
Smiling Sage - New Year Program Launches...and more!

1 message

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2025 Reflections, and 2026 Intentions

2025 was an exciting year for many in Hot Springs, and we are incredibly grateful for the community's response to our opening Smiling Sage Wellness for services in the old Scout's Center building at Centennial Park. We are pleased that so many of you have benefited from our natural and alternative options that we offer, and are improving your health so significantly! In addition to those helped by our workshops and events, this year we gave away over 20 complimentary treatments to community members nominated by YOU to receive individual sessions through our "Pay It Forward" Program ...thank you for participating and contributing (if you put someone's name in the jar, feel free to ask them if they were chosen and what their experience was like)!

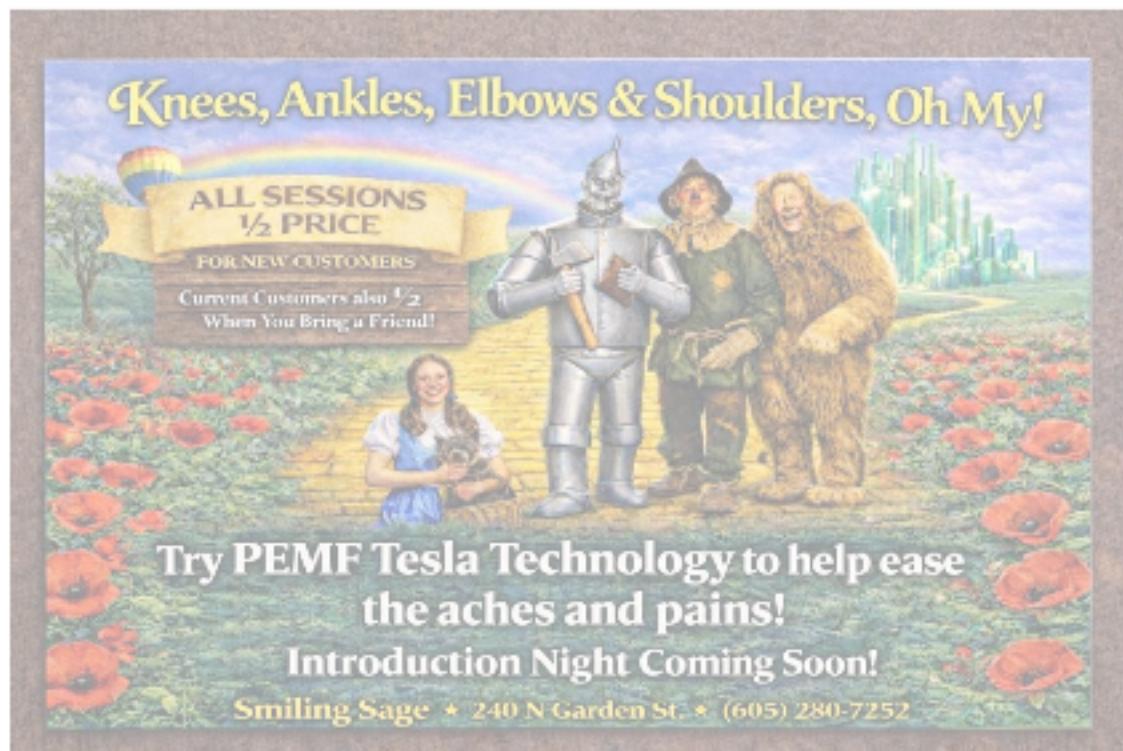
We also had a lot of people receive gift certificates from you all this season - so thanks for spreading the wellness sessions around! We drew a name for a New Full Circle winner yesterday, and he has been alerted to what he will get to experience. Thanks to all for participating, and congratulations to everyone who gets to receive a FREE service (or 3) from us as a result, in the coming months!

In 2026, we'll be launching many new programs and hosting some spectacular events. We hope you can continue to enjoy them! We have LOTS of exciting things in-the-works, so please read through this email for details, keep an eye on our website/facebook page throughout the month, and mark your calendars because we've got some significant FUN planned, coming up:

Save the Date! On Sunday, February 8th, we will host a PARTY to celebrate one year of being open in this location together! At Smiling Sage's One Year Anniversary PARTY, we'll provide the treats - you provide the company! Let's celebrate together: all the health and wellness achieved, and gather in community for some more good, clean FUN! Details coming soon...

Curious about the Tesla Coil, and how a hands-on treatment looks (and FEELS) different than coming to our Tuesday Community Coil Time? Here's your chance to witness it -- and even participate:

Beginning in February: Once per month on the first Monday from 6-8pm, we will be offering a chance to receive a hands-on treatment with a Coil Practitioner at 1/2 price, in a community-style clinic. These sessions will be offered to the public in our main community hall, and limited spaces are available...come check it out! (See below on the left column, for details)





Introduction to Hands-On Coil Treatments

Join us for our
Introductory Coil
Nights and experience
firsthand what PEMF Tesla
Technology feels like in a
relaxed, welcoming setting.

This is your opportunity to try it for yourself and discover how gentle, soothing, and restorative the resonating energy can be. Whether you're curious about easing everyday aches and pains, supporting recovery, or simply exploring a new wellness experience, our Coil Intro Nights let you feel the benefits at 1/2 price, in a group setting. Of course you can also still stop by on our regular Tuesday weekly Community Coil sessions (4-6pm), ask questions, and see why so many people are excited about how this innovative technology may help the body feel better, detox, and recharge at the cellular level.

**AromaTouch
Clinic - FREE
for Veterans:**



New & Upcoming Offerings at SSW:

**Next Day Of Wellness:
Saturday, Jan 15, 2026:**
We have a great lineup of presentations and experiences to enhance your wellness and help you learn, while gaining tools you can use in your life! So be on the lookout for the schedule - to be announced by next week!

*Music Circle -
every 2nd & 4th
Wednesday @ 5pm
From guitars to drums &
rattles, to our voices...we
are bringing people
together through music
twice per month. We also
have a (freshly-tuned)
piano! This is intended to
be a fun, healing, and
experiential gathering.
Show up with a favorite
instrument or empty-
handed (we'll provide
some)...let's improvise
together with sound! We
start on January 14th!*



SSW Ongoing Offerings, Cont.

*Mondays from 10-2:
Infrared Walk-ins
Welcome!
Someone will be at the
front desk to assist you if
you'd like to spend some
time using our Infrared
Therapy Lights and soak
up the beneficial
heatwaves!*

Mondays
@5pm: Kettlebells with

Come lift weights with us in a supportive, non-judgemental group environment. We have extra kettlebells to share, or bring your own if you have one! This is a fun get-together where we can connect, laugh, and get stronger, together.

*Tuesdays from
4-6pm: Community Coll*

Gather 'round and enjoy the benefits/frequencies of the Coil, while chatting with a neighbor or making a new friend. All are welcome on a donation-basis.

"Life, Anonymous" Support Group:

Tuesdays, 6-7pm:



After 2+ years of volunteer service, providing AromaTouch Technique sessions for veterans at the Legion, we have moved this once-per-month Clinic into the main hall at Smiling Sage! We're excited to expand our capacity and add additional rooms, as well as a more comforting overall experience!

Meets the 2nd and 4th Fridays from 5-6pm

Our goal is to increase awareness and help one another find peace, resilience, and a deeper connection to life.

This group is a secular adaptation of the traditional AA program, designed to help individuals navigate personal crises, trauma, and self-improvement, regardless of whether they struggle with addiction. We shift the focus from recovery from addiction to the broader pursuit of personal growth, mindful living, and navigating the general challenges of the human experience.

Essential Oils/ DIY Workshops:

Ever wonder what all the buzz is about? People are getting great results using these concentrated bottles of liquid plant parts! Come learn from experienced individuals and experts in the field. We all can encounter challenges in our health journey, many of which can be addressed with natural solutions. Come explore options and try some out for yourself! The focus topic varies from week to week, so check the schedule below for this month's lineup.

TUESDAYS @ 6 PM Essential Oils Workshops (a different topic each week...)

**YES! there's
an**  **OIL
for that...**

January 6th: *New Year, New You* - An Introduction to Safe & Effective EO Use
January 13th: *Metabolic Makeover* - Maximize your Metabolism
January 20th: *DIY Creativity Night* - Making safe, scented candles
January 27th: *Physical Relief* - Natural Support for Managing Pain & Inflammation

[Smiling Sage Wellness Facebook Page](#)

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~*The art of being well and the journey to get there*

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