

THE GIFT GUIDE

2024 | ISSUE NUMBER 3

THE ULTIMATE GIFT GUIDE

Shop Local.
Shop Small.
Make an Impact.

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



Beating Cancer and
Opening Her Own
Wellness Business with
Tosh

Becoming Financially
Free with Debbie

Mental Health with Dr.
Carol



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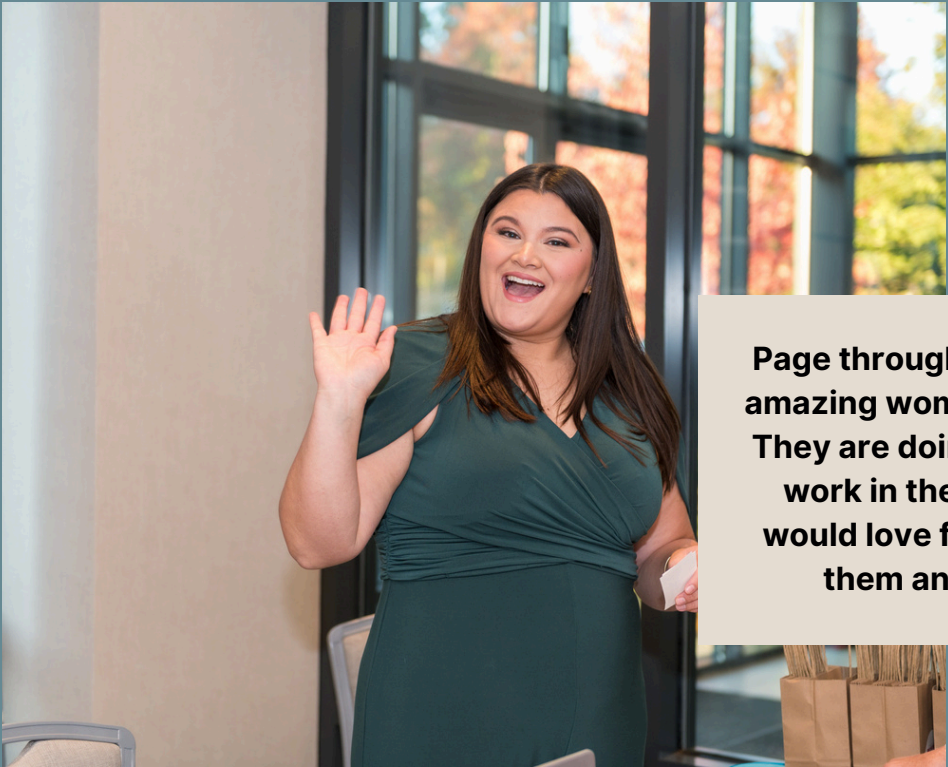
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Page through to meet these amazing women in business. They are doing phenomenal work in their fields and I would love for you to meet them and connect!

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

MEET OUR *features*

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



TOSHAMALLA MC CLOUD



Please exhale.

Tosh, the visionary behind @she.exhaled, turned her personal journey of healing into a thriving business that promotes wellness and self-care. After being diagnosed with breast cancer and undergoing a double mastectomy, Tosh faced insomnia during recovery—a challenge that introduced her to the world of CBD. Now, 2.5 years later, @she.exhaled offers a full line of soothing products, including:

- Candles for relaxation.
- Body Butters for luxurious hydration.
- Tinctures for balance.
- Teas for calm.
- Bath Bombs and Shower Steamers for the ultimate unwind.

[Learn more here](#) and use code NPB25 to get 25% off your order.





Dr. Carol, the compassionate founder of @centerforresiliencynj in Montvale, NJ, specializes in trauma, depression, and expert therapy treatments, as well as psychological evaluations and supervision. Her dedication also extends to supporting underserved communities by offering immigration psychological evaluations.

Dr. Carol's expertise also includes speaking on the impact of trauma on parenting—a topic she's passionate about.

Learn more here:

<https://www.instagram.com/centerforresiliencynj/>

DR. CAROL CHU-PERALTA

Center for Resiliency
Montvale, NJ



Center for Resiliency, LLC

Moving forward through Therapy & Evaluations



ANNMARIE ENTNER



If you have an autoimmune disease and feel like you're not getting the support you need, consider connecting with @ra_warrior.advocate. As a coach and a fellow RA warrior, she understands the struggles and is dedicated to helping others on this journey.

She's passionate about connecting with doctors, therapists, physical therapists, and other professionals to support women who are newly diagnosed or are navigating their diagnosis.

Here's how you can support and connect with her:

- Follow @ra_warrior.advocate for daily inspiration, tips, and support.
- Reach out to connect if you're a healthcare professional and want to collaborate.
- Prioritize yourself and join a community that understands your journey!

It's time to take control of your health and find the support you deserve.

Learn more here:

<https://lifecoachingforchange.com/about>

Debbie, the powerhouse behind @howdebbiesaves, is on a mission to help you take control of your finances and face your money challenges with confidence. Her passion shines through in every session, empowering clients to transform their financial lives.

Key insights from Debbie's live sessions:

- The incredible transformation that begins when you finally face the “elephant in the room.”
- How she helps clients go from underpricing themselves to being fully booked at their actual worth.
- Her inspiring WHY and the big dreams that fuel her mission.

Debbie is ready to share her wisdom far and wide! She's looking to speak to groups, on stages—both virtual and in-person. Don't wait—message her to book a free strategy session and start tackling your debt today! [See her website here.](#)



DEBBIE O'HARA

How Debbie Saves

JACQUELINE VAZQUEZ

SHE IS A MULTI-FACETED, AWARD-WINNING ENTREPRENEUR, TRANSFORMATIONAL CATALYST, INTERNATIONAL SPEAKER, EDUCATOR, MENTOR, AND WOMEN'S WELLNESS ADVOCATE.

As the founder of the Catalyst Bridge Agency, Jacqueline helps individuals achieve transformation across three key areas: Education, Emotional Wellness, and Execution. With over 25 years of entrepreneurial experience, Jacqueline has spoken in over 13 countries, sharing her knowledge and empowering women. Jacqueline's expertise and passion for personal growth and transformation have earned her a place as a 2x best-selling author, with titles like *Breaking The Glass Ceiling* and *Becoming An Unstoppable Woman: The Journey Continues*. She's also been featured in major media outlets including *Success Magazine*, *Bella Magazine*, and *WPIX 11 News*. In 2024, Jacqueline was recognized as one of *Success Magazine's* Trailblazing Latina Women, and in 2023, she received the Women of Influence award. Jacqueline's *Inspired by Jacqueline* platform and *Your Release Journal* offer a supportive community and resources for women navigating challenges like infertility, entrepreneurship, and emotional wellness.

[Learn more here.](#)



Katie Carson

Ready to be wildly strategic with your content? Meet @ladykatiecarson, the marketing and podcast strategist who's just launched her Wildly Strategic Planner and Workshop!

Katie's Wildly Strategic Planning Workshops were made for women solopreneurs who want to turn marketing chaos into clarity. Go from overwhelmed to aligned and build a custom strategy.

[Learn More!](#)



Anastasia Lindsey

Anastasia is the creative force behind @anamariepoetry, an award-winning author and poet whose work touches hearts and inspires healing. Her book, "Ocean," is a beautiful collection of poetry designed to guide readers on their personal journeys of growth and reflection.

This holiday season, she has the perfect gift bundle for you!

It has her book, writing prompts card deck, pen and notebook, all for \$50!



[Learn More!](#)

Nayel and Mariel

Mariel and Nayel, the duo behind @luscioushna bring passion, expertise, and a fresh perspective to the medspa world. As ER nurses turned entrepreneurs, they've combined their medical knowledge with a love for beauty and wellness to create a space that empowers and rejuvenates. They were just nominated as one of the Top 5 Brazilian Lymphatic Providers in the US, Canada, and Hawaii for 2024!

[Learn More!](#)



Christine Lanza

Christine's business is her passion—ensuring clients can be guests at their own parties. Growing up, she saw her Mom, Grandmothers, and Sisters miss out on the fun during family events. Now, Christine is changing that by handling every detail behind the scenes—from party prep to servers, bartenders, and cleanup crews—so her clients can enjoy their event without stress. Christine is passionate about what she does, and it's all about making sure her clients can be guests at their own party.

[Learn More!](#)



Kathleen Ribeiro

Systems may give you a headache, but Kathleen @_kmservice lives for them! If you need help optimizing your tech stack, Kathleen is your girl.

Her espresso evaluation is a \$97 session where she'll walk you through how to streamline your systems—whether you're starting from scratch or need to cut back on unnecessary investments. Kathleen's passion is making sure you don't have to do it alone.

[Learn More Here](#)



Jessica Linkin

Smooth Moves Wax and Skin Studio is a space where we focus on helping you feel confident and amazing in your own skin.

Owner and Esthetician, Jessica Linkin, brings over 10 years of experience to the table. She welcomes everyone—regardless of skin type, body type, or gender—because this is a safe, comfortable space where everyone can get the wax or skincare service they deserve!

[Learn More Here](#)



Victoria Cardwell

The team at Bee Efficient Bookkeeping, led by Victoria, are experts in bookkeeping for small businesses. They're dedicated to providing accurate and reliable financial services that are tailored to meet the unique needs of each client. Whether you're just starting out or looking to scale, they've got you covered with the insights and expertise you need to keep your finances in check.

[Learn More Here](#)



Ashley Burgos

Ashley, the founder of Beach Bum Beauty, has crafted the perfect gifts for your coworkers, loved ones—or even yourself—this holiday season! Her mission is to bring self-care and comfort through beautifully curated products.

Visit Beach Bum Beauty to shop and enjoy 15% off your first order!

[Learn More Here](#)



Kathleen Little

Kathleen, the talented owner and artisan of Kathleen Little Handcrafted Jewelry & Metalsmith, creates stunning, timeless pieces in Ramsey, NJ. Her collection features beautiful gemstones and the finest silver, offering a touch of elegance for every occasion.

Featured pieces from her collection:

- Baroque Pearls for classic sophistication.
- Droplet Designs for understated charm.
- Compass Pieces for adventurous spirits.

[Learn More Here](#)



Gina Lutzky

Gina Lutzky is the embodiment of strength and style! As the co-owner of Lutzky Contracting and a senior beauty consultant with Mary Kay, Gina proves you can have it all.

A mom of four with a Bachelor's in Psychology from Rutgers New Brunswick, Gina spent years prioritizing her family. Now, she's reclaiming her time and thriving in the beauty industry with Mary Kay.

[Learn More Here](#)



Mirella Penaloza

This mom of 3 is not only rocking her own line of merch, cups, customizations, and more but is also turning Instagram into her very own QVC by highlighting and promoting small business owners. Her energy and passion for supporting others is contagious, and we love how she creates a platform for showcasing unique products and stories.

[Learn More Here](#)



Natalia Chaparyan

She's on a mission to help businesses and families make a statement with custom apparel and personalized gifts.

Holiday highlights from her live session:

- Customized Stockings to add a personal touch to your mantle.
- Customized Tumblers for sipping in style.
- Customized Puzzles and Ornaments for memorable gifts.

[Learn More Here](#)



Brianne Valentino

Brianne Valentino is a talented artist creating stunning pieces that bring life and inspiration to any space:

- Your Office: Elevate your workspace with art that sparks creativity.
- Your Storefront: Draw in customers with bold and empowering designs.
- Your Home Office: Stay motivated with decor that reminds you of your strength.

Her collection includes empowering pieces like "Girl Boss" and "Girl Power," each crafted to inspire, empower, and fuel your confidence every day.

Visit Brianne Valentino Studio to explore her collection or see her work at an upcoming show. Brianne is actively seeking collaborations with storefront owners, mural commissions, and opportunities to co-create art retreats. Let her help you make your space—and your vision—unforgettable.

[Learn More Here](#)

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Your key to community.