

Wellnessentials

YOUR QUARTERLY WELLNESS UPDATE

Winter 2020

STAFF FAVORITES:

This winter I have discovered some new favorites:

- **Mickelberry Garden's Fireside Honey Tonic** is wonderfully warming and soothing for sore throats and coughs. Their Ginger Honey Tonic is a gentler version that is perfect for kids and sensitive adults.
- For overall immune support, **Apothicare's Elderberry Syrup** is excellent, yummy and made here in Minnesota with organic and sustainable ingredients.
- **Apothicare's Osha Elderberry** variety is perfect for bronchial support.



Sarah
Chanhassen

Gaia Herbs Golden Milk is my favorite choice for a warm winter drink. The organic turmeric root powder and black pepper fruit are warming to my joints and my spirit during the cold months, the cardamom seed spices up my digestive tract, and the date palm fruit and vanilla bean sweeten the pot! I heat it up with almond milk or coconut milk to drink, but I also enjoy adding it to coconut milk frozen dessert and scooping this tasty treat on a piece of hot apple pie! These delicious indulgences help me make it through those cold months.



Mary
Richfield

Evan Healy Whipped Moroccan Argan Butter

This whipped moisturizer for face and body has a luscious, velvety texture, non-greasy yet super nourishing for your skin. I especially love it on my neck because it smoothes out wrinkles. The large 6 oz jar lasts a long time, smells terrific and is certified organic. Pair it with your favorite hydrosol.

Country Life Gut Connection Immune Balance

supports a strong, healthy immune system by improving gut microbiome health. Each serving contains 630 mg Epicor, a dried yeast fermentate that stimulates healthy bacteria in the gut, helping the body maintain good health in times of stress. It contains clinically studied ingredients that really work! Your tummy will love it!



Holly
Minnetonka

Ancient Nutrition Vitamin C is an impressive blend of powerful immune boosters including astragalus, andrographis, bone broth and reishi, combined with a food-based and fermented Vitamin C. What will I be taking this winter? A lot of supplements, but this will definitely be on my list.



Lauren
Eden Prairie

NEW ITEMS:



Four Sigmatic Lion's Mane Focus Shot

From one of our favorite mushroom lines, this tropical shot features guayusa and lion's mane to give you fast-acting focus and energy support. If you like lion's mane, we also offer a lion's mane instant coffee, an elixir, and a ground coffee blend.



Sprout Living Epic Protein Vegan Pro-Collagen

This protein checks all the boxes – certified organic, gluten free, vegan, non-GMO and nut free. It offers a complete amino acid profile with a bright berry flavor. The added minerals, vitamins, mushrooms, and plants support collagen production without any animal ingredients. Try their Coffee Mushroom Protein for another great option to support a balanced mind and body.



Mad Hippie Cosmetics

Yes, it's true! One of our favorite skin care lines has created a brand new line of cosmetics! This clean and simple line offers concealers, mascara, and lip/cheek tints in a variety of shades, all packed with antioxidants. All products are vegan and free of parabens, petrochemicals, phthalates and animal testing (just like ALL of our body care). Find your favorite colors and start the new year bright and fresh!

A decorative graphic featuring a white honeycomb pattern on a purple background. A white outline of a bee is positioned in the lower right area of the honeycomb.

DIY RECIPE:

Honey Cuticle Cream

- 1 oz. of Inesscents beeswax beads
- 2 oz. of Pranarom Virgin Plant Oil cranberry seed oil
- 1 tsp. honey
- 16 drops essential oils (try neroli & sweet orange)

Gently warm the ingredients over low heat until the beads melt. Mix well, then pour the blend into a small glass jar and let cool with the lid off. Massage into cuticles and dry spots as needed.

UPCOMING EVENTS:

Wellness Wednesday

10% off body care & supplements
Jan. 8, Feb. 12, Mar. 11

Supplement Sale

25% off all supplements
Jan. 18-19

CBD Sale

30% off CBD
March 21-22