
Winter with Smiling Sage

1 message

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Wintertime Wonders...

Congratulations to everyone who has participated so far in the "Jump Into January" Full Circle Gift Certificate Extravaganza Challenge! ...Not only have you saved significantly, but you're also automatically entered to win a "New Circle" Package, which will be awarded later this month! If you haven't yet gotten in on this deal, now is your chance to jump in and enjoy the significant savings! Our "Full Circle" Gift Certificate is officially on sale & this is the **ONLY** time we will be offering this **STEEP** discounted price:

Now (and through the month of December), for just \$150, you or a loved one can experience each of the three rooms at Smiling Sage in January, including:

- *an individualized, hands-on 1-hr treatment with a practitioner in the Tesla Coil room
- *a specialized session of your choice with Ashley
- *an hour long, custom massage therapy treatment with Julie
- *a complimentary Near-Infrared Therapy session (10-15min)

This "Full Circle" is by far the BEST way to experience our current core offerings at Smiling Sage! Plus: stay tuned, because soon we will be launching the "New Circle" of Services, which includes our newest practitioner additions - opening the door for you to experience an even-more well-rounded sampling of expertise help along your healing journey...We will be gifting the first of those to a lucky winner by the end of December!



Practitioners Galore!

We have an expanding selection of practitioners and specialists here at Smiling Sage, and we are all here to assist you on your wellness journey!

You can pick a practitioner, or choose your modality from the following options:

Facial Reflexology, Massage, Reiki, Clinical Essential Oil Treatments, Private Yoga Sessions, Transition/Grief Processing Support, or any of five individuals trained in doing hands-on treatments with the Tesla Coil (each of them has their own unique



On-going Offerings:

Mondays @5pm: Kettlebells with Del

Come lift weights with us in a supportive, non-judgemental group environment. We have extras 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 Coil

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

"touch" and area of focus/specialty).

We are adding more to the list of offerings this month, as well...so keep an eye out for those announcements (on our Facebook page and website) or give us a call and we can probably help you determine the best way to reach your wellness-related goals!

There are also amazing opportunities at our "Wellness Days" and Vendor Events, to try new things and expand your repertoire of healthy activities & self-care.

welcome on a donation-basis.

Tuesdays, 6-7pm: Essential Oils workshops/classes: Ever wonder what all the buzz is about? 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 at 6pm - Essential Oil Focus Topics:

12/3: "I Have Oils, Now What?" (Gain confidence using your oils at home)

12/9: "Creating Wellness at a Foundational Level" (Optimize the function of your organs and immune system; prepare for Cleanse in January)

12/16: "Uses and Benefits of Eucalyptus" (Learn about this particular oil, its many applications and properties, and how to safely utilize it for optimal effect)

12/23: "Essential Oils for Babies and Children" (How to safely use oils with all ages)

12/30: "Sleep Solutions" (Maximize your time in bed and be sure to wake up feeling rested...say goodbye to groggy feelings!)

Come check out the Near-infrared Therapy Room: any Monday between 10 & 2





 [SSW Facebook Page](#)

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

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