

Timeless Essentials

Welcome

With January behind us, we can look forward to longer brighter days in February. Like many of you I have spent the month of January clearing and cleaning, taking every spare moment to go thru drawers and cupboards, finding new homes for things we have out grown physically and emotionally, putting some order to the chaos. With many of you working to keep up with your new years resolutions, I invite you to take part in a few activities this February. These activities will connect you to amazing support people who are willing to share their wealth of knowledge, so that your life can take a step towards a calmer, more peaceful place. This coming Sunday February 6th in Haydon you will find a healthy hearty lunch preceded by a yoga session and followed by an informative afternoon filled with healthy living tips, and a take home body product, be sure to bring your questions and book early as there are only 25 spots available with some already booked.

*winter
wellness*

*Sunday
February 6th
10:30 - 2:30*

*please join us
for our 2nd
"Wellness Day"
at the Haydon
Community Hall
2506 Concession 8*

*Yoga, home made lunch
and a discussion on
"Keeping a healthy home"
with Crystal from Timeless
Essentials of Enniskillen.
She will discuss healthy living,
essential oils and starting a
herbal garden. We will also
create a product for the body.*

*cost: \$35
contact Andrea at 905-263-4494
or Crystal at 905-263-4771
for tickets*



And then on the 26th of February enjoy free admission at the wellness fair in Whitby. I have taken part in the wellness fair for many years and always find a new face with new informative information, a lunch is available at a reasonable cost, and there will be some vendors there with health oriented products so be sure to bring your wallet.



SATURDAY FEBRUARY 26TH, 2011

WELLNESS FAIR

10AM - 3PM

Exhibits Include:

- Vegetarian and Organic Food Choices (including pet foods)
- Alternative Health Practitioners (e.g. Naturopath, Chiropractor, etc.)
- Information Regarding Community Health Agencies
- Healthy Environmental Alternatives
- and a chance to learn about the new *Abilities Centre*

Free Admission

Westminster United Church
1850 Rossland Rd. E., Whitby
(corner of Garrard Rd. and Rossland Rd.)

 For more information call Westminster United Church at 905.723.6442
www.westminster-uc.ca

I look forward to connecting with many of you in the coming days, weeks and months. Our website is being up dated with the addition of our Bergamot/Lime products, you will find the uplifting blend in our Shae butter spa bar, bath salts and our body butter. Bergamot/Lime is spiritually up lifting, like a breath of

fresh air..... Our newest essential oils include Bergamot, Lime and Sweet Orange; try blending the lime or sweet orange with essential oils you have at home, be sure to ask Crystal about blending your own essential oil blends for homemade salt scrubs, sugar scrubs and massage oils; remember Valentines is just around the corner. And last but not least you will find Achy sore muscle massage bars have also been added. Each of these new products were successful over the holiday season, with many requests for us to add them to our basic line, so please enjoy.

Now on to the food side of life. Yes food, everytime we go some where we are constantly looking for food, taking food, making sure all are happy and nourished. During the winter months our soup mixes and cookie mixes are a real hit, as we try to conserve and make better use of our food purchases, soup comes to mind, mix one of our bases with your left over cooked meat, add some veggies from the cold storage or fridge, add a fresh loaf of bread and a hearty meal is on the table in no time. We have 9 different soup mixes to choose from, all make wonderful gifts or great go to meals, be sure to keep a couple of jars of soup mix in a cupboard handy for what life brings you.

Our soup mixes include the following flavours - Beef Barley soup, Chicken Rice and Lentil soup, Easy 3 bean soup, easy country soup, easy farmhouse soup, easy minestrone soup, easy pasta fagiola soup, get well wishes soup (often I give this instead of a card, for those that are very not well I will premake the soup so that it just needs to be reheated) and Soothe thy soul chicken noodle soup (this one comes in a fabric bag, thus making it easy to ship for out of town gifts).

Be sure to check out our soup bases listed on our website timelessessentials.ca for a further breakdown of each flavour.

You are always welcome to drop by the house to enjoy our in home shop. Before driving to Enniskillen, please give us a ring first to ensure that we will be home (905-263-4771) or enjoy the ease of shopping on line, check out our full line of products on line in the comfort of your own home – www.timelessessentials.ca - or join us at one of our many up and coming shows. And yes feel free to order online and we will ship to your home, or we will prepare your order ahead of time and you can pick it up at our home store or at anyone of our many events.

or

Some of the local stores where you will find our products include

Gallery on the farm -Enniskillen - soaps with a purpose, lip balm and insect repellent

Tyrone Mill -Tyrone - soaps with a purpose and buzz off #2

Violet Door - Church street Bowmanville - soaps with a purpose, pretty soaps and some massage bars

Terren's Wellness Center - Orono - soaps, salts, herbal all in one bags, buzz off #2, bare naked line

Please feel free to share this letter with your family and friends.

.....Remember, as we embrace the joys of the winter season, spend some quality time with your family and friends. Also take some quiet time to invigorate, pamper and improve your physical wellbeing with timeless, beautiful, affordable products. Our full range of products provides many different aromatherapy solutions to improve your well being, plus the well being of those that you love. The time is here to treat yourself and the ones that you love; the time is here to be the best that you can be