



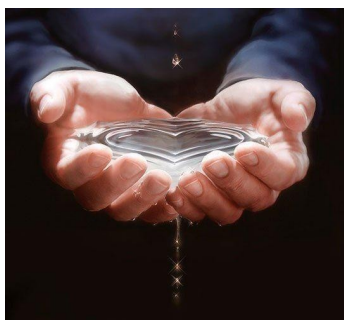
Peace is not something you wish for; It's something you make, Something you do, Something you are, And something you give away.

~Robert Fulghum

Never chase love, affection, or attention. If it isn't given freely by another person, it isn't worth having.

We recommend that you check our website regularly for updates.

As we grow, more [services](#), [classes](#), and [products](#) are being added.



Save a little – Buy a Package: (save when you pre-pay for 4 or more services)

- * Buy 4 – Save \$20
- * Buy 8 – Save \$45
- * Buy 12 – Save \$70

(packages are valid for 1 year)

FEBRUARY 2012

Do you like Free Money? ... Who doesn't right!? On January 15, 2012, we launched our new referral program: Referral Bucks!

What is a Referral Buck: Referral Bucks is money that can be spent at Natural Gifts Holistic Center. They can be spent individually or saved up and spent together. They can even be used on services or products and can be used with other discounts.

How much is a Referral Buck: The common Referral Buck is \$5. Different amounts may be coming in the near future.

How do you earn Referral Bucks: There are 2 ways to earn referral bucks

1. *Tell your friends about us:* for every new client you send us, we will give you a Referral Buck. Tip: Your friend or family member must tell us you referred them in order to get the money.
2. *Leave us a review:* for every different website you leave us a review on you will get a Referral Buck. Tip: Please bring a printed copy of the review in, so we can see what you wrote. Some websites we are on are: Google Local, Facebook, Yahoo Local, Merchant Circle, Manta, and more....

Heart Chakra



Most people's number 1 Resolution is - Improve health: lose weight, exercise more, eat better, drink less alcohol, quit smoking, stop biting nails. This is followed closely by - Improve self: become more organized, reduce stress, be less grumpy, manage time, be more independent, perhaps watch less television, play less sitting-down video games. Do you find one or both of these on your list? I know I do, right up there at the top as a matter of fact. So no matter what your New Year's Resolution is, we might be able to assist you on your journey.

THAI COCONUT SOUP

serves 1-3

Ingredients:

- 1 young coconut (flesh and water)
- ½ garlic clove
- ½ inch fresh ginger
- ½ cup water
- ½ cup pineapple (reserve ¼ cup cut into small pieces)
- 2 kefir leaves
- juice from 1 lime
- ½ tsp. Celtic sea salt
- 1 TB. agave or honey
- 1-2 fresh or dried chillis

2 kefir leaves and reserve 1 chili
Blend for 1 minute – taste for spiciness and adjust by adding additional chili if needed.
Blend again for several minutes until the blades warm the mixture. If you prefer a warmer soup, heat gently on stovetop but do not allow to boil as this will destroy the enzymes and nutrients.
Break kefir leaves into small pieces and stir in gently – allowing their flavor to steep into the warmed soup.
Stir in the pieces of pineapple and garnish with a dried chili pepper.

Scoop out the soft meat from young coconut and place in blender with the coconut water. Add the rest of the ingredients EXCEPT: ¼ cup pineapple,

Add any additional items for more texture:

- Corn (defrosted) or shaved off ear
- Diced cucumber
- Shaved slices of shitake mushrooms

February Special:

Receive any Simple Bliss Facial and get 30% off any 1 Hour or 1 1/2 Hour Massage of Choice



"Think left and think right and think low and think high. Oh, the things you can think up if only you try!"

Dr. Seuss



Simply Bliss Facials

\$35 - \$100

Whether you choose to do 30 min., 60 min. or 90 min. facial, you will come out feeling relaxed and fresh, with a simple "glow".

Steam - helps the skin perspire and allowing the pores to open up and breathe. Pores are deeply cleansed as the steam penetrates the skin and helps revive tired skin while removing toxins and improving circulation.

Exfoliation - helps remove dead skin cells and replace with new cells causing skin to look radiant, fresh and healthy. Removing dead skin cells means skin with wrinkle at a slower rate.

Extractions - help remove black heads and white heads helping clear up any troubled areas.

Facial Massage - helps improve blood circulation in the face and brings more oxygen and nutrients to the face which can result in glowing skin. Facial massage helps to eliminate sagging skin, which is common as you age, by tightening it up.

Mask - helps clean and tighten the pores to make them look smaller. In addition, masks help deliver nutrients quickly and efficiently.

Toner - helps refresh the skin, removes any impurities left behind, and tightens the skin.

Moisturizer - helps protect the skin from the sun. Moisturizer also helps reduce wrinkles and dry, rough skin.

Classes

February

* 19th - **Guided Meditation**

1:00 - 2:30

\$35 @ Door

\$25 in advance - Minimum 1 week in advance

* 18th - **Guided Meditation**

1:00 - 2:30

\$35 @ Door

\$25 in advance - Minimum 1 week in advance

March

* 4th - **Basic Aromatherapy**

12:00 - 2:30pm or 3:30pm - 6pm

\$70 @ door

\$60 in advance - Minimum 1 week in advance

* 25th - **Spring Cleaning w/ Essential Oils**

12:00 - 2:00pm or 3:00 - 5:00pm

\$45 @ Door

\$35 in advance - Minimum 1 week in advance

* 11th - **Pendulums for Beginners**

12:00 - 2:00pm or 3:30pm - 5pm

\$70 @ door

\$60 in advance - Minimum 1 week in advance

Slim & Sassy Metabolic Blend

\$29.40

dōTERRA®'s Slim & Sassy® Metabolic Blend is a proprietary formula of 100% pure CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and internal use.