

# WILLOW'S HOME REMEDIES

HERE ARE A FEW WAYS TO BENEFIT YOUR BODY, MIND AND SPIRIT :

## { BODY }

Relieves the symptoms of sunburn, stings, bites & dry, itchy skin :

1 tablespoon Aloe Vera gel  
1 drop of Lavender oil  
1 drop of Chamomile oil  
1 teaspoon of Vitamin E oil  
or Olive Oil

Mix together in a small bowl. Spread over affected area. Quadruple recipe for the entire body.

## { MIND }

The power of Peppermint essential oil helps get your-mind over matter. Smell receptors in your nose connect directly to the limbic area of the brain which directly influences important body functions including memory, heart rate, brain waves, blood pressure, muscle tension, and skin temperature.

1. Studies have shown the invigorating aroma of Peppermint decreases people's perception of fatigue, workload, effort, and frustration during workouts and increases their perception of their energy levels. Rub a drop of Peppermint essential oil on your temples, or anywhere you can get a good whiff to increase your energy levels during workouts.

2. Apply a drop of cooling Peppermint to the temples, and/or to the back of the neck to alleviate the tension of a headache. Its uplifting aroma relieves stress, restores emotional balance, and energizes.

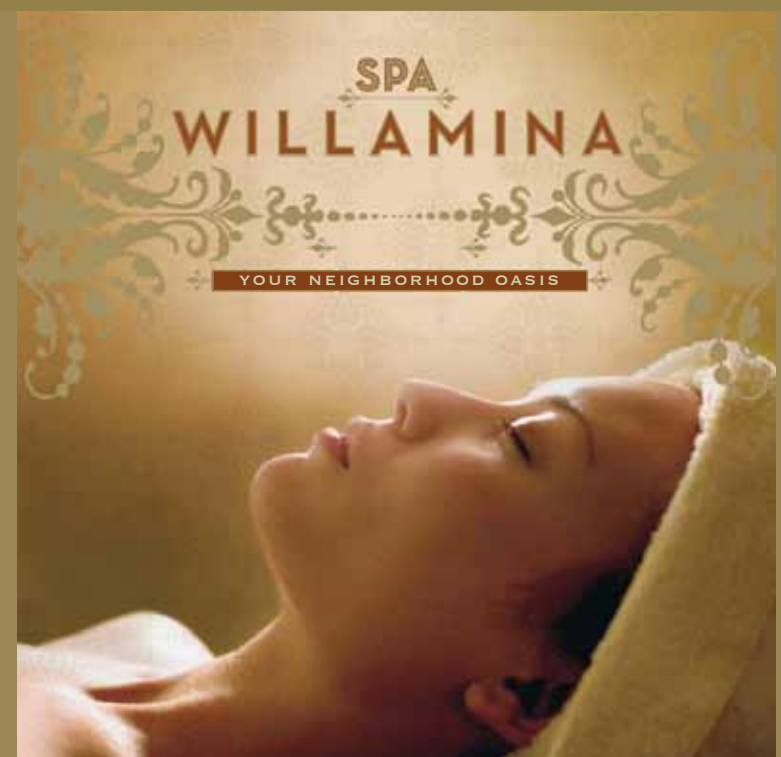
3. A whiff of this good stuff especially during stressful periods, improves concentration, mental activity, and memory.

## { SPIRIT }

Dust off that bike seat and explore new territories! One of our favorites is the Springwater Corridor. Home to feral kittens (locals contribute to the food & water supply for these local celebrities) and majestic Great Blue Herons abound! End your ride by taking a spin at the roller rink at Oaks Park, or grabbing a bite at one of the eateries peppered through the Sellwood Neighborhood...Grand Central Baking Co. on SE 13th Avenue never disappoints!

## SPA WILLAMINA

1928 NE 40TH AVE. PORTLAND OR • 97212  
503.287.2787 • WWW.SPAWILLAMINA.COM



OUR THERAPISTS AWAIT TO  
TREAT YOU TO

{  
SUMMER  
"STAY-CATION"  
SPECIALS!  
}

EIGHT LUXURIOUS DEALS THAT MAKE  
STAYING HOME THIS SUMMER EVEN BETTER.

# SPA WILLAMINA

YOUR NEIGHBORHOOD OASIS

Hello Portland!

I am Willow Light, owner of Spa Willamina, a local oasis in the heart of the Hollywood district in N.E. Portland. My therapists and I have over 20 years practical experience in aromatherapy, herbs, nutrition, massage, and esthetics. We invite you, during these stressful economic times, to treat yourselves and those you love to focus on your whole health wellness. Included in this flyer are specials to help you help yourself to a bit of rest and relaxation in NE Portland's Hollywood neighborhood!



Here are just a few local businesses we appreciate because they contribute to balancing our own whole body health and happiness!

**Aliviar Coffee Shop** • 1737 NE 42nd • 503-954-1091 : Serving the best Fair Trade and Direct Trade Coffees, Teas and Chocolates!

**Alma Chocolates** • 140 NE 28th Ave • 503-517-0262 : Beautiful and innovative organic chocolate combinations that keep you coming back (Cardamom with Burnt Sugar Sesame is a favorite of ours).

**Fleur de Lis** • 3930 NE Hancock Ave • 503-459-4887 : Great everything!

**Vicky Olson** • [laPLANette.com](http://laPLANette.com) : An experienced business plan writer and business plan consultant who works with you to realize your dreams!

**Willamina Modern Apothecary** • 1928 NE 40th Ave • 503-287-2787 : Well we couldn't go without tooting our own horn. Our very own skin care line hand-picked from our gardens, and hand-crafted in our Portland Bungalow is infused with active essential oils to balance, nourish and heal the skin. Safe, natural, and effective.

#### Holistic Wellness Consultations with Willow :

We empower our clients with our knowledge of whole body wellness, so that they may incorporate efficient strategies into their life to regain that ever elusive balance necessary to achieve maximum health. We are all about keeping it simple, natural, inexpensive, and effective, or you won't stick to it!

It begins with a thorough and intensive initial consult in which we investigate your lifestyle, diet, stress and energy levels, and medical concerns. Willow will personally guide you through the development of an action plan to rebalance your health and energy. You will receive comprehensive support through lifestyle recommendations, nutrition suggestions, simple home remedies, and herbal supplements.

Book two hours and receive an hour free (\$75 value)!

Wishing you sun, fun, health, and well-being!

Willow Light  
Owner, Spa Willamina and Willamina Modern Apothecary

# EIGHT "STAY-CATION" SPECIALS!

BRING IN THIS FLYER TO RECEIVE THESE GREAT PRICES AT SPA WILLAMINA.

- 1. JULY SPECIAL :** July 26th-28th log onto [www.spawillamina.com](http://www.spawillamina.com) and click on "online gift certificates". Choose the \$100.00 for \$50.00 Special. This is only available during these dates, and cannot be combined with any other special. **Call and book after campaign is over on July 29th.** Expires January 30th, 2011.
- 2. WAXING SPECIAL :** Buy a series of 5 and get 3 **FREE**. Expires one year from time of purchase.
- 3. COCONUT LIME BODY WRAP :** Rejuvenate your sun-parched skin with a full-body dry brush exfoliation, followed by a warm drizzle of lime-infused coconut oil, and finished with a slathering of rich coconut butter. You will be wrapped, and your scalp massaged, while your skin deeply drinks in tropical goodness! **45 MIN. OF BLISS FOR \$60.**
- 4. TANK-TOP READY :** Targeting your choice of back, upper arm, chest or all three! Each includes deep cleansing, exfoliation, masking, and extractions when needed. They can be added onto any facial, or combined in any way.  
**BACK AREA : 45 MIN. FOR \$60**  
**UPPER ARM AREA** (Alleviate those dry little bumps) : **20 MIN. FOR \$15**  
**CHEST AREA : 20 MIN. FOR \$15**  
**ALL 3 AREAS : 1 HOUR 15 MIN. FOR \$75.**
- 5. BRIDAL PARTIES :** Celebrate your good fortune at your very own private oasis. We can accommodate parties of 12 for a private day at the spa. Please call to discuss all the possibilities!  
**LU'LUR RITUAL :** Experience our ultimate luxury, a Balinese pre-wedding preparation for man or woman. 3 hours of spa ritual for yourself. Please call for a full description. **3 HOURS FOR \$290.**
- 6. A NATURAL GLOW :** Your body will be exfoliated with mineral-rich Dead Sea salt, Calendula flowers and Sunflower Oil. After a warm revitalizing rinse under our waterfall shower, an all-natural self-tanning complex is meticulously applied to enhance your skin's natural melanin. Purchase 5 and receive 3 self-tanning treatments free. **TOTAL SAVINGS = \$255!** Expires one year from time of purchase.
- 7. VITAL EYES & LIP TREATMENT :** A wonderful 30 minute addition to any facial. Includes a Grapefruit exfoliant, light acupuncture point massage to relieve puffiness, and a nourishing collagen mask to reduce fine lines and plump the skin. **RECEIVE 50% OFF**, just \$25, when combined with a 90 min. custom facial.
- 8. GARDENER'S PARADISE :** Plant yourself on our massage table after a long day of gardening. We will rescue sore hands, arms, and shoulders using an Arnica-based massage lotion infused with flowering essential oils. Your choice of hot or cool towels. **45 MIN. FOR \$50**

These special price offers expire September 30th, 2010 except where noted otherwise.

## SPA WILLAMINA

1928 NE 40TH AVE. • PORTLAND OR • 97212  
503.287.2787 • [WWW.SPAWILLAMINA.COM](http://WWW.SPAWILLAMINA.COM)