

Feel the Difference!

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December 2016

Little Rock Natural Remedies

Chill out at our Monday Night Classes!

This month our Monday evening classes will start off on Monday December 5th with a Honey 101 class presented by Paul Downs of DownStream Outdoors. Paul will be explaining to the class the buzz about his local beekeeping business. On December 12th, Jean Benna will be teaching the class Don't live...Reliv. She will be teach-

ing us about the Reliv products. On December 19th, Rhonda Walker will be teaching Feel the Difference: with a Patching



Plan. She will be teaching us about how the Lifewave Patches work and the different systems in the body that get supported. All classes are from 6pm-7om and are free of charge. Please note: there will be no classes 12/26/2016 and 1/2/2017. Classes will resume 1/9/2017.

Meet the Team: Andrea Gonsman

Each month, we will feature a different employee to help our customers get to know our team. This month we are featuring Andrea Gonsman. Andrea became interested in natural remedies and essential oils through her previous position at a local hospice agency. She met Victoria at an event at the Southern Blair Senior Center in the spring of 2015 and began working at our shop the following April to help

in the Tea Shoppe. Andrea is knowledgeable about many different types of tea and loves to share her knowledge with others. In addition to helping with the Tea Shoppe, Andrea also assists us with our website, advertising, and Facebook posts. She makes homemade sugar scrubs under the label Fernwood Retreat, which you can find in our shop. Andrea lives with her husband, Adam, and dog, Peaches.



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Little Rock Natural Remedies

8495 Woodbury Pike
Hollidaysburg, PA 16648

(McKee)

Phone: 814-695-0624

E-mail:

littlerockremedies@gmail.com

Check out our website!

www.littlerocknaturalremedies.com



December's Monthly Specials!

End of the year specials are upon us! In December, we are featuring a 10% off sale on all Essential Oils including DoTerra. Also, the IonCleanse Foot Detox will be on a \$20 special through the end of the year. Finally, now through December 30, 2016: save 10% when you buy a 5 session Reflexology package. Effective January 1, 2017, prices will be increasing for Reflexology sessions. Initial session will be increasing from \$50 to \$55. Follow-up sessions will increase from \$35 to \$40. Purchase next year's sessions at today's prices through our year-end special!

Tea Spotlight: Chocolate Peppermint Patty

Each newsletter our tea specialist writes a featured post about one of our teas. This month we invite you to try our Chocolate Peppermint Patty tea. This blend mixes black tea and peppermint leaves. Upon first sip, one notices the mild minty flavor with a hint of chocolate. A touch of natural sweetener like honey brings the flavor out of the tea.

New Products: Gift Baskets and Stocking Stuffers!



Our new products this month are chosen to help you with all of your gift-giving needs. We have taken some of the guesswork out of picking out gifts with our new gift baskets. Surprise your family and friends with an essential oil basket, bath basket or tea basket. Our baskets also are a great gift idea for getting started with essential oils or for the tea lovers! All bundled gift baskets give a discount of at least 10% off the cost of the items when purchased alone. We also have many new soaps and gift ideas. These items are featured near the front of our store. Be sure to check them out if you are looking for a unique stocking stuffer!

