

my favorite things

for my body

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[mountain rose herbs](#) organic culinary and body care delights
[JOI](#) \$3 off easy-to-use nut milks with Just One Ingredient
[banyan botanicals](#) everything for my ayurvedic morning routine
[reel](#) \$5 off soft bamboo tp from a charitable black-owned biz

for my brain

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for my soul

[plant therapy](#) free shipping on essential oils, supplies and more
[dj taz rashid](#) free yoga playlist from a talented artist

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