

Seattle Post-Intelligencer

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LIFE AND ARTS

THE GIFT BOX

Stuck for a holiday gift idea? Maybe one of these will work. If not, keep checking the Life and Arts section daily until Dec. 23. You just may find our tense is present perfect.



CHIC CANDLE, \$28

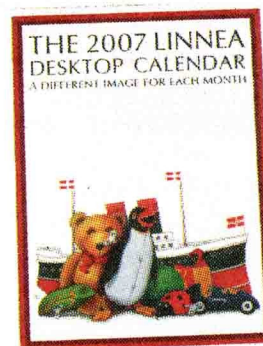
Most holiday candles have that sick, cloying, cinnamon smell, which is why we love Kiehl's limited-edition, hand-poured, pure-beeswax candles in amber and surprisingly winter-appropriate grapefruit. (Nordstrom, Kiehl's stores, kiehls.com)

SANE FITNESS, \$24.96

Ideal for someone getting back into shape – the makers seem to be targeting busy moms – this system of flash cards featuring effective moves should kick-start a static fitness routine. Bonus: You don't need to deal with finding a DVD player to keep your home workout going while on the road.

You will, however, need your handweights. Available at

saneFIT.com and amazon.com.



LINNEA DESIGNS CALENDARS, \$14-\$28

This Seattle-based artist makes calendar pages that are meant to be seen. The 11-by-14-inch poster calendars are designed to be framed on a wall; the 5-by-7 desktop versions slip into acrylic frames. Frames are sold separately. (Best of All Worlds, 523 Union St.)