

Holiday Gift Guide: It's Beginning to Look a Lot Like Shopping with Nathalie Rees

Episode 06: Show Notes.

Today we are sitting down with PR and style expert Nathalie Rees, a Vancouverite who works with brands in the lifestyle, fitness, and apparel industries and does collaborations for Park Royal. After she introduces herself and talks about her various roles, we dive into Nathalie's must-have items for this holiday season, which we know is likely to be a bit different this year. But just because you are staying home does not mean you can't get dressed up for at least one evening, so do yourself a favor and buy that sparkly dress or skirt you've been eyeing all season. If comfort is your idea of style, why not jazz up your sweatpants with unusual textures and some bling to go with it? Who said sleep and sportswear can't be glamorous? And when it comes to the guys, we know they love a good staple, from hoodies and sweaters to boots and custom-made wooden watches. Tuning in to this episode, listeners will hear tons of gift ideas, big and small, for men and women of all ages. One thing's for sure: after this year, we all deserve a treat and, whether it is a spa membership or that Peloton bike you've always wanted, now it the perfect time to go for it!

Key Points From This Episode:

- Nathalie gives us a glimpse into her life as a mom, former gymnast, and businesswoman.
- Where she is now in her career and her role as dot-connector in their agency business.
- How her past experiences have prepared her to stand out in the social media age.
- Growing your social media presence by focusing on the audience you already have.
- Why we should get dressed up this holiday despite what the circumstances might be.
- The cute hoodies, sweats, and sweaters that are glamorous yet comfy this season.
- Nathalie pulls some amazing gift ideas from the gift guides she has been working on.
- Why stackable rings are the best present to give the woman in your life.
- Keeping in mind that the best gifts are the things people wouldn't buy for themselves.
- Consider bigger items that will last a long time and can be used by others in the family.
- Gift certificates for skincare and other self-care treatments are a winner for men and women.
- Everything you need to know about the jeans you can do squats in!
- Custom wooden watches, boots, outerwear, and other practical staples for guys.
- An idea for wrapping, storing, and keeping kids' toys organized and out of the way.
- Using the opportunity to take a break from the regular holiday craziness this year.

Tweetables:

"Treat yourself because it has been a crazy year. So, if you see that little black sparkly dress or outfit, go for it and buy it." — @nathalierees [0:10:45]

“I’m really into stackable rings on the jewelry side this year.” — @nathalierees [0:14:57]

“The best gift is something that you know someone would really want but they wouldn’t necessarily buy for themselves.” — @nathalierees [0:15:49]

“Every single guy that I put in a pair of DUERs has just absolutely adored them.” — @nathalierees [0:20:52]

Links Mentioned in Today’s Episode:

[Nathalie Rees](#)

[Nathalie Rees on Instagram](#)

[Nathalie Rees on Twitter](#)

[Park Royal](#)

[lululemon](#)

[BT](#)

[CTV Morning Live](#)

[H&M](#)

[Aritzia](#)

[Lugaro](#)

[Peloton](#)

[Plain Jane Skinbar](#)

[DUER](#)

[Tense](#)

[MYCITY Apparel](#)

[IKEA](#)

[Room In Order](#)

[Britt Anderson](#)

[Britt Anderson on Instagram](#)

[TSN 1040](#)