Dr. Becky Campbell's

2026

Holiday Gift Guide

+ BFCM SALES

THOUGHTFUL FINDS,
EXCLUSIVE DEALS,
& WELLNESS FAVORITES
FOR A HEALTHIER,
HAPPIER YOU



✦ A NOTE FROM DR. BECKY ✦

Happy Holidays!

Every year, I'm asked about the wellness products I love, use, and recommend. So this holiday season, I've gathered some of my favorite finds into one special guide.

From everyday essentials to little luxuries, each selection was chosen with intention. Whether you're looking to support better sleep, encourage relaxation, nourish your body, or simply make someone's day a little brighter, I hope you find something meaningful here.

I've also included a few exclusive offers to make gifting your favorites even sweeter.

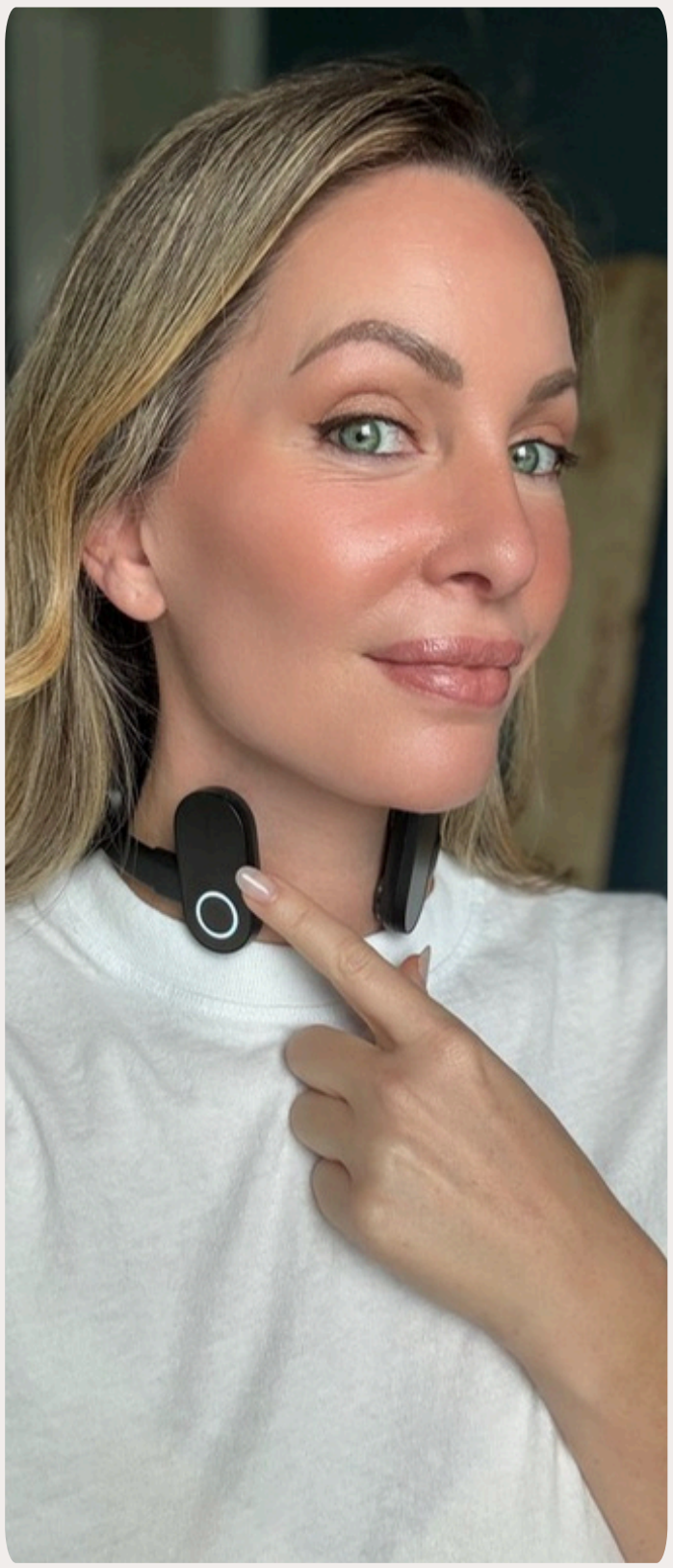
Here's to a season filled with good health, meaningful moments, and a little extra self-care.

With love,

Dr. Becky Campbell

✦ GIFT-WORTHY FINDS ✦

Wellness Must-Haves





Pulsetto Fit X

VAGUS NERVE STIMULATION DEVICE

SUPPORT RELAXATION | **IMPROVE SLEEP** | **HELP MANAGE STRESS**

WHY I LOVE IT

You know how much I talk about the nervous system and how being stuck in fight-or-flight mode can affect everything from sleep and digestion to anxiety. That's why I love the Pulsetto Fit X!

It uses gentle electrical stimulation of the vagus nerve to help your body shift into a calmer, more relaxed state. I love that I can put it on, choose a session in the app, and take a few minutes to help my nervous system unwind. It's so easy to incorporate into my day!

WHY IT'S A GREAT GIFT

We all know someone who's constantly stressed, has trouble relaxing, or struggles with sleep. This is such a great gift to help them prioritize their nervous system health and make relaxation part of their daily routine.

BLACK FRIDAY DEALS

NOV 5 - DEC 3
UP TO $425 OFF

15% OFF WITH CODE
D R B E C K Y

SHOP THE BLACK FRIDAY SALE

✦ GIFT-WORTHY FINDS ✦

Wellness Must-Haves



Ozlo Sleepbuds 2

SLEEP-ENHANCING EARBUDS



BLOCK UNWANTED NOISE | **SUPPORT DEEPER SLEEP** | **LOW EMF DESIGN**

WHY I LOVE IT

If you sleep next to someone who snores (you know who you are 😂) or you're like me and can't sleep with any noise, these are a game changer! They help block out unwanted noise while letting you choose your own soothing sounds and adjust the volume depending on how much noise you want to drown out.

I also love using them when I want to read without distractions. They track your sleep, have a built-in alarm so you won't oversleep, and don't require Wi-Fi or Bluetooth while you're sleeping, which helps reduce wireless EMF exposure.

WHY IT'S A GREAT GIFT

Perfect for light sleepers, anyone with a snoring partner, frequent travelers, or someone who just wants a little peace and quiet. Better sleep is a gift everyone can appreciate!

$20 OFF WITH CODE
D R B E C K Y

BFCM | NOV 19–30
$40 OFF + A FREE SURPRISE HOLIDAY GIFT

SHOP THE BLACK FRIDAY SALE

✦ STOCK-UP-WORTHY FAVORITE ✦

BUBS NATURALS

Collagen Peptides

DAILY SUPPORT FOR
HAIR, SKIN, NAILS & JOINTS

30% OFF SITEWIDE
BLACK FRIDAY
NOV. 25 - 29



WHY I LOVE IT

I've had trouble tolerating certain collagen supplements in the past, so finding one that I actually feel great taking is a big deal! BUBS Naturals is one of those products for me.
I'm really particular about quality and sourcing, and BUBS checks all my boxes. Their collagen comes from grass-fed, pasture-raised cattle, provides 20g of type I and III collagen peptides per serving to support healthy skin, hair, nails, and joints, and is NSF Certified for Sport, meaning it undergoes independent testing. I also love that it has no unnecessary fillers or added sugars, mixes easily into drinks, and fits right into my daily routine.

WHY NOW IS THE TIME TO BUY

Whether you're stocking up on wellness essentials, treating yourself, or shopping for someone who prioritizes their health, BUBS is a great choice. And with 30% off sitewide for Black Friday, now is the perfect time to grab it!

SUPPORTS HEALTHY HAIR | **PROMOTE GLOWING SKIN** | **STRONGER NAILS** | **SUPPORT JOINT HEALTH**

BLACK FRIDAY DEALS

EARLY BLACK FRIDAY
NOV. 13 - 25

20% OFF sitewide

30% OFF your first subscription order

BLACK FRIDAY
NOV. 25 - 29

30% OFF sitewide

50% OFF your first subscription order + a welcome kit (mug, gift card, mix wand

Free shipping over $99

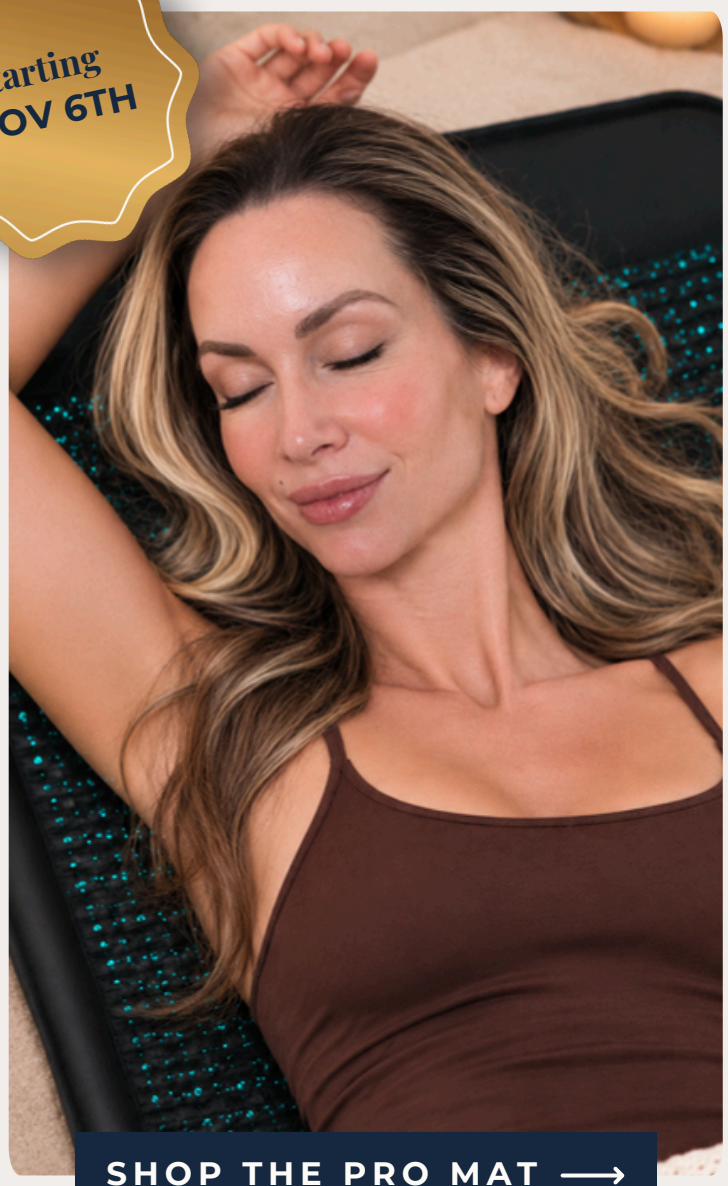
Free gift over $125

SHOP THE BLACK FRIDAY SALE

✦ FEATURED FAVORITE ✦

At-Home Recovery, Relaxation & Renewal

starting NOV 6TH



SHOP THE PRO MAT ⟶

HigherDOSE

INFRARED PEMF PRO MAT

FAR-INFRARED HEAT | PEMF TECHNOLOGY | RELAXATION & RECOVERY | DAILY WELLNESS SUPPORT

WHY I LOVE IT

I love anything that helps my body recover and relax, and this mat has become one of my favorite ways to do both! It combines PEMF, infrared heat, and red light therapy to help support circulation, muscle recovery, and relief from everyday aches and stiffness.

What I love most is how calming it is. I can lie on it after a long day, feel my muscles start to relax, and just unwind. It's especially nice when I'm feeling sore, tense, or like my nervous system needs a little extra support.

WHY IT'S A GREAT GIFT

This is such a good gift for someone who works out, deals with muscle tension, or could use a little more relaxation in their life. It's like bringing part of the spa experience home!

UP TO 40% OFF WITH CODE
BFCM2026



HigherDOSE

INFRARED PEMF GO MAT

I actually keep the smaller mat right on my office chair, and I love that I can use it while I'm working! It gives me a way to enjoy PEMF therapy without having to stop what I'm doing or set aside extra time.
I especially like using it when I've been sitting for a while and my back feels tight or uncomfortable. It's a simple way to support relaxation and help with everyday aches while I'm getting things done.

Why it's a great gift: Perfect for anyone who spends a lot of time at a desk, works from home, or wants an easy way to add some recovery and relaxation into their day.

SHOP THE GO MAT ⟶

DAILY RITUALS

Hydration Essentials



Instant Hydration Electrolyte Powder

DAILY HYDRATION SUPPORT

1,240mg of electrolytes per serving

Supports healthy muscle and nervous system function

No Sugar
No Artificial Additives

Having POTS, I know firsthand how important electrolytes are. Instant Hydration has helped me tremendously with my dizziness, low blood pressure, and just feeling better throughout the day. I genuinely don't like going without them!

But POTS or no POTS, electrolytes are essential for hydration, nerve function, muscle recovery, and maintaining proper fluid balance.

What really sets Instant Hydration apart is their ingredient quality. They use mineral-rich French grey sea salt, magnesium bisglycinate to support muscle and nervous system function, potassium for fluid balance, and Aquamin, a marine-derived source of calcium and trace minerals.

These are a daily essential for me, and whether you're treating yourself or stocking up on wellness favorites, they're absolutely worth grabbing during the holiday sale!

SHOP THE BLACK FRIDAY SALE

DAILY RITUALS

Hydration Essentials



H2 Tab Molecular Hydrogen Tablets

MOLEDULAR HYDROGEN WATER

Supports cellular health

Helps combat oxidative stress

Promotes Recovery

WHY I LOVE IT

Traveling can put a lot of stress on your body. Between flying, disrupted sleep, changing time zones, and being out of your normal routine, oxidative stress can increase. That's one reason I love H2Tab!

These tablets dissolve in water and release molecular hydrogen (H_2), which has been studied for its potential to help combat oxidative stress, support cellular health, and promote recovery.
I especially love how easy they are to travel with. Just drop a tablet into water, let it dissolve, and you're good to go! No bulky supplements or complicated routines.

WHY IT'S A GREAT GIFT

Perfect for frequent travelers, wellness lovers, or anyone looking to support their body's recovery. It's an easy addition to a wellness routine, especially during the busy holiday season!

BLACK FRIDAY DEALS

UP TO 35% OFF:
25% OFF SITEWIDE
AN ADDITIONAL 10% OFF WHEN YOU SUBSCRIBE

NOV 19-24: BLACK FRIDAY EARLY ACCESS, UNLOCKED WHEN YOU SIGN UP
NOV 25-29: BLACK FRIDAY SALES
NOV 30: CYBER MONDAY

SHOP THE BLACK FRIDAY SALE

✦ EVERYDAY SELF-CARE FAVORITESS ✦

Beauty & Body Care Favorites

UP TO 70% OFF 6-MONTH SUPPLY



QURE SKINCARE

QURE MICRO-INFUSION FACIAL SYSTEM



An at-home skincare system that uses a micro-needle-style applicator to deliver powerful, targeted serums into the skin for a smoother, brighter, and healthier-looking complexion.

Rejuvenating Serum
Plumps skin and supports the skin barrier for firmer, hydrated skin.

Brightening Serum
Fades the appearance of dark spots and restores an even skin tone.

Use Together
A complete treatment to target fine lines and dark spots in one routine.

I'm always looking for ways to support healthy, radiant skin, and I love that Qure makes it possible to bring a more advanced skincare treatment into your own home. Their Micro-Infusion Facial System is such an interesting addition to a skincare routine, especially if you're looking to improve the appearance of fine lines, uneven skin tone, and dullness.

As someone who talks a lot about the connection between overall wellness and skin health, I always remind people that beautiful skin starts with taking care of your body from the inside out. But having a thoughtful skincare routine that supports your skin barrier and hydration is important, too. I love that Qure makes this kind of at-home treatment so easy to incorporate into your routine!

NOV 2ND – JAN 4TH
65% OFF the 3-month supply of the Micro-Infusion System

No code needed.
Discount is automatically applied through the link.

SHOP NOW

✦ EVERYDAY SELF-CARE FAVORITESS ✦

Beauty & Body Care Favorites

HUME SUPERNATURAL
BODY WASH & BODY OIL

BLACK FRIDAY SALE NOV 13-30
20% OFF

I love when body care goes beyond just smelling good and actually supports the health of your skin! Hume Supernatural has become one of my favorite ways to make my everyday body care routine feel a little more intentional. Their body wash is designed to cleanse without stripping the skin, while their Dry Body Oil helps replenish moisture and leave your skin feeling incredibly soft.

What I especially appreciate is their focus on the skin microbiome and barrier health. Our skin is our largest organ, and the products we use every day matter. The body wash includes ingredients like niacinamide, hyaluronic acid, and prebiotic and probiotic-derived ingredients to help support healthy-looking skin. The body oil features nourishing plant oils like prickly pear and apricot kernel oil to help moisturize and support the skin barrier.

I love having products that make taking care of my body feel like a little self-care ritual, while still being thoughtful about what I'm putting on my skin!



SHOP BODY WASH | SHOP BODY OIL

WILD CAPRI
CANDLES & BODY LOTION

20% OFF with code DRBECKY

I love creating a home environment that feels calming, inviting, and intentional. And sometimes it's the little things, like lighting a beautiful candle or applying a nourishing body lotion, that make the biggest difference in how we feel at the end of a long day. These candles make a really great gift, even for your sensitive friends! They have some great fall scents like October, Peach Cobbler & others, and now have their holiday selections out too!

Wild Capri's handmade candles are made with coconut crème wax and thoughtfully selected non-toxic fragrances, while their body lotion features nourishing ingredients like tallow and colloidal oatmeal to help moisturize and soothe the skin. Their lotion smells incredible without making you feel sick!





NOV 26 – 29
20% off + receive an exclusive limited-edition mini votive with a merchandise purchase of $100 or more, while supplies last.

Free shipping on orders of $100 or more after discounts.

SHOP THE HOLIDAY COLLECTION

UNDER-THE-TREE EXTRAS

Wellness Must-Haves

25% OFF from Nov 13



GET OFFER

VIBRANT BLUE OILS

PARASYMPATHETIC AND HISTAMINE ESSENTIAL OIL

Essential oils are something I love having on hand, whether I'm creating a calming environment, winding down after a busy day, or simply taking a moment for myself.

What I love about Vibrant Blue Oils is that they take a thoughtful approach to essential oils, with blends designed around different wellness needs. Rather than having to figure out which individual oils to combine, their formulations make it easy to incorporate aromatherapy into your daily routine.

I often talk about how important it is to support your nervous system and create opportunities for your body to relax. Our environment, daily habits, and even the little rituals we create for ourselves can influence how we feel. I love using essential oils as one small way to make those moments more intentional. They even have a histamine blend!! Their new one called Unstuck is also really good to support the nervous system.

25% OFF SITEWIDE, 30% OFF KITS FROM NOV 13TH

UNDER-THE-TREE EXTRAS

Thoughtful Finds for Your Home

25% OFF



GET OFFER

COOP SLEEP GOODS
ADJUSTABLE PILLOW

Sleep is one of the most important foundations of health, and I am always talking about how much it impacts everything from hormone balance and immune function to energy, recovery, and nervous system health. That's why I believe investing in your sleep environment is one of the best things you can do for yourself.

I love the Coop's Adjustable Pillow because it takes into consideration that everyone's sleep needs are different. You can add or remove the fill to customize the height and firmness, which makes it so much easier to find a comfortable position that works for your body.

After years of trying to find a pillow that could support my neck enough to stop waking up with migraines, this is the one I settled on. It has been a complete game changer for my neck pain, headaches and sleep.

$350 OFF starting NOV 7TH



GET OFFER

JASPR
AIR PURIFIER

If there's one thing I want people to become more aware of, it's the importance of the environment we live in. We spend so much time thinking about what we eat, the supplements we take, and the products we put on our bodies, but we sometimes forget about the air we're breathing every single day.

As someone who has personally experienced mold illness, I know how important it is to pay attention to your indoor environment. Air quality is something I take seriously, and having a good air purifier can be an important part of creating a healthier home.

I love Jaspr because it helps address some of the things we don't necessarily see in the air around us. It uses advanced filtration to capture airborne particles like dust, pollen, pet dander, smoke, and mold spores, while also helping reduce odors and certain VOCs. It even has sensors that monitor particulate matter and VOC levels so you can get a better picture of your indoor air quality.

For anyone who wants to be more intentional about their home environment, especially those who are mindful of mold, allergens, and everyday environmental exposures, I think an air purifier is a worthwhile investment. Clean air is something we should all be thinking about!

UNDER-THE-TREE EXTRAS

Thoughtful Finds for Your Home



GET OFFER

CARAWAY HOME

MODERN COOKWARE

I'm very intentional about the products I bring into my kitchen because supporting our health starts with more than just the food we eat. It also means paying attention to what we cook with every day. That's one of the reasons I love Caraway Home cookware! Their ceramic-coated pans offer a nonstick cooking surface made without intentionally added PFAS, PTFE, PFOA, lead, or cadmium.

What I especially love is how easy they make everyday cooking. You can prepare everything from eggs and vegetables to family meals without worrying about food sticking to the pan, and cleanup is so simple. They're also beautifully designed, so they look just as good sitting on your stovetop as they do in your kitchen.

I talk a lot about reducing unnecessary environmental exposures and making more intentional choices in our homes. Our cookware is something we use every single day, so choosing thoughtfully designed alternatives is a simple place to start. Caraway makes healthier-minded cooking feel both practical and beautiful!



GET OFFER

OUR PLACE

MODERN COOKWARE

One of the easiest ways to be more intentional about your health is to start in your kitchen and I love that Our Place now offers an air fryer! One of the things I appreciate most about air frying is how quickly it cooks food, making it a convenient way to prepare meals without spending a lot of time in the kitchen.

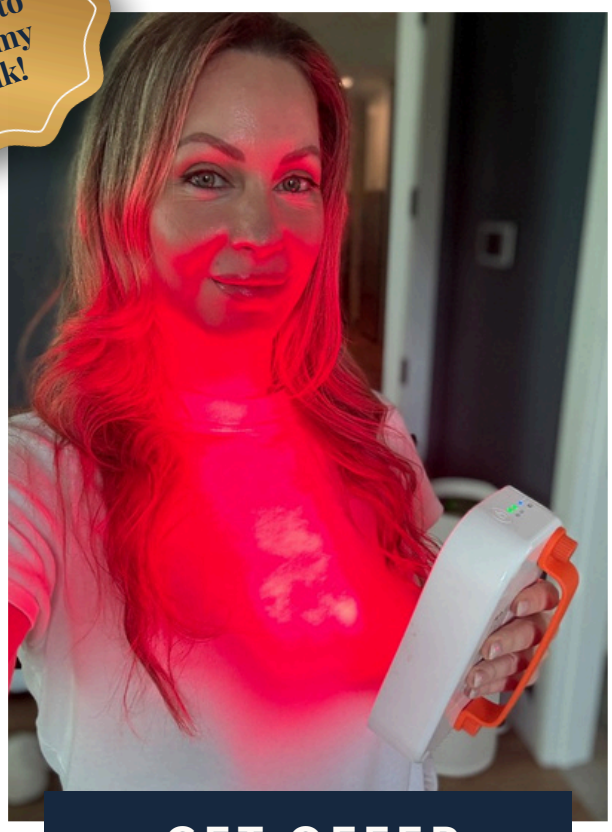
For those of us who are mindful of histamine, cooking time can be especially important. Histamine can accumulate in certain foods as they sit, particularly during storage, so preparing food quickly and eating it fresh can be a helpful strategy. An air fryer makes it easy to cook meals quickly while getting that crispy, delicious texture we all love.

I talk a lot about how small everyday choices can make a difference in supporting our health, and that includes how we prepare our food.

✦ UNDER-THE-TREE EXTRAS ✦

Wellness & Recovery Essentials

Make sure to use my link!



GET OFFER

LUMEBOX

RED LIGHT THERAPY

Red light therapy is something I find so interesting, especially when it comes to supporting overall wellness, cellular health, and recovery. I love having tools that make it easier to incorporate these kinds of therapies into my everyday routine without having to leave home.

LumeBox makes red light therapy accessible with a portable device that combines red and near-infrared light. These wavelengths interact with the body's tissues and are being studied for their role in supporting cellular energy production, circulation, skin health, and recovery.

What I particularly love about red light therapy is its potential to support our bodies at a cellular level. Mitochondria are responsible for producing the energy our cells need to function, and supporting healthy cellular function is such an important part of overall wellness.

It's a great gift for anyone who loves exploring wellness technology!

Make sure to use my link!



GET OFFER

LIFE PRO

VIBRATION PLATE

Your lymphatic system plays an important role in moving fluid throughout your body, supporting immune function, and maintaining healthy circulation. Unlike your cardiovascular system, your lymphatic system doesn't have a pump like your heart. It relies heavily on muscle movement to keep things flowing. That's why I love the LifePro Vibration Plate!

The gentle vibrations stimulate muscle contractions, offering a low-impact way to encourage movement and potentially support healthy lymphatic flow. It's one of my favorite ways to incorporate a little extra movement into my wellness routine, especially on days when I don't feel like doing a full workout. Just a few minutes can be a simple addition to your daily self-care routine.

UNDER-THE-TREE EXTRAS

Stock-up Favorites

SAVE 25% OFF SITEWIDE



GET OFFER

BIOPTIMIZERS

MAGNESIUM BREAKTHROUGH

Magnesium is one of my favorite minerals to talk about because it plays a role in so many important processes throughout the body. From muscle function and energy production to nervous system regulation and relaxation, it's a nutrient we really don't want to overlook.

That's why I love BIOptimizers Magnesium Breakthrough. Instead of relying on just one form of magnesium, it combines seven different forms in one formula, including magnesium bisglycinate, malate, taurate, citrate, orotate, chelate, and sucrosomial magnesium.

I especially appreciate the variety because different forms of magnesium have different characteristics when it comes to absorption and how they're used in the body. The formula also includes vitamin B6, which plays a role in magnesium metabolism.

For anyone who struggles with winding down at night, experiences muscle tension, or simply wants to be more intentional about their nutritional foundation, magnesium is worth paying attention to.

UP TO 20% OFF SITEWIDE



GET OFFER

RHO NUTRITION

LIPOSOMAL GLUTATHIONE, CREATINE AND NAD+

Glutathione and creatine are two supplements I love incorporating into my wellness routine!

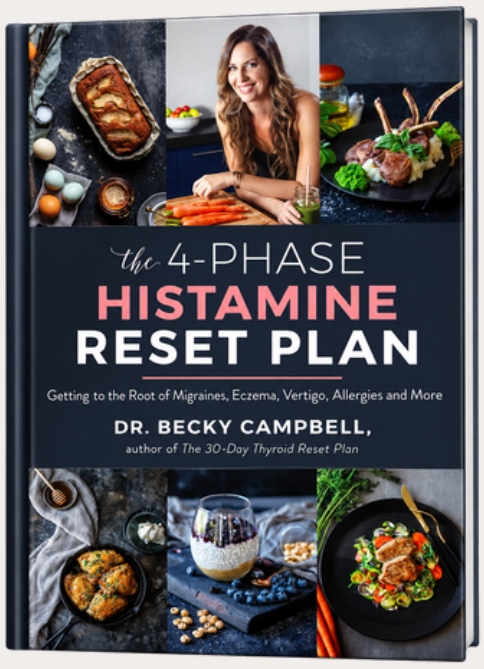
I use glutathione to support my body's natural detoxification processes and protect my cells from oxidative stress. Creatine is another favorite, especially as I get older. It supports muscle strength, cellular energy, and potentially cognitive health.

One reason I love Rho Nutrition is their liposomal delivery system, which is designed to help protect ingredients during digestion and support absorption. They also offer liposomal NAD+, which plays an important role in cellular energy and mitochondrial function.

Supporting my health at the cellular level is a big priority for me as I age!

UNDER-THE-TREE EXTRAS

Dr. Becky's Must-Read Books



THE 4-PHASE HISTAMINE RESET PLAN

GETTING TO THE ROOT OF MIGRAINES, ECZEMA, VERTIGO, ALLERGIES AND MORE

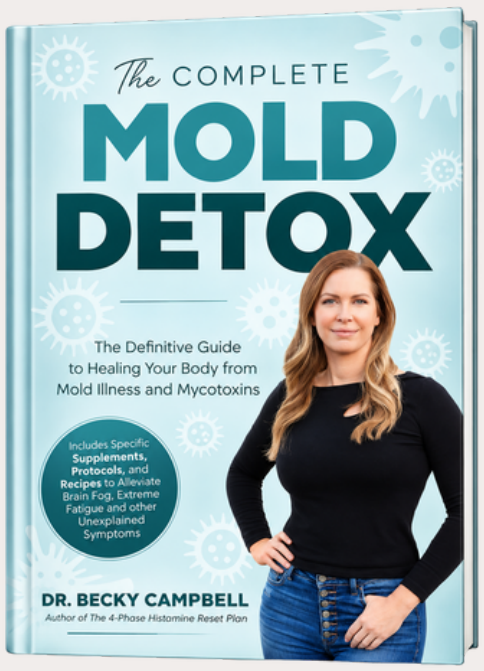
Uncover the Root Cause of Your Health Issues and Heal Your Body for Life

Millions of people suffer from allergies, migraines, skin issues, sleep disturbances, digestive ailments or anxiety due to undiagnosed histamine intolerance.

Dr. Becky created a revolutionary four-phase program to heal your body naturally. What makes her approach different—and more effective for lifelong results—is that it looks for root causes and offers a well-rounded, holistic treatment plan that addresses diet, environmental toxins, lifestyle and more.

To help you uncover why your body is not processing histamine correctly, Dr. Campbell explains the eight most common factors and how to address them. Then she gives you a plan that includes a low-histamine diet, liver care, gut support and direction on how to safely reintroduce the foods that were once making you sick. Along with her wealth of delicious recipes, she also includes information on supplements, ways to reduce stress and much more.

GET BOOK →



THE COMPLETE MOLD DETOX

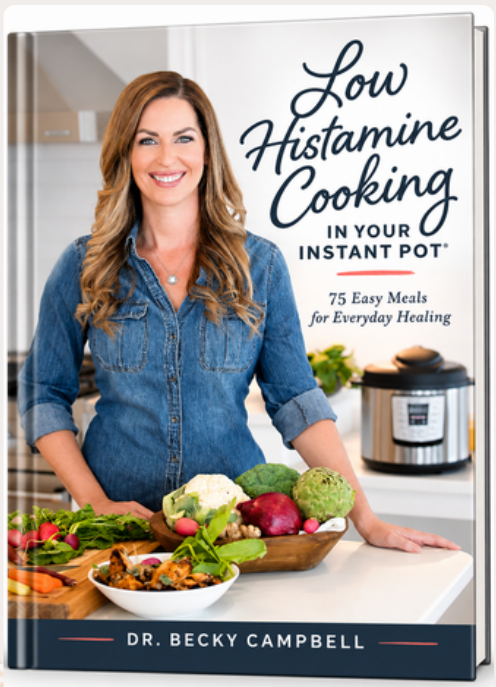
THE DEFINITIVE GUIDE TO HEALING YOUR BODY FROM MOLD ILLNESS AND MYCOTOXINS

Check out Dr. Becky's new guide to conquering the mold and mycotoxins that can wreak havoc on our lives. Based on her own experience, extensive research, and education, she will teach you how to banish mold from your home as well as your body. This book is the road map to your healing journey, including everything you need to know like:

- Understanding the many symptoms of mold illness
- Accurately identifying toxic mold in your home, office, and more
- Easy ways to start the detoxification process
- How to use food as medicine to aid your healing

With her step-by-step total mold reset protocol you'll gain the tools to get yourself and your home tested for harmful mold, and learn how to contain and mitigate mold damage. Campbell even includes 20+ delicious recipes for breakfast, lunch, and dinner to help heal your body from toxins, get rid of symptoms, and prevent future mold illness. Armed with your new go-to guide, you'll be able to conquer the silent enemy taking root in your home and know that you have the power to heal!

GET BOOK →



LOW HISTAMINE COOKING IN YOUR INSTANT POT

75 EASY MEALS FOR EVERYDAY HEALING

Delicious, Low Histamine Meals Made Simple in Your Instant Pot®

Bursting with dozens of flavorful, satisfying meals, this cookbook proves that a histamine intolerance doesn't mean surrendering your favorite foods. Indulge in a creamy cup of Coconut Chia Pudding with berries as a morning treat, and then whip up some sweet Maple Blondies for tonight's midnight snack. Feeling under the weather? Cozy up with a big bowl of wholesome Quick Beef Pho or some soul warming Sweet Potato Chowder. With dishes like her crowd-pleasing No-Wrap Pork Dumplings and her hearty Braised Short Ribs with Gravy, Dr. Campbell teaches you how to beat histamine intolerance and heal your body—in the easiest, most tasty way possible.

Whether you're just starting your low histamine journey or looking for new, inspiring meals to switch up your routine, get ready to reclaim your body and your health with this life-changing cookbook.

GET BOOK →

✦ THANK YOU ✦

Merry everything



The best gifts are the ones that remind us to slow down, take care of ourselves, and show a little extra love
to the people who matter most.

I hope this year's favorites inspire you to make room for more rest, joy, and feel-good moments in your everyday life.

Thank you for being part of this community and for supporting the brands that make thoughtful wellness choices possible.

Wishing you and your loved ones a beautiful holiday season filled with health, happiness, and a little magic.

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