

# Wellnessentials

## YOUR QUARTERLY WELLNESS UPDATE

Summer 2021

Summer fun is here! This summer we have a great selection of outdoor activities and toys for the family at the co-op. You can find project books, sun hats, nets, compasses, magnifying glasses, treasure boxes, seed-saving kits, kites, kaleidoscopes, bug boxes, and more! As always, you can also find your clean sunblock & natural bug repellents, refreshing hydrosols, after-sun aloe, and a wide selection of hot-weather facial care, including witch hazel, detoxifying scrubs, hair masks, and more. Swing by the wellness department, then grab a snack from our deli, a cool beverage, and you'll be set for a weekend at the park, in the garden, or exploring a new trail.



**Dock & Bay** microfiber towels are made from 100% post-consumer plastic & come in a range of bright colors & fun designs.



**Windsparrow Studio** hand-printed scarves, headbands, bandanas, and garden flags are a bright & beautiful way to celebrate summer.



**Nantucket Spider** garden incense sticks keep bugs at bay with essential oils – great for outdoor entertaining. Try their bug spray, too!



**Evan Healy Glow & Color Balms** are great lightweight options for summer makeup. Add color & sparkle to eyes, cheeks, and lips.



New **Protect Land & Sea Clear Zinc Cream** from **Badger** certifies there are no ingredients used that could harm marine life.



**Andalou CC Cream** has SPF protection as well as a gentle rose scent. A staff favorite when it comes to tinted facial creams.

## HOT WEATHER TIPS



As we look forward to having warmer weather, I'm reminded to stock up on my supply of **Pranarom Rose Otto Hydrosol**. For cooling down when the temps go up, I carry my 1 oz bottle in my purse so I can easily spritz the back of my neck and cool my overheated body quickly. For refilling, I make sure to keep a larger bottle on hand. On those days when I've been having fun with my dog in the backyard, I bring it inside (in the shade) to cool both of us down.



Mary, Richfield Wellness



**Four Elements Jewelweed Chickweed Soap** contains jewelweed, a plant with anti-inflammatory properties that has been used as a home remedy for poison ivy exposure. Lather up, rinse off, then lather up again and leave on.



Patti, Minnetonka Wellness



**Recovery CBD Gummies by Charlotte's Web** are a delicious chewable CBD supplement that is perfect for post-workout or recreational activity recovery (hence the name) thanks to the added tumeric & ginger, which offer anti-inflammatory properties and support initial bodily repair. For those who can tolerate 20 mg of CBD, pairing Charlotte's Web's Recovery & Calm products is a winning combo!



Reilly, Richfield Wellness



**Detoxifying Matcha Mask:** Feeling clogged up with summer humidity? Help your face detox with a bright, antioxidant-rich homemade green tea matcha mask. Mix 1/2 teaspoon matcha powder with 1 1/2 teaspoons clay (like Trace Mineral's Bentonite) and 1 teaspoon of water or your favorite hydrosol – I adore Evan Healy's Lavender. Blend well and apply with your fingers or a brush and let dry for 10 minutes. Rinse well and moisturize as usual. *Hint: you can find matcha in our bulk aisle.*



Lauren, Category Manager Eden Prairie

## SUMMER HYDRATION

Here's a great way to create a healthy drink that tastes wonderful and provides your body with a plethora of nutrients to keep you on the go. This is a healthier alternative to commercial sports drinks. – *Sampson, Minnetonka Wellness*

### Mix together:

- 1 teaspoon Eclectic Beet Juice Powder OR 1 Tablespoon Salus Beet Crystals
- 16 oz water, regular or sparkling
- 8 oz fresh juice of your choice, such as orange juice, lemon/limeade, or tart cherry which is anti-inflammatory
- 1 teaspoon Trace Minerals "40K Volts" OR 1/2 teaspoon Trace Mineral Drops for electrolytes