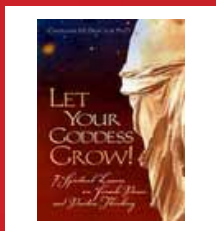


THE ULTIMATE GIFT GUIDE

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!

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.

Mountain Sky Massage Bar and Soap set – Treat someone to a luxurious all natural soap and massage bar set. Comes in Relief, to soothe, Desire to ignite passion, and Bliss to relax.

Hot Chocolate Body Scrub – The perfect gift for chocolate lovers! Exfoliate using this decadent scrub made with real chocolate.

Kiss My Face Body Scrub and Moisturizer set – Choose from **Vanilla Sugar or Cranberry Spice**. Sensual and delicious, this set smells so good you could eat it!

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.

E.O. Love Massage and Bath Collection – pamper with rose and chamomile bubble bath, room spray, bath salts and a soy massage candle.

Ionic Crystal Lamps – Beautiful and handcrafted from the Himalayas, these lamps cast a harmonious amber glow while cleaning the air. Light up your room with Salt, Quartz, Amethyst or Selenite.

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.

Give the gift of Healing with the Living Matrix - The Science of Healing DVD



Following the success of Nurture's screening premiere of *The Living Matrix*, Nurture now has the DVD available for purchase in-store.

The Living Matrix features several leading researchers in science and alternative medicine to bring new research to light on how to get well and stay well. Empower your loved ones to create health and wellbeing in their lives!

"Packed with the latest research into healing and consciousness."

– Kerry Needs, Whole Science Editor

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.

To-Go Ware Bamboo and RePEaT Utensil kits - Now take your cutlery with you wherever you go! Reduce your "fork print" with these convenient travel packs.

Sage Smudge - White sage promotes purification, protection and immortality in ritual ceremonies. Light and burn in a smudge bowl and connect to the healing powers of Mother Earth. Sweetgrass is also available!

The Smudging and Blessings Book - This book is full of inspirational rituals to cleanse and heal. A must for anyone who uses sage.

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

Essential Oil Diffusers - Choose either the **Genie Mister** or the **Ultra Sonic Mist De-lite** to diffuse heavenly aromas in your space. Diffusers preserve the integrity of essential oils and allow you to fully benefit from the healing properties of the oil.

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.



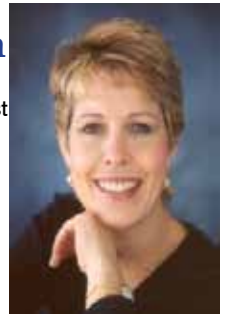
Don't forget YOU this holiday season

Relax with Gwen Randall-Young

Gwen Randall-Young is a psychotherapist and author whose work bridges the worlds of self and spirituality, body, mind and soul. Her inspirational collection of books and hypnosis and self help CDs has helped many on their journey to wholeness.

With all of the chaos of the holidays, take half an hour out to let Gwen help you relax, process and de-stress! Her most popular CDs include Healing Depression, Releasing

Anxiety, and Positive Thinking.



Chakra Home Practice Kits

Take your healing practice home!

Chakras are commonly understood as the seven energy centers of the body. Each energy center corresponds to various physical and emotional attributes. When our chakras are off-balance, this can manifest as a destructive pattern, physical symptom, or emotional upset.

Designed and illustrated by a Calgary mother and daughter duo, these beautiful and inspirational kits allow you to bring your healing work home. With one kit for each of the seven chakras, you can

focus your healing intention on the chakra that needs it the most.

Each chakra kit contains:

- 5 informative and beautifully illustrated art cards
- a 30 minute yoga & meditation CD
- a semi-precious chakra meditation stone
- an essential oil for that chakra
- a chakra tea



BE UNIQUE. BE GLOBAL. WEAR KIBELA.

KIBELA is a locally owned, Indonesian made, stone and silver jewellery company, committed to bringing responsible beauty to our planet. KIBELA ethically employs goldsmiths in Indonesia hit by the falling price of gold, providing them with work at a fair wage and housing for their families. Each stone is intuitively selected from around the world, and then framed in wondrous silver. Bold and striking, each piece resonates differently with each wearer. Let your light shine through with KIBELA and support a global cause.



Visit Nurture on Tuesday December 8, 2009 from 10:00 am – 3:00 pm to see KIBELA's entire collection!

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.

Made with love in Cochrane, Alberta



Nurture wishes you and yours a safe and healthy holiday!



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.



63 Crowfoot Terrace NW
Calgary, AB
Phone (403) 208-0812

Visit our website: www.nurturehealth.ca

Celebrating 11 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