

Wellnessessentials

YOUR QUARTERLY WELLNESS UPDATE

— STAFF FAVORITES —

NUTRIGOLD VITAMIN C is one of my favorite supplements for this time of the year. It is a certified organic, third party tested whole food vitamin c made with a blend of organic berries. It offers immune support, supports collagen production, and supplies antioxidants to provide protection against free radical damage. In addition to all of that, it is manufactured by a family owned company that values transparency, sustainability, quality, and accountability.



Jackie Joie
Minnetonka

Coming home from work in the cold of winter, I look forward to a nice, hot bath with the SOOTHING TOUCH CEDAR SAGE BATH SALTS. The combination of evaporated sea salt, Dead Sea salt, mineral salt and Epsom salt is rich in minerals that help soothe my tight, achy muscles and joints. While soaking in the tub, the sage and cedarwood essential oils in the bath salts revitalizes my mind, relaxes my body, and restores my entire system for a more restful sleep. It's herbal magic for a weary body!!



Mary Tellers
Chanhassen

When winter arrives, I am never without my WEDDERSPOON GINGER ORGANIC MANUKA HONEY DROPS. The benefits of Manuka honey are numerous- antibacterial, antiviral, anti-inflammatory and antioxidant. As the drops soothe and coat my throat, the ginger and echinacea in them provide their immune-boosting actions. And it's important to me that they are free of major allergens such as gluten. Plus they taste GREAT!!



Mary Tellers
Chanhassen

BULLETPROOF COLLAGEN PROTEIN BARS are my new favorite snack! These gluten-free, dairy-free, and non-GMO bars contain collagen sourced from grass-fed cows, and no added sugar! They taste like a shortbread cookie and give you a dose of coconut MCTs for energy and cognitive support. My favorite is the fudge brownie, but all of the flavors are delish!



Lauren Bartel
Eden Prairie

NEW ITEMS



BARLEAN'S TANGERINE KIDS FISH OIL & EYE NUTRITION - So many good things to say about this item! Barlean's is known for their super-tasty omega oils, which are emulsified for heightened absorption, and now they've added this great product to their kids line-up! You get a solid dose of EPA & DHA (the long chain fatty acids you look for in fish oil), as well as lutein, zeaxanthin and astaxanthin for eye support (ahem, screentime?). And lastly, even though it's sugar free, it's so yummy that your kiddos won't hesitate to take their daily dose.

BOODA BUTTER PURE DAILY MOISTURIZER - just what our poor winter skin needs! This lovely, cocoa-scented body butter is certified organic, non-GMO, gluten-free and vegan. Use on face, hands and body right out of the shower or bath to capture and hold in moisture. Get your glow back!



VIM & VIGR COMPRESSION SOCKS - There are so many benefits to wearing compression socks, but don't think you have to sacrifice style for circulation! With new patterns every season and every color you could desire, grab a pair for your next long flight, run around the lake, or restless legs. And psst - they make socks for both guys and gals.



PRANAROM DIFFUSION BLENDS - For 2019, Pranarom is rolling out a set of diffusion blends to cover every mood and moment and at \$9.99, they're quite a steal. Developed in Grasse, France these beautiful, certified organic blends use essential oils for base, heart and top notes - olfactory science and artistry at its finest.



WHAT'S HAPPENING IN WELLNESS

**Wellness Wednesday
discount increased to 10%
starting February 13**

**This quarter's Wellness
Wednesday's:
Feb. 13, Mar. 13, Apr. 10**