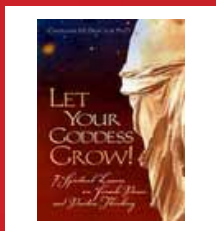


THE ULTIMATE GIFT GUIDE

Nurture has a wide selection of gifts to nurture mind, body and spirit this holiday season. Healthy and inspiring, these gifts are sure to help your loved ones live their best into the coming year.



Nurture Gift Certificates

Purchase a gift certificate at Nurture and it can be used towards any of Nurture's products or services, including health consultations or massage therapy!

PAMPER SOMEONE THIS CHRISTMAS!

Aromatherapy Kits – If you aren't sure what to buy for someone, these great little kits are just the thing. Includes scent inhaler, bath salts, and scented spray.

Moist Heat Foot Warmers and Neck Wrap – wrap someone up with warmth this winter with a moist heat neck wrap or moist heat slippers for cold feet!

Hot Chocolate Body Scrub – The perfect gift for chocolate lovers! Exfoliate using this decadent scrub made with real chocolate. Smells so good you could eat it!

Amoré Green Tea Body Butter – A sensuous rich and creamy body butter with moisturizing oils. Smooth over hands, feet, or the entire body. Recommended for extremely dry skin.

Amoré Dead Sea Green Tea Salt Glow – This powerful antioxidant will naturally exfoliate dead skin cells while detoxifying, moisturizing and rejuvenating the skin leaving it soft and sensual.

Electronic Massage Therapy - Don't have time for a massage? Treat yourself or someone you love to a massage using the Relaxus electronic foot massager or thermal massager.

Ionic Salt Crystal Lamps - Beautiful and handcrafted from the Himalayas, these lamps cast a harmonious amber glow while cleaning the air.

Energy Muse Jewellery - Each piece is made of ethically sourced semi-precious stones and has been energetically cleansed and intention activated. Check out pieces from the Chakra, Elements, Divine Numbers and Goddess series – there's sure to be one for the special someone in your life.

To Celebrate the Goddess Within

Help a woman in your life connect with her own inner Goddess with *Let Your Goddess Grow* by Charle Proctor, Goddess Meditation CDs by Mary Marzo, and Goddess statuettes and figurines for daily devotion and inspiration.

Bring Alkalized and Pure Water to Your Home



The Santevia™ Gravity Water System revolutionizes tap water, creating pure, fresh tasting water that is healthier for you and more cost effective than bottled water. Using an eight stage filtration and re-mineralization system, the Santevia™ Water System cleans, mineralizes and invigorates your water while adjusting the pH level to mildly alkaline. The Santevia™ Water System is an environmentally friendly way to keep you healthy and hydrated throughout the entire day.

Gifts for Relaxation and Meditation

Shoyeido Japanese Incense - Shoyeido uses only the highest quality ingredients available, with a subtle, yet fragrant aroma.

Chakra Sprays - These Chakra sprays incorporate essential oils with flower and gem essences to bring healing energy to each of the seven chakras. Spray and be transformed!

Sweet Grass - Burn this sacred plant to assist in your own peace and healing rituals, or to cleanse and renew energy in your home

Sage Smudge Stick Gift Set with Abalone Shell – this ceremonial smudging kit comes complete with the traditional Abalone shell used to hold the burning sage.

Buddhist Shrine Holder – Give the gift of tranquility with this miniature shrine. Comes with Buddha figurine, incense and incense holder.

River Rock Candle Holder – Simple yet elegant, these candle holders capture the peace and essence of Zen mindfulness.

Japanese Tea Pots – Enjoy the ritual of tea poured from these classic cast iron tea pots. Choose from Sapporo and Kyoto styles. All come with a loose tea filter.



Do you know someone who suffers from S.A.D.?

Make someone's life a little brighter this Christmas. Bright light is something our body craves, and when we are exposed to bright light first thing in the morning, we feel more alert and optimistic all day long. Use the Litebook® as early as possible upon awakening - especially during the shorter, darker days of winter when your body needs it most. Litebook® delivers all the benefits of the sun with no harmful UV rays. It helps combat everything from fatigue and depression to poor sleep and carbohydrate cravings...all with only 15-30 minutes of use per day! Litebook® is backed by clinical trials and ongoing research, not to mention a 2 year warranty and a 60 day money-back guarantee.

For the Little Ones



Indigo Dreams Series

Indigo Dreams CDs are unique song and story-based audios to help children explore a variety of issues, including bullying, healthy food choices, releasing anger, and relaxation/meditation techniques. Choose from CDs for children ages 4-12, teens, and adults too!

Chakra Bear and Colouring Book

This cuddly, empowering new friend is designed to introduce children to the world of colour and energy. Now teachers and parents have a tangible tool for children to hold and hug as they explore the world of chakras. Comes with a free Chakra Bear colouring book.

Massage Therapy Now at Nurture!

Nicole Sereda is a registered massage therapist, who brings to Nurture the healing power of touch. Nicole helps her clients reconnect with their bodies through massage. She has treated everything from Sacroiliac Dysfunction (a common cause of lower back/hip pain), Repetitive Strain injuries (computer posture, golfer's and tennis elbow), and injuries from lets the bodies of her clients communicate what it is they need. Often an ache or pain is a sign of a blockage on an emotional or energetic level,



which massage can also help to release.

Whether you are in need of relaxation, release, or a therapeutic touch, Nicole will take direction from your body to cultivate the healing it needs.

Massages are covered under most health plans. As of December 10th, Nicole will also be doing ear candling.

Call (403) 208-0812 to book your appointment!

CHINOOK SOY CANDLES

Candles – Soy Candles burn longer and cleaner, made with cotton lead free wicks. Choose from dozens of scents, including un-scented.

Reed Diffusers – scent your home this holiday season with a variety of natural fragrances.

Zen Rock Garden – these miniature Zen rock gardens are a great way to incorporate mindfulness into the day. Perfect for the desk or coffee table.



Christmas Massage Deals

On Dec 2 and Dec 13 receive a 15 minute massage for \$15

Buy one 60 or 90 minute massage gift certificate and get the second 1/2 price!

HOLIDAY SPECIALS

- 10% off** all Earth Solutions Jewellery
- 10% off** Living Om Chakra Crystal Jewellery
- 10% off** Relaxus fountains, humidifiers and diffusers
- 10% off** Gwen Randall-Young Books and Guided Meditation CDs



GIFT A GOOD CAUSE

If you can't find the perfect gift for someone, why not make a donation in his or her name? Support the Vitamin Angels and help those with vitamin deficiencies or support the Aldo Fund for wholistic cancer research, and make a difference in lives around the globe. Make your donation in store, or visit www.vitaminangels.org and www.aldofund.ca to donate online.



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Visit our website: www.nurturehealth.ca

Celebrating 10 years of creating opportunities for health and wellbeing

If you wish to receive this quarterly newsletter by email, please email us at: customerservice@nurturehealth.ca