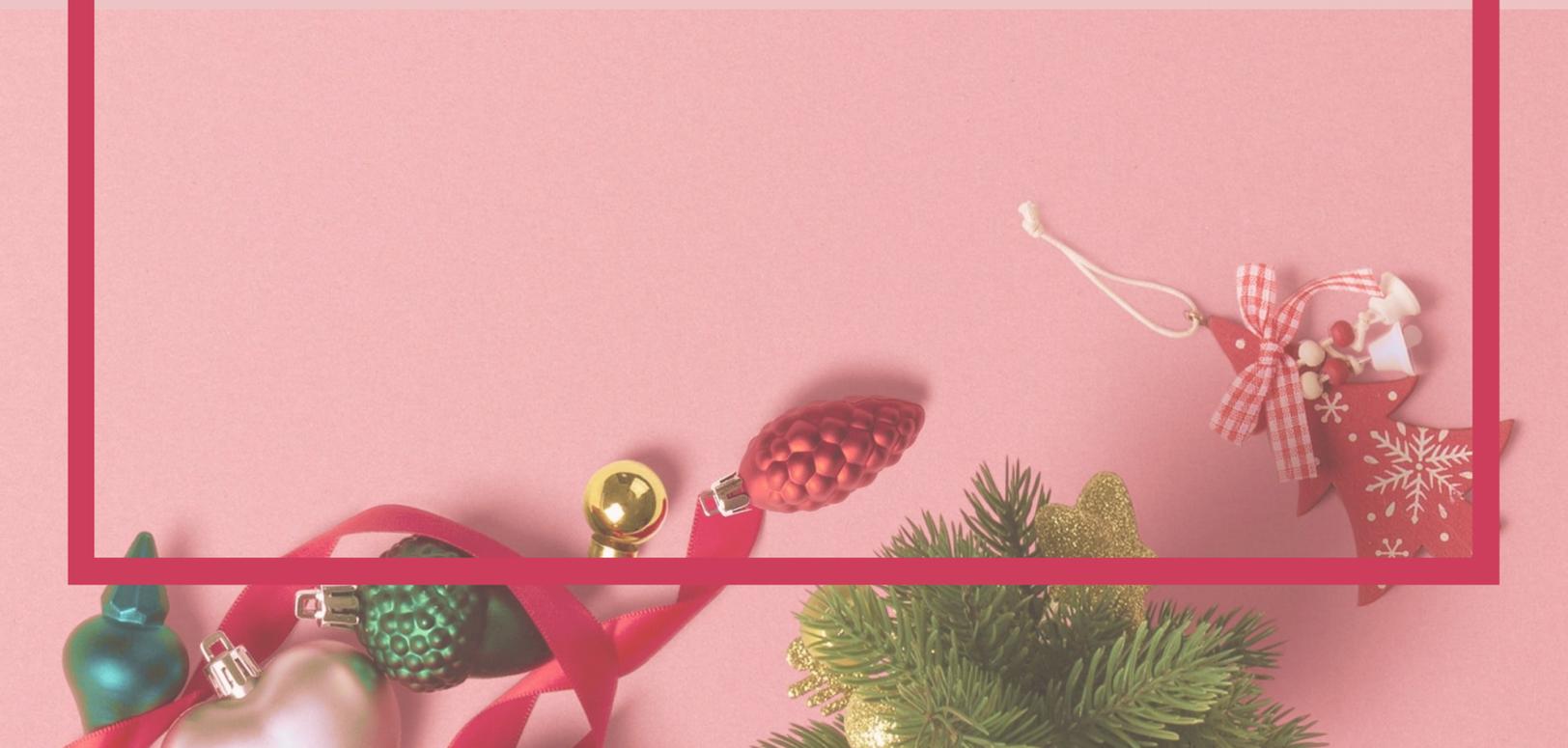




5 Love Languages Gift Guide

Give the gift of being seen

BALANCE HEALTH & HEALING





Happy Holidays



Do you know your love language? Do you know the love language of those you love? This holiday season, give the gift your loved ones will most appreciate by using our love language gift guide, based on the bestselling book *The 5 Love Languages* by Gary Chapman, PhD.

Sometimes we think gifts have to be on-trend or cost a ton of money, but the best gifts are those that help us be seen and loved. Learn about the five love languages and then check out gift ideas based on the five love languages that our Balance Health and Healing family curated for you! If you want to take a quiz and to learn the love language of your loved one, you can do it [here](#).

Words of Affirmation

This language uses words to affirm other people.

- 1.** Send a card detailing the things you admire most about your loved one
- 2.** Gift a journal you and your loved one can pass back and forth to each other, taking turns writing notes of love or appreciation
- 3.** Deck of playing cards with one reason you love or appreciate the person on each; you could label the box "52 reasons why I love you."
- 4.** Like an Advent Calendar, send 24 days of text messages, and each day, text something you value about your loved one, appreciate and respect about your loved one, or a wonderful memory shared
- 5.** Simple sticky notes with expressions of gratitude and love left all over your loved one's space

Favorite Words of Affirmation Gifts Given or Received



Riley Schaap - "I was sticky-note bombed by my family and friends. There were over 100 notes with thoughtful messages stuck all over my room, and I felt so seen and loved."

Rylee Metcalf - "My first Christmas when I was married, my husband filled out one of those books, "What I love about you". It was so sweet and something that I can always go back and read."

Kylee Marshall - "For my 25th birthday, my husband asked 25 people in my life to write a little letter to me. The most thoughtful gift I've ever received!"

Melissa Smith- "During my hubby's most recent deployment, we wrote love letters to one another. I was always so excited to receive another letter from my guy friend."



Quality Time

This language is all about giving the other person your undivided attention.



1. Purchase tickets to an art class, cooking class, cake decorating, movie tickets, concert, theater night, etc
2. Have a gingerbread competition
3. Go on an adventure outside like a hike, snowshoeing, or walk
4. Lunch or dinner date
5. Facetime dinner dates with loved ones that are far away
6. Buy a board game that you can learn together
7. Take a drive to see the holiday lights

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Kylee Marshall - "My best friend is a quality time person. Her husband had a surprise party for her where we all went to the same movie in the theater! She was so surprised, and it was such a fun way to celebrate."

Receiving Gifts

For some people, receiving a heartfelt gift is what makes them feel most loved.

- 1.** Pay close attention to what they say they like or want. Surprise them with those things! Gifts mean a lot because it means you're thinking of them.
- 2.** Get them a gift of something that makes you think of them, and tell them *why* you picked that gift for them
- 3.** A book that you think a friend would like
- 4.** A gift for a loved one that reminds you of a memory shared. Like that trip to Glacier National Park, you get them Huckleberry Syrup to remember that delicious pancake breakfast you had before that beautiful, epic hike.
- 5.** A unique piece of jewelry that represents something they love



Favorite Gifts Received or Given



Riley Schaap - "I love turtles, and my mom painted me a sea turtle for my birthday to put in my room. She's an incredible artist, and it is now her best-selling painting."

Melissa Smith - "A friend made me a beautiful bracelet with my motto - Pursue what matters. It melted my heart!"

AJ Maxfield - "I broke my arm and needed help from my family. They not only showed up but brought flowers almost every day for the first little bit."



Acts of Service

For these people, actions speak louder than words.



1. A gift card or subscription to have your loved one's car detailed, house cleaned, grocery pickup, etc
2. Service coupons for things specific to loved one's needs (Do laundry, make dinner, offer to babysit, mow their lawn, shovel snow)
3. A breakfast tray to your loved one so that you can give the gift of breakfast in bed throughout the year
4. Taking the lead on a task you know your loved one doesn't enjoy

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Jessica Gilliland - "When I was pregnant with my first baby, I had an intense craving for pumpkin pie! It wasn't available in grocery stores because it was summertime. My sister-in-law surprised me with a homemade pumpkin pie, and I will never forget her thoughtfulness!"

Physical Touch

To this person, nothing speaks more deeply than appropriate physical touch.

1. Gift card to a massage, nail salon, or reflexology center
2. Back or head-scratcher and massage oil for a night with your partner
3. A cozy night in gift basket with cozy socks, jammies, or a cozy blanket
4. Self-care package with things like a face mask, bath bomb, or candle
5. Walk around the holiday lights where you can snuggle up and hold hands

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Melissa Smith - "During a girl's weekend, my friend gifted us spa kits, and we gave ourselves a lovely spa treatment together."



Happy Holidays

We are wishing you the happiest holidays and hope this gift guide can spark an idea that has meaning this year.

We would love to connect on Instagram [@balancehealthhealing!](#)

You can learn more about the 5 Love Languages at
[**https://www.5lovelanguages.com/learn.**](https://www.5lovelanguages.com/learn)