

Wellness Wednesday's At Willow Health



Wednesday afternoons at Willow Health Food & Wellness Center are busy with making wellness fun, informative and yours for the taking. This is what we are doing:

- ❖ Ion Cleanse
- ❖ Ear candling
- ❖ Zyto Compass Nutritional testing
- ❖ Bach flower assessment
- ❖ Aromatherapy talks
- ❖ Reflexology specials
- ❖ Make and take sessions
- ❖ In store specials for the day

Make & Take Sessions

There is nothing as rewarding and satisfying than being able to make most of the products you love to use and design them to be exactly the way you like them in texture and scent. As many of you know I do a lot of classes teaching people how to make soaps, lotions, deodorant, herbal preparations and essential oil use. On Wellness Wednesday you can have your own personalized class to learn exactly what you want to learn and bring some friends with you as well if you like.

Here are some of the things we will teach you how to make:

- ❖ Personal care products
- ❖ Herbal preparations
- ❖ Essential oil uses
- ❖ Candles
- ❖ Natural cleaning supplies

[Email us](#) or call us at 215-997-2838 and let us know what you want to make. The charge is \$20 + \$5 material charge or \$25. We will walk you through making the item and you will also be provided with printed material with instructions. At the end of it you will take home the finished product and instructions you can use yourself at home. Willow Health also will sell all of the ingredients you would need to make each product at home.

We can also do parties for groups & friends who want to have a fun experience together.