



Seven Sisters Gift Guide Shop Small/Shop Alum.

Discover a curated collection of alum-owned businesses—featuring must-have finds, unique artwork, delicious specialty foods, and expert services you won't find anywhere else.



Health/Career/Life/Financial Coaches
Alum only Discounts
College Products-Gourmet Foods
Jewelry – Artwork
Custom Virtual Bra Fitting
& so much more!



Welcome to the Seven Sisters Gift Guide!

SHOP SMALL/SHOP ALUM

Discover an exciting range of Seven Sisters–owned businesses to support!

Now that our Gift Guide is available year-round, it's easier than ever to Shop Small and Shop Alum for birthdays, graduations, special occasions, and everything in between.

From handcrafted jewelry and artisanal foods to fine art and unique finds, there's something here for everyone on your list.

Our Gift Guide is the first and only curated collection dedicated to Seven Sisters sibling-owned businesses. Interested in being featured? We'd love to hear from you—reach out at jen@sevensistersalumnae.com

A heartfelt thank you to the sibs featured in this guide, and to the entire Seven Sisters community for continuing to support these incredible businesses.

Warmly,

Jen

Jen McNally, Smith '94

Founder, Seven Sisters

www.sevensistersalum.com





Ariel Nathanson



Finances for Feminists



Wellesley



www.financesforfeminists.com



hello@financesforfeminists.com



Finances for Feminists addresses the emotional and tactical aspects of personal finance through one-on-one coaching. We implement concrete action plans that change your relationship to money. All sessions are virtual.



FINANCES FOR FEMINISTS





Nancy Frishberg



Rancho Milagro



Smith



<https://ranchomilagro.us/>



RanchoMilagro.US@gmail.com



Enjoy award-winning Extra Virgin Olive Oil (EVOO) produced at Rancho Milagro in Livermore, California (50 miles east of San Francisco). Choose from a smooth grassy Frantoio, a Field Blend that's green and lively on the tongue, or our annual Limited Edition, this year quite surprising!

Discount code 7SISTERS gives you 15% off for orders over \$25.

The oil for your salad dressing, for a drizzle on warm meals, for baked goods, and for a topping on ice cream sprinkled with sea salt.





Alexx Shuman



The Vermont Marshmallow Company



Smith



www.vermontmarshmallow.com



alex@vermontmarshmallow.com



The Vermont Marshmallow Company, founded by Chef Alexx Shuman (Smith '12) specializes in handcrafted, boldly flavored, pillowy as heck marshmallows.



**THE VERMONT
MARSHMALLOW
COMPANY**

PILLOWY AS HECK



Candied OPTIMISM



Meredith Elkins



Candied Optimism



Mount Holyoke



<https://www.CandiedOptimism.com>



info@candiedoptimism.com



We're a woman-owned culinary company bringing hope and inspiration to people through sweet treats (that's **Candied Optimism**) and hands-on cooking classes coming this Fall (that's **Cooking With Optimism**). We're out to prove that kindness, hope, and optimism can be as delicious as they are powerful. Every recipe we make or teach carries a message of courage, connection, and joy — a reminder that the world is still worth fighting for, and that building community is critical to changing the tide.





Judy Masucci



Levana Bratique



Smith



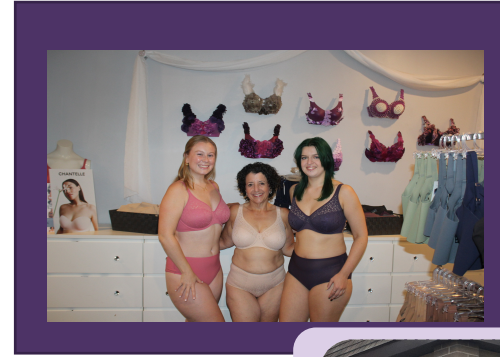
www.levanabratique.com



judy@levanabratique.com



We change lives, one bra at a time. A properly fitting bra will help you to stand taller, look leaner and feel more confident. Don't know your size? No problem, try out our Virtual Bra Fitting service!





Linda Gaines



Daisy does Beads



Radcliffe



<https://daisydoesbeads.etsy.com>



Owner: lgaines@anl.gov

Manager: evagrein@yahoo.com



VINTAGE & HANDMADE WHIMSY

Founded by Linda Gaines, Daisy does Beads brings together curated vintage pieces and original handmade designs in one playful, artful collection. Each piece carries its own personality: sometimes classic, sometimes delightfully offbeat. Made to stand out and spark joy!





Amy Ferraro Whitsett



Cultivate Cleaner



Mount Holyoke



www.cultivatecleaner.com



amy@cultivatecleaner.com



Cultivate means to grow and cleaner refers to better materials. **Cultivate Cleaner** is a healthy outlet for me and an online and pop-up boutique for you selling handmade jewelry, much of it incorporating upcycled and vintage materials, along with hand-painted and stamped coasters, trivets, magnets, and pins, as well as keychains, bag charms and straps, totes, stickers, and more. **Cultivate Cleaner** sells at local boutiques and markets in the Northeast Massachusetts area and online, including an Etsy store.





DESIGNS BY NATURE
gems



Laura Sultan, Smith Alum



Designs by Nature Gems



www.designsbynaturegems.com



laura@designsbynaturegems.com

Designs by Nature Gems is a Toronto-based jewelry studio specializing in handcrafted, one-of-a-kind pieces made with raw, ethically sourced gemstones. Each design is carefully shaped by hand using traditional wire-wrapping techniques, allowing the natural structure, texture, and character of every stone to guide the final form. The result is jewelry that feels organic, sculptural, and deeply personal—no two pieces are ever exactly alike.

Founded by Laura Sultan, the brand was built on a commitment to ethical production and meaningful design. All pieces are created in-house by a small team of skilled artisans, with a focus on fair wages, thoughtful sourcing, and long-lasting materials such as sterling silver and 14k gold fill. This intentional approach ensures that each piece carries not only aesthetic value, but integrity in how it was made.

Blending minimalist foundations with natural, expressive forms, Designs by Nature Gems offers jewelry that transitions effortlessly from everyday wear to statement pieces.



Whether chosen for personal meaning, birthstone connection, or simply the beauty of raw gemstones, each piece is designed to foster a deeper connection between the wearer and the jewelry.

Recently featured in British Vogue, the brand continues to grow internationally while staying rooted in its core values of craftsmanship, transparency, and human connection. Designs by Nature Gems offers more than jewelry—it offers pieces that tell a story, making them thoughtful, lasting gifts.





Helen Krug von Nidda, Smith Alum



Coaching with Helen



www.with-helen.com



helen@with-helen.com



Dr. Helen Krug von Nidda helps women gain clarity about what's next in their careers and take meaningful steps toward work that fits who they are now. An executive career coach, speaker, and educator with over 20 years of global leadership and HR experience across Fortune 500 companies and the United Nations, she supports professionals navigating transitions, strengthening confidence, and shaping intentional career paths.

Her coaching, workshops, and book *Closing the Fulfillment Gap* (now available for pre-order) provide research-based tools for moving from uncertainty to direction. She works with individuals and organizations committed to advancing women's leadership and career growth.





Nita June, Barnard



June College Counseling



www.NitaJune.com



nita@nitajune.com



J U N E

COLLEGE
COUNSELING

WWW.NITAJUNE.COM



As a dedicated independent educational consultant and proud Seven Sister Alum (Barnard '03), I am committed to guiding students through the college admissions process and beyond. My approach is personal, holistic, and rooted in my passion for helping young adults discover their unique paths.

With a strong educational background and over 15 years of experience, I provide tailored support that goes beyond traditional counseling—I'm here as a mentor, coach, and advocate, committed to making the journey as fulfilling and successful as possible.



WordStorm Editing



Rees Storm



WordStorm Editing



Smith



<https://reesstorm.net>



reesstorm@gmail.com



You are a writer seeking an editor. Let my experience meet your need. My speciality is editing academic papers written by multilingual researchers. I love working on a wide variety of projects, too. Whether you have a personal or professional project, let's **WordStorm** together!

Whether you are looking for copyediting [reviewing grammar, spelling, and punctuation errors for consistency and correctness], line editing [preserving authorial voice while ensuring reader clarity], or coaching/developmental editing [keeping writing on track and focusing on manuscript goals, organization, and narrative arc], I can help!



Rees Storm





Kristin Dabney, Smith College

Kristin Dabney Coaching

kristin@kristindabney.com

www.kristindabney.com

I help women gain clarity, confidence, and direction in moments of career change or growth. Whether you're navigating a career transition, stepping into leadership, or rethinking your next move, I partner with you to cut through uncertainty and take meaningful, strategic action. My coaching blends practical insight with thoughtful challenge, so you can make decisions with confidence and move forward with purpose. Clients leave with greater self-trust, stronger leadership presence, and a clearer path toward work that feels aligned and fulfilling.



Glendy Yeung



Glendy Yeung Vibrational Wellness



Smith



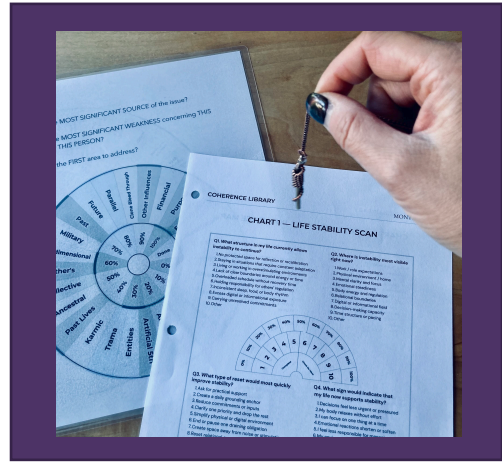
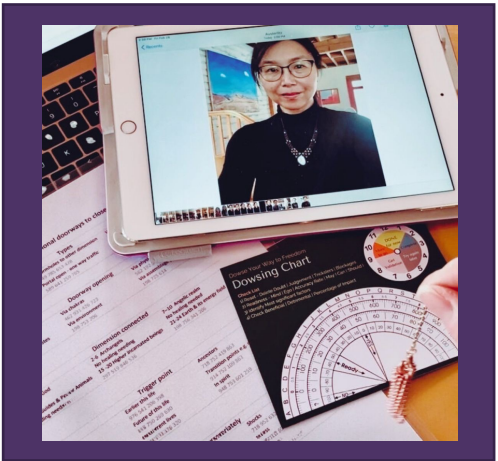
<https://www.glendyyeung.com>



glendy@glendyyeung.com



Glendy helps you develop your superpower in Applied Intuition & Energy Work with tools to check, clear, and make decisions with precision in real time. Through dowsing and direct energy work, you learn to trust your inner knowing and move through confusion, interference, and overwhelm with clarity. Offerings include sound-based sessions, practical trainings, and small retreats. Less overwhelm. More clarity. Real tools.



Joanne Raptis,
PhD



Joanne Raptis, Barnard



Joanne Raptis, PhD



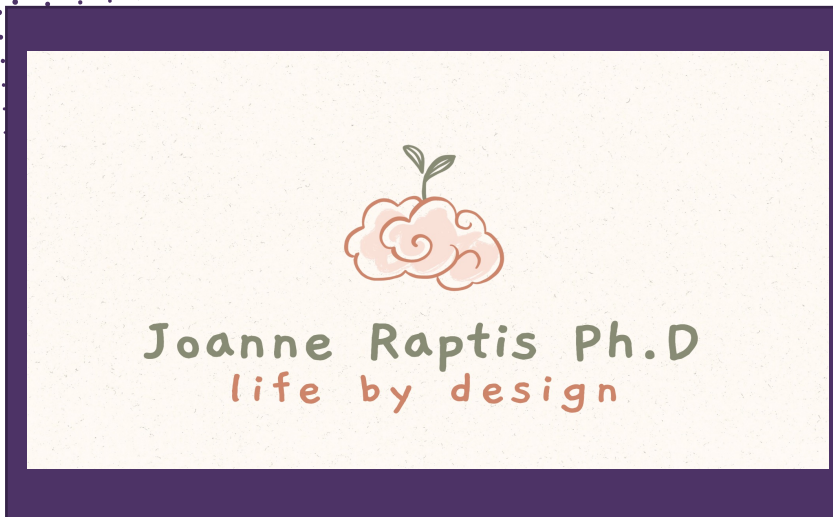
<https://linktr.ee/joanne.raptis>



joanneraptisphd@gmail.com



Psychologist & Illustrator: Design Your Habits, Mindsets, & Life Through the Art & Science of Psychology.



I am a psychologist who helps high-performing [and burnt-out] women reset their habits, mindsets, and systems to sustainably support their mental and physical well-being.

As an artist, I view our lives as our most important projects, and I'm deeply passionate about helping others intentionally craft theirs through my Life By Design curriculum.

In addition to my coaching work, I also offer individual therapy for adults with anxiety, depression, and related issues through my private practice, Inspired Life Psychology PLLC.





Genessa Zickefoose, MHC
The Mother Hive LLC
<https://www.themotherhive.com/>
genessa@themotherhive.com



Genessa is a clinical herbalist and educator who helps clients feel more balanced, energized, and resilient. She supports nervous-system health, stress recovery, and burnout prevention, addressing sleep, digestion, focus, and perimenopause with evidence-informed herbal education and coaching.

A compassionate listener, Genessa offers neurodiversity-affirming and trauma-informed care, guiding clients with simple, practical wellness strategies that empower them to feel supported and confident in their health.

Her work includes 1:1 consultations and group coaching programs with personalized health assessments, custom herbal formulas, supplement guidance, and approachable lifestyle plans. She also integrates gentle movement, yoga, meditation, mindfulness, and nutrition to create holistic wellness solutions tailored to each person's needs.



THE MOTHER HIVE LLC
 HOLISTIC WELLNESS

THE MOTHER HIVE LLC



Genessa Zickefoose
 Clinical Herbalist



Herbal Gifts & Support

Specializing in Herbal Formulas for:

- Sleep & Energy
- Relaxation/Stress
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- Immune Support
- Focus/Cognition
- Peri/menopause & Midlife
- and more...




Custom Formulated
 Herbal Teas & Extracts

Virginia Facial Plastics



Suzanne Kim Doud Galli, MD, PhD, FACS



Virginia Facial Plastics



Smith College



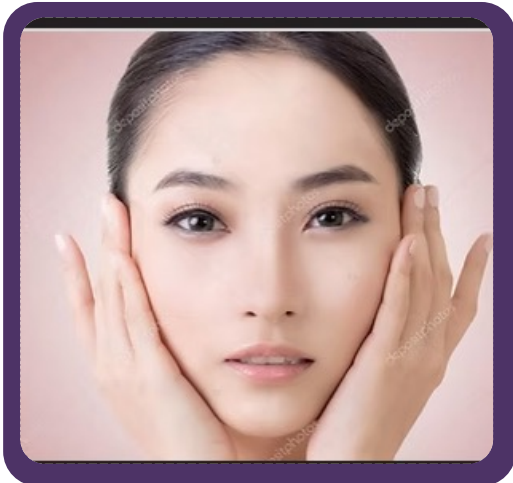
www.virginiafacialplastics.com



drdoudgalli@gmail.com



Virginia Facial Plastics is your destination for excellence in facial rejuvenation. We have treated the faces of metropolitan Washington DC for over twenty years with customized procedures and precision surgery. We have gained the trust of patients throughout the world through our hands-on approach to patient care before, during, and after surgery. Patients experience complete discretion, surgical expertise, and individualized care. If your goal is to set back the clock and look natural, call for your consultation. (Dr. Galli is on the lower right)





dr.anne



Dr. Anne Seifert, Smith Alum



dr.Anne Association



dr. Anne



ask@dranne.org



**A Practical, Evidence-Based Approach
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Dr. Anne Seifert, epidemiologist and author of *dr. Anne plan Manual & Practice: The Handbook for Good Health, Happiness and Weight Control*, presents a structured, science-informed approach to sustainable wellness.

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Book: <https://www.amazon.com/dp/0943584000>

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Unlike any other diet plan—truly so simple it’s revolutionary! Once you learn healthy eating it’s yours for the rest of your life. What you’ve been waiting for!

The only well-balanced, food-based, portion-control, lifestyle approach to weight control using just the hand as a measurer.

And that’s a mouthful.

Anne Seifert, M.P.H., Ph.D.
epidemiologist



Martha Robbart



Martha Lane Studio



Smith



<https://marthalanestudio.etsy.com/>



Mrobbart@yahoo.com



I make Cyanotype silk scarves, prints, alcohol ink ornaments and more. I am happy to take Custom Orders.





Janice Hayes-Cha

Janice Hayes-Cha



Janice Hayes-Cha



Janice Hayes-Cha Art



Mount Holyoke



www.janicehayescha.com



jhayescha@gmail.com



Janice Hayes-Cha started creating art from get-well cards while recovering from cancer and now collects greeting cards from everyone, sorted by color in her studio. She loves to capture the complexity of iconic places with pieces that convey emotion, humor and love. Quirky cityscapes, landscapes, and nature scenes that celebrate color are her specialty.





Jamie Spooner



Jamie Spooner Art



Smith



www.jamiespoonerart.com



jamie@jamiespoonerart.com



JamieSpoonersArt.com is your destination for unique, original artwork and a variety of art-inspired products. Discover a stunning collection of wall art prints, tote bags, puzzles, mugs, and more, all featuring original designs. Whether you're searching for the perfect holiday gift or a timeless piece to enhance your space, you'll find an array of options, including beautiful New England and coastal-themed creations.





Jamie Spooner, Smith College



***The Complete Illustrated
Guide to Pickleball***



www.completepickleballbook.com



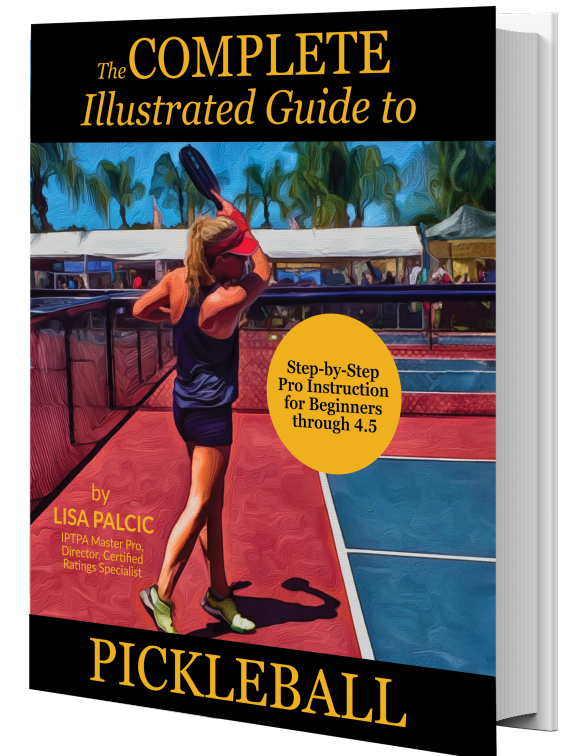
info@palcicpickleballacademy.com

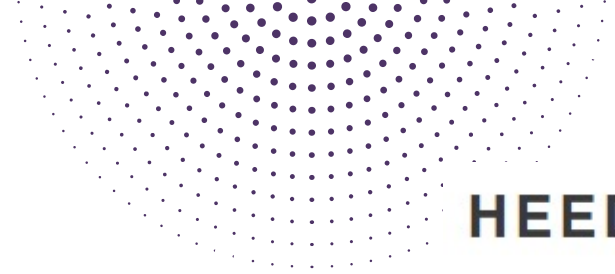


***The Complete Illustrated Guide to Pickleball* is not just another pickleball book. It is the most comprehensive instructional manual available for pickleball players of all levels. For less than the cost of ONE pro lesson you can get an entire "academy of lessons" in this colorful and engaging book!**



palcic pickleball academy





HEEDAN CHUNG ART

 Heedan Chung

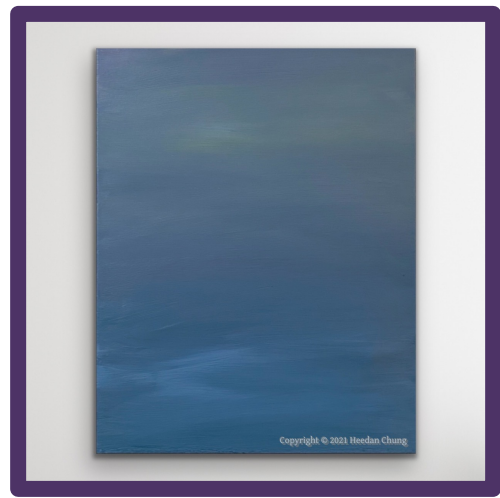
 Heedan Chung Art

 Smith

 www.heidan-chung-art.myshopify.com

 heidanchung@gmail.com

 Paintings of land and sky and memories, inspired by views of the Outer Cape and Long Island Sound. Also available for commissions.





Erica Thomas



Eating With Self Love



Smith



www.eatingwithselflove.com



efthomasma@gmail.com



Struggling with emotional eating? I offer personalized coaching to help you heal your relationship with food and yourself using the power of self-compassion. Through one-on-one support, you'll learn to navigate cravings, reduce guilt, and build sustainable habits rooted in kindness and awareness.





Bree Schuette



Stepxstephikexhike



Wellesley



www.etsy.com/shop/stepxstephikexhike



breejschuette@gmail.com



Poppy Rose – Adventure Bunny – is a special rabbit who has summited more than 300 mountains, bringing joy to her family and the broader hiking community. This two pound bundle of floof is a living example of grit, resilience, and “hoppitude.” **Read about her adventures in her colorful, photograph-filled book and buy other items, including magnets and stickers.** All proceeds from sales goes to support Poppy Rose’s human mommy’s medical journey with relapsing polychondritis at the Mayo Clinic.





Amy Putnam



Singing Whale Stained Glass & Snarky Whale Stitches



Wellesley



<http://singingwhale.etsy.com>,
<http://snarkywhalestitches.etsy.com>



photomonk@gmail.com



Singing Whale Stained Glass has hand made stained glass suncatchers, ornaments, and nightlights, plus chainmail earrings and other items. Snarky Whale Stitches is cross stitch patterns with across numerous topic areas, and a few finished pieces.



logogold
**ELISABETH
GRACE**
astrologer



Elisabeth Grace



Elisabeth Grace Astrologer



Wellesley



<https://elisabethgrace.com/>



eg@graceastrology.com



From Elisabeth: I applaud your interest in astrology. There has never been a better time to use this practical and powerful tool to understand why you are the way you are and how you can realize your full potential. To keep you grounded in these oh-so interesting times, check out [The Forecast](#). For insights on your own personal world, check out the [services](#). Podcasts and articles are [here](#). Talk soon!





Tanya Trevisan



Alumknits

~ CUSTOM COLLEGIATE SWEATERS THAT TELL YOUR STORY ~
Celebrate your school spirit and pride with cozy, custom-knit sweaters by Alumknits — featuring your alma mater and class year.



Smith



<https://alumknits.com/>



ttrevisan@alumknits.com

BORN FROM TRADITION. KNIT FOR TODAY.
Founded by Tanya Trevisan (Smithie '93), Alumknits blends collegiate nostalgia and pride into timeless, high-quality knit sweaters. Each piece is thoughtfully designed to honor your journey — from campus milestones to cherished memories. These aren't your average spiritwear. They're heirloom-quality, custom sweaters with meaning woven into every stitch.





Great *and* Small



Sarah Phelps



Great and Small

Equine assisted therapies for children and adults with disabilities



Wellesley



<https://www.greatandsmallride.org/>

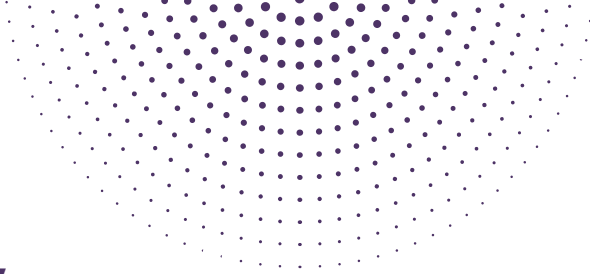


sphelps@greatandsmallride.org



Great and Small provides adaptive riding lessons, equine-assisted psychotherapy and other equine-assisted services to children and adults with a wide range of physical, emotional and developmental disabilities. We also provide a loving home to suitable horses whose futures may be uncertain due to age or infirmity. Through the magic of working with horses, our students gain in strength, balance, social skills, calm and self-confidence, skills that stay with them long after they've left the barn. In order to make our programs affordable for as many families as possible, we charge approximately 35% of what it costs to provide this service, and rely on our generous community partners who believe in this work to make up the rest.





Jennifer McNally



Seven Sisters Alum Association



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www.sevensistersalum.com



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**Seven Sisters tote (14x14) \$30 shipped
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