

2025 | ISSUE NUMBER #3

THE GIFT GUIDE

THE ULTIMATE GIFT GUIDE

Shop Local.
Shop Small.
Make an Impact.

Support Women Entrepreneurs & Shop
Thoughtfully This Season. Hear their stories.

GIFTS WITH A STORY

Women-Owned Brands
Rooted in Purpose, Healing,
and Heart

CARE THAT GOES DEEP

Wellness, Support, and
Services That Truly Support
Women

BUILD HER BUSINESS

Intentional Gifts That Invest
in Women Entrepreneurs



0 35545 62336 78 1

TABLE



CONTENTS

IN THIS ISSUE

Melissa 03

Owner of Nu Cosmic Earth

Neli 04

Owner of Embellished Ribbon

Manuela 05

Owner of Max Doula

Isabella 05

Owner of Divine Timing Hypnocoaching

Devhuti 06

Owner of Devaar and Associates

Laura 07

Owner of Feel to Heal Wellness

Jay 08

Owner of Trim MD Wellness

Deborah 09

Owner of Jones Foston Consulting

IN THIS ISSUE

Vidhi 10

Owner of Retrain Physical Therapy

Tiffany 11

Owner of The Studio Ligaya

Sarah 11

Owner of Sarah Gemmell Coaching

Ruth 12

Owner of Mayari Well

Elena 12

Owner of Well Rooted Kitchen

Madison 13

Owner of Reflective Resilience

Ebony 13

Owner of Thrive Empowered

Cyndall 14

Owner of Little Pressed Love

Shannon 14

Owner of Shannon DePalma Coaching

Susan 15

Owner of Create-A-Cocktail

Kirsten 15

Owner of KDZ Consulting

Katie 16

Owner of Katie Cooper Wellness



LETTER *from the* FOUNDER

A dream of mine has been to showcase women in business doing phenomenal things, making a big impact and changing the world. These business owners have beautiful stories where they detail how they have overcome hurdles, how they are building, and what the future looks like for them.

Through this magazine we hope you follow these amazing women and send them a message to connect!

Gabriella Borrero

FOUNDER



Women IN BUSINESS

We can't wait for you to read these excerpts and listen to the corresponding podcasts and lives that we recorded together!

MEET MELISSA OWNER OF NU COSMIC EARTH



**Meet Melissa - The Inner Child
Healing Coach and co-owner of Nu
Cosmic Earth based out of NY**

[LEARN MORE](#)

Melissa is deeply intuitive, grounded, and passionate about helping women reconnect with their inner worlds. Through Nu Cosmic Earth, she offers spiritual tools, crystals, and energy-aligned pieces that support intention setting, grounding, and emotional balance. Her work goes beyond aesthetics, it's about helping women feel more centered in their everyday lives.

In conversations and live discussions, Melissa often speaks about the importance of ritual and presence. She believes that healing doesn't always require grand gestures; sometimes it starts with a small practice, a crystal on your desk, or a moment of stillness before the day begins. Nu Cosmic Earth was created for women who want their homes and routines to feel energetically supportive.

Her offerings make thoughtful gifts for women interested in mindfulness, spirituality, or simply creating intentional space in their lives. Melissa's work invites us to slow down, tune in, and honor our inner rhythms.

MEET NELI OWNER OF EMBELLISHED RIBBON



When Neli talks about Embellished Ribbon, she doesn't start with sales or scents. She starts with motherhood. Specifically, the postpartum season that cracked her open in ways she never expected.

Like many new mothers, Neli found herself navigating exhaustion, emotional overwhelm, and a quiet loneliness that isn't often talked about publicly. During that time, journaling and candle-making became anchors — small rituals that helped her slow down and reconnect with herself when everything felt heavy.

What began as a personal coping practice eventually evolved into Embellished Ribbon, a candle brand rooted in affirmation, softness, and emotional care. Each candle is hand-poured and paired with affirmations pulled directly from Neli's own journals — words she once needed to hear herself.

[LEARN MORE](#)

MEET ISABELLA OWNER OF DIVINE TIMING HYPNOCOACHING



**Owner of Divine Timing
Hypnocoaching**

[LEARN MORE](#)

Isabella's path to hypnotherapy wasn't linear — it was personal. After experiencing deep burnout and feeling disconnected from herself, she tried everything she thought she should try. It wasn't until she discovered hypnotherapy that things truly shifted.

That experience led her to create Divine Timing Hypnocoaching.

Isabella now helps women release limiting beliefs, regulate their nervous systems, and access deeper healing by working with the subconscious mind. Her approach is gentle, intuitive, and deeply transformative.

"You don't need to push harder — you need to feel safe enough to let go."

Divine Timing Hypnocoaching is a powerful gift for women feeling stuck, overwhelmed, or disconnected from themselves. Isabella's work doesn't offer quick fixes — it supports real, lasting shifts from the inside out.

MEET DEVHUTI OWNER OF DEVAAR AND ASSOCIATES



Turning financial confusion into clarity and confidence.

LEARN MORE

Devhuti is changing the way women talk about money — starting with honesty. During your podcast and live conversations, she shared how many women operate in financial survival mode, reacting instead of planning, avoiding instead of understanding.

Through Devaur & Associates, Devhuti helps women shift from fear to strategy.

Her work focuses on financial education, long-term planning, and helping women understand their numbers without shame or overwhelm. She believes money is deeply emotional, and that true financial empowerment starts with clarity, not perfection.

“When women understand their money, they reclaim their power.”

Devhuti’s services make an impactful gift for women ready to stop guessing and start building intentionally — whether that’s planning for business growth, personal stability, or generational wealth.

This is the kind of gift that doesn’t expire. It creates confidence that lasts.

MEET LAURA OWNER OF FEEL TO HEAL WELLNESS



Laura Haraka is a Certified Somatic Experiencing Practitioner, Mind-Body Coach, Breathwork Facilitator, and YogaBody Breath Coach.

[LEARN MORE](#)

There is a grace in the way Laura talks about healing — not as a destination, but as a return to self.

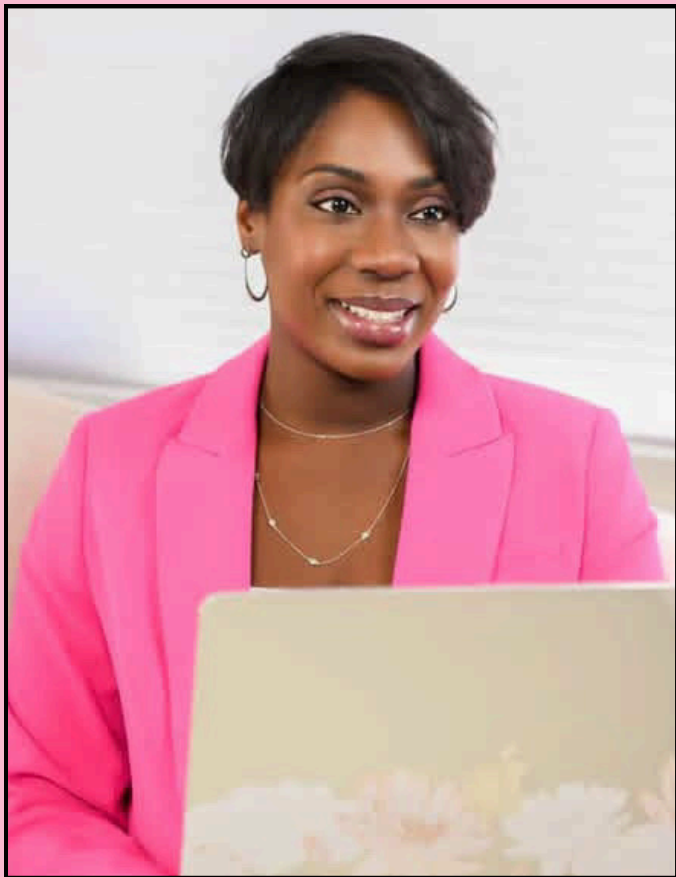
Laura didn't arrive at wellness through formulas or buzzwords. She arrived through feeling. Through years of holding space for clients who carried grief, burnout, unspoken emotions, and tension stored deep in their bodies. Through listening to women admit they didn't know how to trust their nervous systems. Through witnessing tears that came not from sadness, but from release.

Her approach is all about radical acceptance — accepting the body, the emotion, the story that women carry. She teaches that healing feels before it fixes. This is why her sessions feel less like “treatment” and more like welcome home.

“We don't have to be broken to heal. We just have to be honest about what's there.”

Feel to Heal Wellness is not a quick reset — it's a compassionate companion. It's for the woman who feels everything deeply, carries more than she says, and is ready to honor the spaces inside that have long been ignored. As a gift, it's a reminder: you matter, your body matters, your emotions matter.

MEET JAY OWNER OF TRIM MD WELLNESS



Trim MD Wellness makes a transformative gift for women who have spent years taking care of others and forget what it feels like to care for themselves with curiosity instead of pressure. Jay helps them reclaim joyful strength, not just functional health.

LEARN MORE

Jay enters the wellness space with a sincerity that disarms people instantly. She's not there to tell women what to do. She's there to show them how to know themselves better.

Trim MD Wellness isn't built on comparison charts or quick fixes — it's built on listening. In conversations, Jay often reflects on how women are trained to shrink in spaces that should expand them. "We chase what feels urgent instead of what feels aligned," she once said during a lives discussion, and that one line cuts to the heart of her philosophy.

Trained in medical wellness but rooted in empathy, Jay meets women exactly where they are. She understands that most women already know what they need — they just haven't felt supported to do it.

Her work is deeply personalized because health isn't one-size-fits-all. It's about energy regulation, nervous system support, real conversations about metabolism, rest, movement, and the emotional burden that often resides beneath physical symptoms.

"True wellness is a conversation, not a checklist."

MEET DEBORAH OWNER OF JONES FOSTON CONSULTING



CPA and Finance Leader

LEARN MORE

“Clarity in your numbers becomes confidence in your business.”

Deborah Jones is the kind of financial expert every entrepreneur wishes they understood sooner.

A Certified Public Accountant and seasoned finance leader, Deborah has spent her career helping organizations translate complex numbers into strategic decisions that actually move the needle. Her professional footprint includes roles where she’s driven financial planning and analysis (FP&A), business transformation, project and change management, and M&A integration — all through the lens of clarity, purpose, and impact.

In founding Jones Foston Consulting, Deborah brought that depth of experience directly to business owners and entrepreneurs who are tired of feeling overwhelmed by their accounting, taxed by uncertainty, and unsure how to translate financial data into action. Instead of leaving clients with spreadsheets and jargon, Deborah helps them understand the story behind the numbers so they can make confident decisions with clarity.

Giving Deborah’s expertise — whether through a strategy session, financial roadmap consultation, or CFO support package — is more than a practical gift. It’s a gift of confidence, clarity, and forward momentum in a business owner’s journey.

MEET VIDHI OWNER OF RETRAIN PHYSICAL THERAPY



A specialist in craniosacral and visceral manipulation. Vidhi serves clients in both NJ/NY as well as virtually.

LEARN MORE

To meet Vidhi is to meet strength wrapped in empathy.

Her work through Retrain Physical Therapy goes beyond repetitive reps and rehabilitative plans. It lives in listening — listening to a woman's pain, to the fear beneath the discomfort, and to the stories bodies carry that no one else hears.

You remember the moment on LinkedIn Live when she said, “Your body is not a problem to fix — it’s a partner in healing.”

That sentence became a transformative mantra for many of your listeners. Vidhi doesn’t just guide movement — she guides connection between mind and body.

Her philosophy is that pain is rarely a standalone physical issue. It is emotional, historical, and relational. And healing? Healing happens when the body feels understood.

“Recovery begins the moment the body feels safe again.”

Retrain Physical Therapy is a gift for women who have been told to “push through” for too long — for the woman rebuilding strength after injury, after burnout, after doubt. It’s a gift that says: You don’t have to isolate your experience — you can transform it.



MEET TIFFANY

Owner of The Studio Ligaya

The Studio Ligaya is a sanctuary. Tiffany has created a space where movement, mindfulness, and community meet. Whether through classes or events, her work invites women to slow down and reconnect. It also is the perfect space for your upcoming birthday party or milestone celebration.

[LEARN MORE](#)

MEET SARAH

Owner of Sarah Jean Coaching

Sarah Gemmell is the friend you want in your corner when you're done doing random marketing and praying it works. She's a marketing strategist and consultant known for helping business owners clean up their messaging and build marketing that actually fits their strengths — with a special focus on profitable networking strategy.

[LEARN MORE](#)





MEET RUTH

Owner of Mayari Well

Ruth's work through Mayari Well is centered on holistic healing and intentional self-care. She creates offerings that help women come back to themselves—mind, body, and spirit. This is a thoughtful gift for anyone craving deeper alignment and everyday rituals that feel nourishing.

[LEARN MORE](#)

MEET ELENA

Owner of Well Rooted Kitchen

Elena's journey is deeply rooted in healing, both personally and professionally. Through Well Rooted Kitchen, she brings connection, nourishment, and purpose to cooking, especially within special needs communities. Her work is a reminder that food can be love, care, and inclusion all at once.

[LEARN MORE](#)





MEET MADISON

Owner of Reflective Resilience

When Madison Solano talks about resilience, she doesn't talk about grit or bravado — she talks about reflection, release, and reconnection. As the founder of Reflective Resilience, LLC, Madison blends her training as a Certified Life Coach with creative healing through therapeutic art, guiding women — especially caregivers and moms — to tend to the parts of themselves they've quieted, postponed, or forgotten.

At the heart of her work is the belief that healing isn't always loud.

[LEARN MORE!](#)

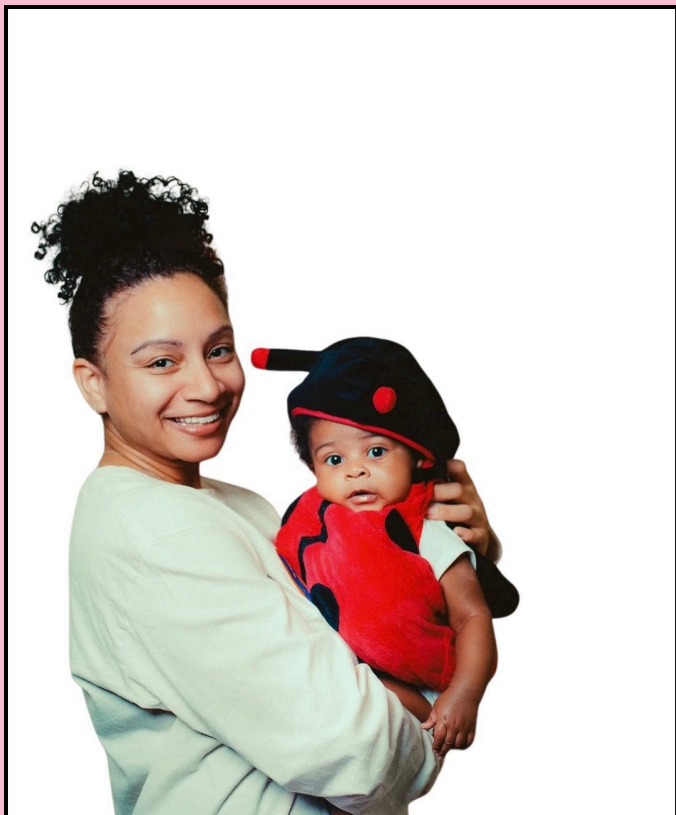
MEET EBONY

Owner of Thrive Empowered

Ebony Fleming built Thrive Empowered at the intersection of motherhood, nourishment, and what she calls a family's "food story." She isn't preaching perfect eating or aesthetic meal prep. She's speaking to the mom who is tired, overstimulated, trying to keep everyone fed, and silently carrying the mental load of it all.

[LEARN MORE!](#)





MEET CYNDALL

Owner of Little Pressed Love

Cyndall creates with heart. Little Pressed Love offers thoughtful, beautifully made items that celebrate connection and intentional gifting. Each piece feels personal, making her products perfect for meaningful moments and memories that last.

[LEARN MORE!](#)

MEET SHANNON

Owner of Shannon DePalma Coaching

Shannon brings clarity to conversations around money, mindset, and personal growth. Her coaching helps women feel confident making decisions that align with their values. This is a powerful gift for anyone ready to rewrite their financial story with intention and ease.

[LEARN MORE!](#)





MEET SUSAN

Owner of Create-A-Cocktail

Susan turns gatherings into experiences. Through Create-A-Cocktail, she brings creativity, fun, and connection to events and celebrations. Her offerings are perfect for hosts, entertainers, or anyone who loves a well-crafted drink and memorable moments with friends.

[LEARN MORE!](#)

MEET KIRSTEN

Owner of KDZ HR Consulting

Kristen supports business owners behind the scenes, helping them build strong teams and solid foundations. Through KDZ HR Consulting, she brings clarity to HR, compliance, and people operations. This is an invaluable gift for entrepreneurs who want to grow sustainably and confidently.

[LEARN MORE!](#)





MEET KATIE

Owner of Katie Cooper Wellness

Katie's work centers on whole-person wellness. Through her practice, she helps women feel balanced, supported, and empowered in their health journeys. Her offerings make thoughtful gifts for anyone prioritizing long-term well-being and intentional self-care.

[LEARN MORE!](#)

MEET MANUELA OWNER OF MAX DOULA

Manuela founded Max Doula after witnessing firsthand how often mothers are expected to “bounce back” without support. In conversations and live discussions, she's spoken openly about how motherhood can feel isolating — even joyful moments layered with exhaustion, doubt, and emotional overload.

Max Doula was created to change that experience.

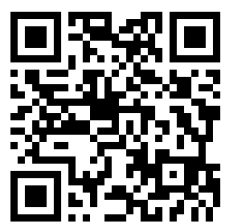
[LEARN MORE!](#)





LEARN MORE ABOUT NGN

SEE ALL PODCAST INTERVIEWS HERE!



VISIT OUR WEBSITE

Catch the latest events
Collaboration opportunities
Expand your network with NGN