

Wellnessentials

YOUR QUARTERLY WELLNESS UPDATE

Fall 2019

STAFF FAVORITES:

I rely on **MegaFood's Immune Defense** (formally known as Acute Defense). It's a powerhouse blend of zinc, vitamin C, elderberry, echinacea, and the real kicker—andrographis—a super bitter herb used in traditional Chinese medicine and Ayurveda for a wide variety of medicinal purposes. Take this as directed at the first sign of any impending back-to-school bugs. I keep mine in my purse all winter long!



Lauren
Eden Prairie

I love our **Tey Art Alpaca Socks**! They are super soft and cozy, and fairly made in Arequipa, Peru. I've given them as gifts and they've been a huge hit. One for you, two for me, right?



Karla
Richfield

Wish Garden's Kick-Ass Immune is a must for me and my family as we transition from summer into autumn. Any sign of a throat tickle or runny nose, I know what to reach for. I love that we carry the product in multiple sizes. I have the travel size in my car and at work, and I have the biggest bottle at home, that way I'm always covered!



Jenna
Minnetonka

Ultra Aesthetics ALA Revitalizing Moisturizer (available at Mtk & Chan only)—Can you say food for your face! Talk about the ultimate winter protector, dry face soother, and healthy glow for those dark, bitter, arctic months. The warm, fluffy, marshmallow-like orange-scented cream is a blast back to those pristine July days at the lake. I can't think of better protection for your face, the dry patches on your body, or a more loving mood-elevator to get you through our doom and gloom months. Ultra Aesthetics ALA Revitalizing Moisturizer is the surest way to safeguard your face during our collective glacial lunacy. Give it a try this winter and feel the heartfelt magic as your face shouts with joy, "Thank you, thank you, thank you!"



Tony
Chanhassen

NEW ITEMS:



Good Made Great Foods Elderberry Immune Support Sticks

This Savage, MN based company makes the tastiest elderberry drink mix around. They use natural, low-calorie sweeteners like monk fruit, and these packets pack a powerful antioxidant punch. Elderberries are naturally high in anthocyanins and polyphenols. Blend it up in your smoothie, mix with water, or stir it into yogurt. The possibilities are endless!



Roots Essentials Bar Soap

Wow, this soap smells amazing! And with only clean ingredients and pure essential oils, we're not surprised. The Wayzata-based maker suggests keeping the soap in its fiber bag and using it as a face and body scrub. When you're done, you can hang it up to dry so it lasts longer. Genius!



Green City Living EcoBag-It Reusable Bags

Handmade in Colorado, these versatile bags are made out of polyurethane-laminated cotton, a food-safe fabric that's supremely wipe-able, washable, and durable. Make a dent in those billions of plastic bags we use every week by replacing yours with something that you can reuse for years. P.S. Their fabrics are so fun that you might find yourself borrowing them for travel, purse organization, or any number of bonus uses.



North Naturals Body Care Line

This fantastic body care line is carefully crafted by a local mom/environmental scientist who struggled to find a natural way to help heal her lifelong skin conditions. North Naturals, an affordable, simple and effective skin care line was born, and we are delighted to offer it to you. Check out her super-rich body butters as winter approaches!

UPCOMING EVENTS:

Wellness Wednesday
10% off body
care & supplements
Oct. 9, Nov. 13, Dec. 11

Body Care Sale
25% off all
beauty & body care
October 18-20

Flash Sale Weekends
Enjoy deep discounts
held every weekend
Nov. 22 through Dec. 22