

Hi, Clients and Friends:

May is off to a great start, giving us April weather with the cooler nights and low humidity, postponing the summer sizzle.

It's not too late to purchase a Gift Certificate for Mom or the May graduate.

Limited supply left of Naturopathica facial products as your Gift with Purchase. Try the new facial (in Services below). My daughter is graduating from Univ of St. Thomas next weekend, so ***the office will be closed 5/14 so I can celebrate with her.***

**SERVICE OF THE MONTH:** I am please to be able to offer the new Naturopathica PLANT STEM CELL FACIAL 60 minutes \$140

Our signature high-performance facial combines ultrasonic and microcurrent technologies with a Plant Stem Cell Serum to stimulate new skin growth and slow cellular aging. This natural face lift treatment delivers relaxation and results.

Upgrade to Extended microcurrent contour treatment to lift and firm 90 minutes \$155. As a natural face lift alternative, get a Series of 10 - \$1395. Take a Plant Stem Cell Serum home for 30 night intensive treatment to diminish wrinkles and crows' feet, reduce sun damage and boost collagen.

**PRODUCT OF THE MONTH:** *Ayurveda uses a single word—"sneha"—to mean both love and oil. Thus the Ayurvedic approach to love is warm oil massage. Try the following with one of the aromatic Naturopathica Bath & Body Oil Blends, or a custom blend from Deborah, using Source Vital essential oils specific to your needs.*

1. Warm the oil by placing the bottle in a mug of hot water. *Do not overheat.*
  2. Disrobe and place a towel beneath you. Pouring a little oil into your palm at a time, apply liberally to your body.
  3. Use circular strokes on your joints, long strokes on your limbs. Take extra time with areas in need of special attention.
  4. Immerse yourself in a warm bath or shower. Let the essences of the herbs penetrate deep into your tissues to facilitate holistic healing.
- Do this in the morning for a vital day or before bed for restful sleep.

**RECIPE OF THE MONTH:** *Vegetarian Tomato Cups* (Recipe makes 12 cups) Great for appetizer for Mothers' Day Brunch, a side dish or for an excellent finger food use cherry or small tomatoes.

Ingredients: 6 medium tomatoes, 1/2 small cucumber, 2 sticks celery, 1/2 medium red onion or 2 scallions chopped, 1/2 cup fresh parsley, 1 tablespoon fresh mint (optional), 1 clove garlic, 2 teaspoons kelp, 1 tablespoon lemon juice, 1 tablespoon olive oil (optional), Celtic salt to taste (optional)

- Directions:
1. Cut tomatoes in half and scoop out the center. Discard seeds, saving pulp; add to other ingredients.
  2. Finely chop all ingredients, mix well.
  3. Fill tomato halves, set on pretty platter, garnish with additional mint or parsley leaves.

***Yours in optimal health, naturally,***

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*Every relationship we have is a journey toward healing and transforming the soul.*