

LAKEWINDS  
FOOD CO-OP

# Wellnessentials

YOUR QUARTERLY WELLNESS UPDATE

Summer 2019

## NEW ITEMS

### Nordic Naturals Reduced Sugar Nordic Berries

One of our top selling children's vitamins, this long-awaited reformulation contains only 1 gram of sugar per serving. Still vegetarian, non-GMO, and delicious!



### Fair Anita

We are so pleased to be able to offer this locally based, fair trade line of jewelry. Fair Anita has a vision to create a world where women and girls can feel safe, respected and valued, no matter what their geography. They work in 9 countries and partner with female artisan collectives to pay living wages and create long-term, sustainable partnerships.



### Santosh

This beautiful, local facial care line sources 60-80% of their ingredients through sustainable foraging and organic farming on their family farm in northern Wisconsin. Formulated by a holistic skincare expert, Santosh products are as efficacious as mainstream brands, but so much better for the earth and our bodies.



We take pride in the products we offer, knowing that what goes on our bodies is as important as what we eat. That's why we seek and offer products that are safer for our bodies and our world, including fair trade, organic, and non-GMO certified.

# STAFF FAVORITES

## UPCOMING EVENTS

### Wellness Wednesdays

Wednesday, August 14

Wednesday, September 11

Wednesday, October 9

10% off supplements & body care

### Local Food Fest

Saturday, September 14

a celebration of all things local

### Beauty Night

Wednesday, October 16

save the date!

### Body Care Sale

Fri-Sun, October 18-20

enjoy 25% off body care items

I love the Humble line of deodorants. I am currently using the palo santo scent, and while it contains baking soda, I have not noticed any issues with it causing a skin reaction. This deodorant is the only natural deodorant that I have found that can go all day without needing to be reapplied.



–Jason, Chanhassen

I love locally produced candles from Rare Essence. The candles are made from non-GMO soy with all-cotton wicks. The packaging is simple—check out the quotes on the lids for each of the (synthetic-free!) fragrances. One of my favorites is Dream, which is a blend of lavender, armoise, and clary sage essential oils. With an estimated burn time of up to 20 hours, I think they are a bargain at \$8.99!



–Karla, Richfield

I have fallen in love with our new local face care line, Romi Apothecary. I love that Romi is made right here in St. Paul and that the herbs used are grown just south of the Twin Cities. The ingredients are simple, organic, and loaded with healing herbs. My new regimen starts with their Rose and Yarrow facial toner, followed by the Restore Serum, and finishing with Romi's Naked Moisturizer.



–Sarah, Chanhassen