



EXPERIENCES

Tickets to the movies, a concert, lantern festival or magic show, skydiving, kayaking or a helicopter ride. Treat a loved one to lunch or a spa day. You can gift a photoshoot or cooking classes.

SUBSCRIPTIONS

Amazon Prime, Spotify, Audible, Disney+, Netflix, XM radio

CONSUMABLES

Baked goods, tea, coffee, homemade granola, their favorite food

DONATION

Donate money to a local charity in their name. Spend time at a local shelter together. Offer to babysit your loved ones kids or pets. Offer to clean their homes (I know lots of busy parents would love this). Help declutter their space.

YOUR PRESENCE

Spending time with your loved ones is the best gift you can give. Whether that be chatting on FaceTime, going out for a stroll or sitting at your favorite coffee shop catching up. Create memories together, be in the moment and have fun.