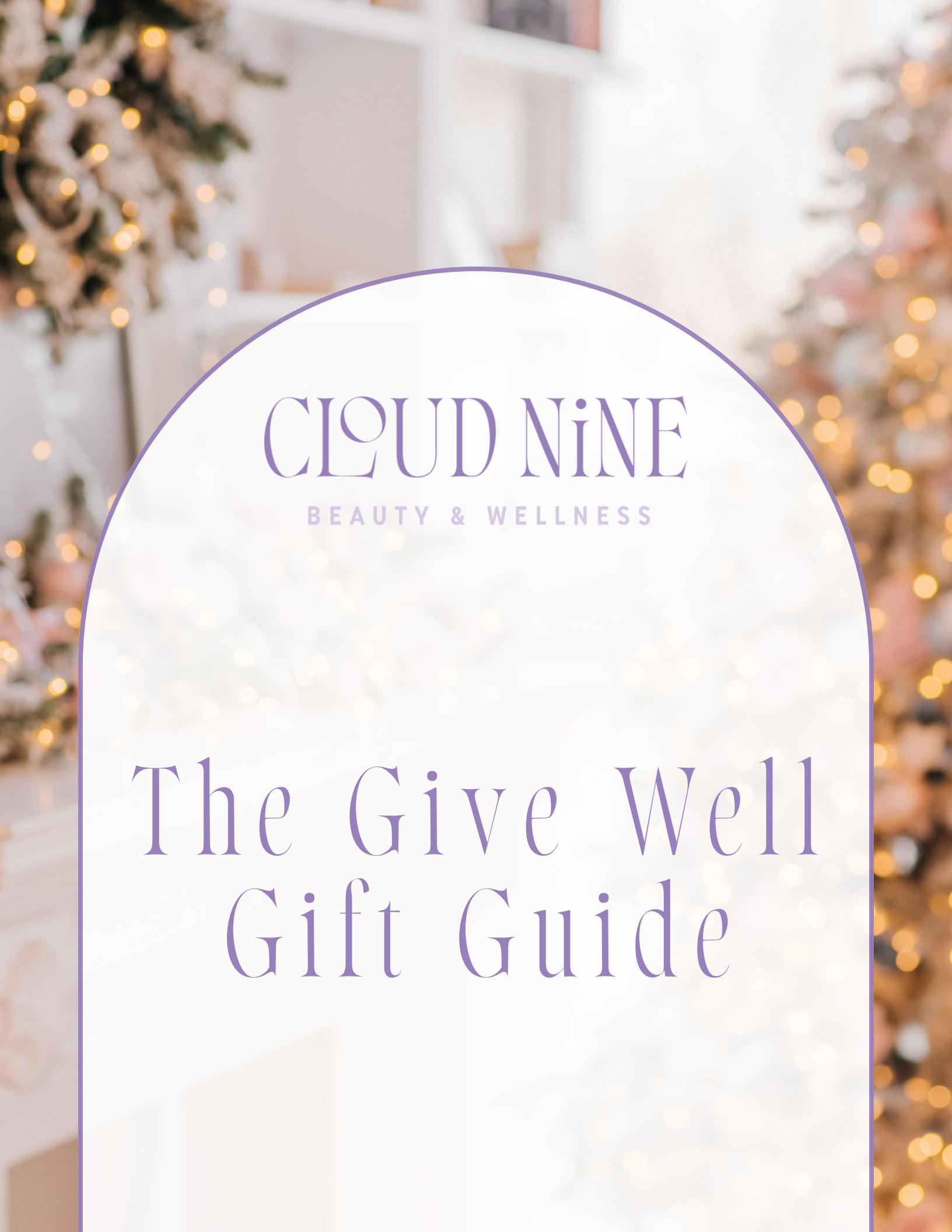




CLOUD NINE

BEAUTY & WELLNESS

The Give Well Gift Guide



About this collection

This may read like your average holiday message—but there’s a reason behind it. The holiday season holds something different for each of us: nostalgia, joy, longing, even the bittersweet mix of it all. It’s the time we gather, weaving new memories while retelling old stories that always seem to resurface. And in a world that feels so heavy and complicated lately, maybe it’s best to return to the simplest reminders—the ones that bring us back to what actually matters.

To us, gifting isn’t about the transaction. It’s a ritual—a way of exchanging love, presence, and meaning. Whether it’s something homemade, a quick drop-in visit, a shared experience, a donation, or a thoughtful new product to try, the value always extends beyond the item itself. A gift becomes a little anchor of love, a reminder of what it means to live a life that’s cherished.

Throughout this guide, you will find ways to “Gift Well”—whether through a local charity, local artisan or practitioner, or through us. We hope that it eases some of the mental load and continues to help anchor the connections you cherish through the year ahead.

Meet the Team

The hands and hearts behind Cloud Nine Beauty & Wellness.

A team of practitioners devoted to creating experiences rooted in compassion, expertise, and an unwavering commitment to thoughtful care.



Michele

@michelereenebeauty

Cloud Nine Founder & Skin Therapist

Michele is a holistic skin therapist whose main goal is to help women step into their true essence of what makes them feel healthy and beautiful.

With a passion for healing inflammatory skin conditions using a holistic approach, Michele helps her clients clear adult acne and hormonal acne, as well as find solutions to manage rosacea.

Michele's vision is to grow Cloud Nine Beauty and Wellness into the go-to space for women's holistic well-being in Northern Ontario and beyond.

Raeghan

@lakesuperiormermade

Junior Skin Therapist

Raeghan is a Junior Skin Therapist specializing in pro-aging skincare for mid-life and menopausal issues. She believes skincare should honor age rather than hide it, viewing it as an act of visibility and self-expression.

Raeghan sees midlife as a powerful chapter for evolving identity and care. Additionally, she is an artist, a small business owner, and a mother of two teenage sons, finding joy in collecting treasures along Lake Superior's shores for her art.

Meet the Team



Midori

@dr.midori.nd

Naturopathic Doctor

Dr. Midori is dedicated to helping you overcome the “all or nothing” mindset that can hinder your progress in health and wellness.

With her support, Dr. Midori encourages you to focus on practical, attainable goals that fit into your daily life. Her approach empowers you to make positive changes, one manageable step at a time, ensuring each step is meaningful and sustainable for lasting improvements.



Amy

@nutritionbyamy

Holistic Nutritionist

Amy is a holistic nutritionist and a mother of two, committed to helping busy women transform their habits and relationships with food.

Her passion is guiding families towards healthier eating, nurturing children's positive relationships with food, and making meal planning and cooking stress-free.



Alyssa

@alyssazimmerwellness

HRP Certified Reflexologist

Alyssa is a holistic reproductive practitioner and reflexologist dedicated to supporting women's health. As a mother of two, she deeply resonates with the unique needs women face throughout the various stages of life, particularly during their reproductive years.

Her passion is in guiding clients to maintain their wellness holistically, and she finds great joy in being part of their journey.

Loved and Trusted

[Shop Now](#)

Our most loved treatments, skincare, and rituals are chosen time and time again by clients who believe in the beauty of consistency and care.

SkinTox Wrinkle Fit Expert

The group chat mask. Deep hydration, soothing, and instantly satisfying. This is the one they'll try once and text everyone about.

Rebloom Spicule Serum

The kind of serum that makes people ask what you've been doing differently. Smooths, refines, and quietly gives serious results.

Halcyon Moisturizer

The fan favourite for a reason. Halcyon keeps skin calm, hydrated, and happy. It's like a deep breath for your face.

QSage Exfoliating Gel

A gentle polish that feels like therapy for your skin. QSage refines texture while cooling and calming, leaving skin soft, smooth, and never stripped.

QGaia Enrichment Oil

For the friend who loves a little luxury. QGaia melts in, nourishes deeply, and leaves skin looking like it just had eight hours of sleep and a facial.



Little Luxuries

[Shop Now](#)

Thoughtful treasures enhance daily life, encouraging us to pause, soften, and care for ourselves through small, meaningful gestures.



K Beauty Masks

The ultimate crowd-pleasing gift. Because these aren't your average Sephora masks, they're the kind people rave about after one use.

Bloom Smoothing Facial Balm

This multitasking balm provides instant comfort and care for dry skin, including lips. Infused with advanced peptides, it softens fine lines and offers deep nourishment, especially during winter.



QVital

A skin-saving treat they'll actually use. This overnight mask absorbs quickly and delivers deep hydration for soft, flake-free, plump skin in the morning.

QHarmony Rose Mist

When skin hits that midday slump, this mist brings it back to life. A quick spritz restores hydration and leaves skin looking fresh, dewy, and comfortably nourished.



Memory Makers

Personalized experiences crafted to support healthy, radiant skin from the inside out, and for moments of care that leave you feeling restored, confident, and deeply seen.



Skin Strategy Sessions

For the skin-obsessed or the totally overwhelmed. This session turns “I saw it on TikTok” into “my skin’s never looked better.”

Skin strategy sessions are an excellent way to get expert guidance on the best products and treatments for your skin type.

[Learn More](#)



Bio-Microneedling Treatment

The Bio-Microneedling Treatment is a non-invasive, results-focused facial designed to activate your skin’s natural renewal process without needles, numbing, or barrier damage.

It’s ideal for those dealing with fine lines, acne scarring, rough texture, dullness, or pigment concerns.

[Learn More](#)



Holistic Facial

Holistic Facials are designed for those who want to care for their skin but are looking for a gentle touch and tailored advice.

This facial focuses on meeting your skin where it's at, restoring the balance it's looking for, and helping you reach your skin goals with calm and ease.

[Learn More](#)

Memory Makers

Holistic experiences that nurture energy, balance, and well-being. Gifts that go beyond the season and support a healthier, more grounded you.

Gift Card for Acupuncture or Naturopathic Visits with Dr. Midori Barker, ND

Give someone the choice of where they need support most. Gift cards can be used toward acupuncture sessions or naturopathic appointments with Dr. Midori Barker, ND, to support stress relief, hormone balance, digestion, and more.

A meaningful gift for someone who deserves to feel cared for.

[Shop Now](#)



Meal Plan Subscription by Amy

Give the gift of less stress at dinnertime! With Amy's Meal Plan Membership, busy families get easy, family-friendly meal plans each week. Every plan includes a grocery list and a prep guide, including a Sunday Power Hour, so dinner finally feels simple, balanced, and delicious! The perfect gift for anyone who wants to eat better, save time, and feel more organized.

Gift certificates available in 1- and 3-month increments

[Shop Now](#)



Reflexology Session with Alyssa

The holiday season can be a challenging time for some. Gifting a loved one (or yourself!) a reflexology treatment or a gift card could be exactly what your nervous system needs for some much-needed wellness.

To purchase a gift card, contact Alyssa via Instagram @alyssazimmerwellness

[Contact](#)



Memory Makers

[Learn More](#)

Wellness In Bloom @wellnessinbloom.ca

Wellness in Bloom offers self-care experiences and soulful yoga, meditation, and wellness retreats in Thunder Bay and across Ontario, designed to help women reconnect with their true selves and bloom from within. Gift the experience of rest, renewal, and heart-centered connection this holiday season.

Gift Suggestions:



R&R with Wellness in Bloom ~ This soul-nourishing experience weaves together reflective journaling, yin yoga, deeply restorative yoga nidra, and rejuvenating spa time in the sauna and hot tub — the perfect holiday gift of calm, connection, and complete relaxation. Held twice monthly on Friday or Saturday evenings, 7-10 pm. \$79



Thermal Bliss: Hot Stone Restorative Yoga is the ultimate winter self-care experience. Melt into gentle, supported postures as warm, smooth stones are placed on the body to ease tension, calm the nervous system, and invite deep relaxation. A luxurious, soul-soothing gift for anyone in need of warmth, rest, and renewal. Held twice monthly on Friday or Saturday evenings, 7:30-9:30 pm. \$69



Wellness in Bloom Retreats: Soulful getaways designed to nourish body, mind, and spirit. Blending yoga, meditation, journaling, nature, and connection, each retreat offers women a chance to pause, reset, and rediscover themselves.



Memory Makers

[Learn More](#)

Jena McCafferty @journeywjens

Jena McCafferty is an experienced bodyworker, yoga teacher, and meditation guide with nearly two decades of experience in the holistic health field. She offers a unique and deeply relaxing style of somatic massage that encourages the body to soften, energetic blocks to move, and deeper clarity to rise.

Alongside her one-on-one work, she leads women's circles, retreats, and community wellness events throughout NW Ontario.

New to the city of Thunder Bay this season, Jena brings a sincere and grounded approach to healing, advocating for deeper relaxation and the remembrance of being at home in the body.

Prioritize deep rest and reset with a Somatic Massage Session by contacting jena.mccafferty@gmail.com or reaching out to @journeywjens on Instagram.



Curated with Care

[Shop Now](#)

Thoughtful additions to help you create a gift that feels personal, meaningful, and truly made just for them.

Create a Gift They'll Truly Love

We've compiled a few easy ideas to help you create the ideal DIY gift. From our favourite skincare pairings to small local favourites and cozy add-ons, these ideas help you create a gift that's unique, heartfelt, and perfectly tailored to them.

QHarmony + QGaia

Hydration meets harmony. A few spritzes of mist followed by drops of facial oil seal in moisture and leave skin calm, dewy, and nourished through winter's chill.



QSage + QVital

The skincare equivalent of a fresh sheet day. Exfoliate, mask, sleep, and wake up with skin that feels brand new.



Curated with Care



Home for the Holidays Candle by Peace & Quiet Candle Co.

A warm and welcoming blend of bayberry and fir, sweetened with golden toffee and wrapped in mulled spices—like gathering with friends under twinkly lights on a festive winter night.

[Shop Here](#)



Christmas Ornaments and Artwork by Raeghan at Lake Superior Mermade

When she's not a Junior Skin Therapist, Raeghan creates beautiful pieces of art using treasures from the shores of Lake Superior.

You can find her in Goods & Co. Fridays, Saturdays and Sundays until December 20th. She will be selling ornaments and art pieces.

[Contact](#)



A Soothing Tea Blend

Dr. Midori recommends this festive tea that's sweet and inviting to keep your immune system strong through the holidays.

Licorice helps soothe a sore throat and upset stomach while being anti-viral, and echinacea supports your immune system in fighting both viruses and bacteria. Elderberry and orange peel are both high in vitamin C to support your immune system and speed recovery.

Shop local at the International House of Tea and ask for this blend:

20g Orange Peel
45g Elderberry
20g Echinacea
15g Licorice Root

The Gift of Care

[Learn More](#)

Honouring a season of giving by uplifting those who need it most, because true beauty is rooted in compassion, connection, and collective support.

Cloud Nine Beauty & Wellness is proud to support Faye Peterson House, a local organization that provides safety, shelter, and support for women and children experiencing violence.

Their work reminds us that healing isn't only skin-deep. It begins with security, compassion, and community.



@fayepetersonhouse

Here is How You Can Help Make a Difference:

- Monetary donations
- Drop off new items between December 1-20:
 - Children's Toys & Books for ages 0-16
 - Activity passes (bowling, swimming etc.)
 - Gift Cards
 - Toiletries
 - Household items
 - Clothing
 - And more!

To make a monetary donation or view a complete list of needed items, click "Learn More"!

CLOUD NINE

BEAUTY & WELLNESS

Thank You,

This season means something different for each of us ... celebration, tenderness, nostalgia, or a mix of it all. But at its core, it's connection. Small gestures that say, "I see you. You matter."

We've felt that same connection from you this year. Through every service booked, product tried, story shared, and friendly drop-in – you've allowed us to grow right alongside you. New practitioners are joining the collective. New online offerings are coming to life. New babies in our arms. New faces walking through our doors who quickly feel like friends.

We are so grateful to be part of your rituals – the ones that make life feel a little softer, a little more held.

As you head into the holidays, we hope this guide helps make gifting simpler, more meaningful, and rooted in what matters most: love, presence, and the people who make your world feel full.

From our growing family to yours – thank you for choosing us to care for you.

Warmest holiday wishes,

The Cloud Nine + Michele Renee Beauty team

www.cloudninewellness.ca

[@cloudninetbay](https://www.instagram.com/cloudninetbay)