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The POPSUGAR Editors' Gift Guide Is Here! Find Perfect Presents For Everyone in Your Life

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Awaken the Peace Bracelets

Awaken the Peace Bracelets (\$65-\$250)

"The phrase 'wearable wellness' may sound hokey, but these bracelets are no joke. Choose from countless different customizations of gorgeous gemstones to give you high vibrational energy. My favorite is one called Manifesting Quartz — it's clear and helps to inspire your dreams to come true. The charms are meant to protect you against man-made electromagnetic radiation, such as cell phone frequencies and processed sugar. Basically, when I wear my daily three-bracelet stack, I physically feel better and calmer. There's also a little Buddha head on one of my bracelets that reminds me to breathe. Maybe it sounds crazy, but I swear it works! Give it to your most spiritual friends, but also buy one for yourself!" — Lauren Levinson, senior editor, Beauty

Awaken the Peace Bracelets

\$65 from [AWAKENTHEPEACE.COM](#)