

Spring 2006



Celebrating 30 Years Of Service To Our Community

- New Products
- Classes
- Events

## A Radiant Community Celebrates Carolyn McIntyre

- 5000 products
- 3500 square feet
- 350 bulk herbs
- 36 staff
- 23 years
- 4 treatment rooms
- 2 renovations
- 1 woman

In 1983 Carolyn McIntyre bought into Radiance Herbs and Massage when it was a small business on 4th Avenue. Therapeutic massage was a relatively new concept and the staff kept a whistle in the treatment room in case a client got the wrong idea. Carolyn helped the store to grow and in 1987 moved to the current location at 113 E. 5th. She safeguarded the roots of Radiance as a center for healing and wellness while helping the business to blossom and grow. She kept the feel by incorporating the barn wood from the old store into the décor while expanding the bulk herbs, gifts, supplements, and natural body care. Through

two renovations, fluctuations in the economy, the earthquake, and many other challenges, Carolyn has led, fostered, and solidly held Radiance so that the community was able to find natural, holistic, quality items to support health and wellness for the body and the spirit.

As Carolyn passes the torch of ownership to Karin Olsen and Andrea Seabert, she does so knowing that she has chosen women who will nurture, protect, and help Radiance to continue to evolve.

Carolyn is looking forward to traveling, spending time with friends and family, and just having some free time. Stop by or send in your words and wishes for the memory book for Carolyn.

Blessings upon you, Carolyn. You are an amazing visionary, business owner, and woman.



Carolyn McIntyre

*If there is radiance in the spirit,  
it will abound in the family.*

*If there is radiance in the family,  
it will abound in the community.*

*If there is radiance in the community,  
it will abound in the nation.*

*If there is radiance in the nation,  
the universe will flourish.*

*Tao Te Ching*

Carolyn McIntyre has given a tremendous gift to the Olympia community. Her stewardship of Radiance these past decades has allowed the presence of a vibrant woman-owned and primarily women-run business [sorry, Michael!] that has consistently offered tools and support for personal healing and transformation. Carolyn has an amazing intensity and focus.

~ Carol Trasatto, Radiance Staff Herbalist

It has been interesting and heartwarming to watch Carolyn imagine and manifest the dream of Radiance to become a greater, multifaceted place in the community, while respecting and honoring its origins.

~ Kay Uhl, Former Radiance Owner

Carolyn is kind and thoughtful, but more than that, she is part of what made downtown as vibrant as it is today. She was here at the beginnings of the downtown revival; it is people like her that led the way.

~ Jeanne Carras, Bonaventure

I appreciate Carolyn for all of the heart and energy she has put into Radiance. Her hard work has been a blessing for this community.

~ Callie Meredith, Radiance Massage Practitioner

My relationship with Carolyn began when I was hired fourteen years ago. Since then Carolyn's constant support and encouragement has greatly contributed to the progressive work experience and nurturing community I have found at Radiance, thus keeping me here all these years.

~ Michael McFarlan, Radiance Book Buyer

Carolyn has helped me develop a fondness for purple.

~ Diane Froelich, Radiance Staff

To me, Carolyn embodies the essence of a businesswoman - fair, honest and able to make tough decisions that are not always popular, but are necessary for maintaining a store in a small, but growing city. She has worked hard to keep the Radiance name glowing, especially when it came time to sell her business. Carolyn was careful to take her time when choosing the next generation of owners in order to keep the spirit of Radiance and downtown Olympia alive.

~ Sabrina K. Grace, OlyYoga

Radiance has been Carolyn's baby and she has done a remarkable job raising it... I applaud you my dear for creating Radiance for Olympia.

~ Billi Jan, Personal Friend

Carolyn, thank you for creating this beautiful, healing environment that has been, and will continue to be, an absolute blessing to the entire community.

~ Brook Graham, Radiance Massage Practitioner

I always appreciated her (Carolyn's) encouragement of people to be who they are. Prominently displayed on her desk was a sign: "Speak your mind, even if your voice shakes." I entered Radiance one person, and emerged 7 years later a different person with finely honed retail skills, better communication skills, and much better professional skills, thanks to Carolyn and her efforts at Radiance. I am proud to say that I am a graduate of the University of Radiance.

~ "SB" Sherry Bechtold, Past Radiator, 1997-2004

Thank you Carolyn, for having and holding your desire to make Radiance the healing haven it is. I admire the years of commitment, love and business savvy you have put forth; it is no wonder how Radiance has become known as "The Heart of Downtown Olympia.

~ Teri Lamson, Radiance Gift Buyer

Carolyn has the patience and tenacity to move a mountain one teaspoonful of dirt at a time.

~ Nicole Combs, Past Radiator

Carolyn McIntyre has developed the healing community in Olympia with consistent, quiet, support on all levels. She helped my husband get started as an acupuncturist, and helped him again when illness prevented him from practicing. I could name another dozen healers I know who she's assisted and inspired, never claiming credit. She's been so low-key about her kindness, it's hard for me to blow her cover by writing about it.

~ Nancy Sullivan, Educator

Carolyn has been wonderful to work with. I think the thing I've enjoyed the most about her is her sense of humor. We've enjoyed many a giggle during our time together.

~ Kristy Lieberman, Radiance Music Buyer

Her (Carolyn's) commitment and love for the community and the space she has created for us here are gifts for which I will be long grateful. Now that she is ready to step away from the reins, she has given another amazing gift. She has passed this jewel of the community into the caring hands of people who share the commitment and love for community enough to keep it the Radiant center of our downtown.

~ Alex Ramsey, Radiance Massage Practitioner

I have come to appreciate Carolyn's point of view as a small business owner. The amount of focus that she has taken her to keep Radiance solvent for 23 years, in an ever-changing economy and community has been a momentous task. Many persons have come through Radiance's open doors over the years and they have had many a varied experience, but regardless of what it was they only were able to have it because of Carolyn's vision.

~ Judy Scott, Radiance Retail Manager

As I witnessed Carolyn exploring succession planning I was greatly impressed by her enormous passion for the core values of Radiance, deep caring for the wonderful staff and the significant role Radiance has played in the community as a resource for healing. Carolyn was greatly concerned that the "legacy" of Radiance continues to evolve at a high level for the greater good of the Olympia community. I know she is pleased with the new leadership of Karin and Andrea and their deep commitment to carry on.

~ Gretchen Schodde, Harmony Hill Retreat Center, Union

Carolyn always had the time and patience for any question or problem. She always pitched in to help no matter how busy she was. I will miss her Tuesday, "Good mornings" and smiles.

~ Jeanne Agnello, Radiance Incense Buyer

When I came to Radiance in 1990 it was from a large corporate retail setting. My friends and family thought I was crazy to work here and I'm sure the staff was a little hesitant but Carolyn hired me to be her assistant manager. She asked her favorite question, "can you give me a two year commitment?" Well, here I am 16 years later and Carolyn is leaving before me! Happy Sailing Carolyn.

~ Kerri Merrill, Radiance Esthetician

Bring your quotes, stories and contributions for Carolyn's memory book to the store or send them via email to [Radiance@radianceherbs.com](mailto:Radiance@radianceherbs.com)



113 5th Avenue SE  
Olympia, WA 98501  
[www.radianceherbs.com](http://www.radianceherbs.com)

Store Hours:  
Mon-Fri 10am-7pm, Sat 10am-6pm, Sun 12-5pm

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# Spring Classes & Special Events 2006

Each Fall and Spring Radiance staff members and friends focus their creative energies to offer a wide range of classes and events for you. The enthusiastic response we are receiving tells us we're on a good path. We hope you enjoy this season's offerings... **Meet our class instructors:** You'll find photos and information on our website at [www.radianceherbs.com](http://www.radianceherbs.com) or ask for this information in the store.

## March Classes

### Conversations with the Dying

Saturday, March 18  
11am-2pm

One of the most essential things in life is to establish an unafraid, heartfelt communication with others, and it is never more important than with a dying person. During a time of loss, especially the loss or expected loss of those closest to us, we may need "Heart Advice on Helping the Dying." This is that help. Class size will be kept small and intimate with no more than 12 people. The group will be facilitated in a loving space where participants may feel free to share their experiences. This class will assist in developing practical steps for communicating with those who are dying. Taught by Dee McDonald, a practiced communication specialist.

**Cost:** \$35

**To register:** Call Radiance at 360-357-5250

### Homeopathy: Treating the Whole Person for True Health

Thursday, March 23  
7-9pm

Patricia keeps practicing homeopathy because it works, and brings a remarkable depth of healing in mind/body and spirit. Homeopathy is about as integral as you can get, and it addresses conditions as diverse as sore throats to autism, low-level depression to multiple sclerosis. However, she feels concerned that through a lack of understanding of its principles and the complexity of choosing a remedy, people aren't getting optimum results. In this class, you'll get a glimpse of this fascinating field of healing and be inspired by the capabilities

of the mind/body that can be brought forth with good homeopathy. Taught by Patricia Kay, MA, HMC.

**Cost:** \$15 due by March 17

**To register:** Call Patricia at 360-866-6974 or send an email with the class name in the subject line to: [pkay@olywa.net](mailto:pkay@olywa.net).

### Basic Soapmaking

Sunday, March 26  
1-4pm

Make soap the old-fashioned way. In this hands-on class you will learn how to safely handle lye, which oils make the best soaps, and tips and tricks for making two different batches—so wear your grubbies. Students will take home their creations after they are fully cured (about three weeks). All materials are supplied. Class size is limited. Taught by Kerri Ward Merrill.

**Cost:** \$40 includes materials

**To register:** Call Radiance at 360-357-5250

### Long Life, Happy Life: Staying Vibrant with Herbs

Wednesday, March 29  
6:30-9pm

Many of the common complaints that often accompany aging can be transformed or prevented by utilizing herbal and nutritional support. After all, green plants are the earth's most basic gifts of life! In this class, we will look at general considerations for working with herbs, as well as discuss natural approaches to maintaining vitality and stamina, flexibility and joint health, bone/skin/hair changes, cardiovascular health, sexual desire and function, restorative sleep, eye health, digestive complaints, urinary incontinence, constipation, and more. Whatever your current age, if you plan to live a long and vibrant life—this class will guide your steps to a vital and vigorous present as well as future. Herbal samples and a detailed handout will be provided. Taught by Carol Trasatto, herbalist.

**Cost:** \$35

**To register:** Call Radiance at 360-357-5250

### Basic Aromatherapy

Friday, March 31  
6:30-9:30pm

In this workshop, experience essential oils first-hand. Learn the basic uses, applications, and contraindications of the oils. Understand how to spot high quality essential oils and how to use them. This class is great for anyone interested in natural scents, people sensitive to synthetic fragrance oils, and folks interested in using essential oils in their homemade/handmade products. Great class for body workers and massage therapists—three CE credits available. Taught by Karin Olsen, LMP and certified aromatherapist.

**Cost:** \$35

**To register:** Call Radiance at 360-357-5250

## April Classes

### Gracefully Aging with Facial Gymnastics

Tuesday, April 4  
6-8pm

Our face mirrors the rhythms and activities of our life and tells a wonderful story. In this class learn how to actively strengthen and train your facial muscles to achieve their best possible condition. This active care of the face can lead to:

- The stimulation of lymph flow
- The enhancement of circulation
- The vitalization of all tissue
- Firming and rejuvenation

By keeping our skin taut and facial muscles toned, we can slow and soften the age-dependent loss of firmness in a more natural way. Simple and effective short exercises

will be demonstrated and experienced. Taught by Kerri Ward Merrill, licensed holistic esthetician.

**Cost:** \$25

**To register:** Call Radiance at 360-357-5250

### Introduction to Flower Essences

Thursday, April 6, 7-9pm

-or-

Thursday, May 11, 7-9pm

The focus of this class is flower essence basics. We will learn the history of flower essences, see and discuss the key essences of Dr. Bach, learn how flower essences are made, and review some of the ways in which the flower essences can be used as guides and catalysts for healing and fostering positive change. Taught by Karen Lohmann, FES Certified Flower Essence Practitioner and Registered Counselor.

**Cost:** \$25-35 sliding scale (\$5 off class fee with pre-registration and early payment)

**To register:** Call Karen at 360-943-8552

### Cell Level Meditation

When you become still, you can sense your body as a place of great aliveness. Going into that sense with your breath becomes a co-creative dance of healing, balance, breakthrough, peacefulness and discovery of a deep sense of yourself. In the last few years, cell biologists have shown how dramatically we can influence our health and well-being all the way down to the level of our cells.

This workshop is an introduction to a meditative tool that is very easy to learn and powerful to use for anyone who wants to increase awareness and enhance the mind-body connection.

These classes are taught by Patricia Kay, MA, HMC. Patricia continues to study under Dr. Barry Grundland, a psychiatrist/healer specializing in psychoneuroimmunology (mind/body healing).

**To register:** Call Patricia at 360-866-6974

or send an e-mail with the class name in the subject line to: [pkay@olywa.net](mailto:pkay@olywa.net)  
Class size limited to 10 participants.

#### Level 1

Saturday, April 15  
10am-3:30pm

During this class, you'll learn the basics of this type of meditation and undertake some practice to experience it. Also, you'll receive Patricia's booklet, *Cell Level Meditation: A Primer*.

**Cost:** \$52 due April 8

#### Level 2

Wednesdays: April 19-May 10  
7-9pm

During four consecutive weeks, we'll get more experience and go deeper together. Treat yourself to a four-week commitment to learn this beneficial practice and receive support and encouragement.

**Cost:** \$70 due April 12

#### Level 3

Take your commitment to the next level: to the moon. For four months, starting on June 11, and ending on October 7, we'll gather in the evening of the full moon to breathe into our cells. This "Moon Group" may help support you to develop a consistent habit so that meditation becomes a more natural part of your life.

**Cost:** \$70 for all sessions, or \$20/month

### Introduction to Ayurveda

Tuesday, April 11  
7-9pm

Curious as to the meaning of "Ayurveda"? Come to this enlightening class and learn the history of this ancient science and the positive influence it can have on your life. The basic principles of Ayurveda, a description of the three "doshas" (Kapha, Pitta, Vata), and discussion of how to incorporate Ayurveda

into a busy life. Some of the key Ayurvedic herbs will be introduced including Ashwaganda, Boswellia, Neem, Chyawanprash, Guggul, and more. Taught by Peter Bowes, founder and formulator for Tattva's Herbs.

**Cost:** \$5

**To register:** Call Radiance at 360-357-5250

### Lighten Up! Cleanse and Renew

Springtime is a perfect time to pause and give your body the chance to detoxify and rest from the heavier foods and lifestyle habits that the damp, gray winter season can promote. Make the most of your fast or cleanse—Join us for these two classes before you begin.

#### Choosing the Cleanse That's Right for You: Approaches and Herbal Support

Wednesday, April 12  
6:30-9:00pm

No single cleansing technique suits every constitution or health situation. In this class we'll discuss how to determine what approach might be best for a given individual, their current level of vitality, and dietary and lifestyle habits. In addition, numerous plants will be discussed that can support the body's natural systems of detoxification and elimination—as well as the most beneficial ways to prepare and utilize these herbs. Whether you're returning from exotic travels or wanting to change unhealthy habits or wishing to lighten from winter excesses or honoring the changing season, you will find guidance in this class to achieve your goals in a safe and personalized way. Taught by Carol Trasatto, herbalist.

#### Fresh Foods to Detox and Renew

Wednesday, May 10  
6:30-8:30pm

Take a tour through cleansing food options: the celebrated master cleanse, fresh organic juices, raw and living foods that will surprise and delight your senses. The vibrant foods to be discussed and sampled in this class will inspire your sense of possibility. Lots of recipes and tips from Judy Scott, lover and enthusiast of raw foods.

**Cost:** \$30 for either class or \$50 for both classes, prepaid by April 3

**To register:** Call Radiance at 360-357-5250

#### Menopause and Perimenopause: Supporting Change with Flower Essences

Thursday, April 13, 7-9pm

-or-

Thursday, May 18, 7-9pm

By using flowers as archetypes and mirrors for the human psyche, this class will teach how specific flower essences can support women during times of physical and emotional imbalance before and during menopause. Taught by Karen Lohmann. Intro to Flower Essences strongly suggested as a pre-requisite class.

**Cost:** \$25-35 sliding scale (\$5 off class fee with pre-registration and early payment)

**To register:** Call Karen at 360-943-8552

#### Herbal and Nutritional Support During Pregnancy

Wednesdays, April 19 and 26  
6-8pm

In this two-session class we will focus on wellness during pregnancy. The first week will center on food and nutrition, not only for the overall health of the mother-to-be and baby, but also for the alleviation of some common complaints during pregnancy. The second week will explore ways to support pregnancy with herbal medicine. We will discuss herbs that are safe during pregnancy and lactation, as well as herbs that are safe and helpful during labor and childbirth. Taught by Corinne Boyer, doula and herbal educator.

**Cost:** \$45

**To register:** Call Radiance at 360-357-5250

## SPECIAL EVENTS

Dr. Hauschka  
Skin Care



Where Science and Spirit Meet

### Dr. Hauschka Skin Care Free Consultations

Saturday, April 15  
10am-2pm

Combining the wisdom of science with the vital forces of plants from biodynamic gardens and minerals from the earth, Dr. Hauschka Skin Care preparations bring harmony to the skin. To introduce you to the purity and quality of Dr. Hauschka products, licensed aesthetician Kerri Ward Merrill will offer complimentary 30-minute consultations and samples.

To reserve your space call Radiance at 360-357-5250.

**Note:** Kerri Ward Merrill is also available in the store from 1-4pm on the second Saturday of each month to assist your exploration of natural skin care products.

### Dr. Hauschka Free Mini Make-Overs

Tuesday, May 23  
4-8pm

Dr. Hauschka offers a complete line of decorative cosmetics that work in harmony with the true nature of your skin, fine-tuning those thoughts and feelings that are reflected in your face—colorfully, beautifully, and uniquely. Kerri will offer complimentary mini make-overs using colors derived from biodynamically and organically grown plant extracts, safe mineral pigments and protective rice oils.

To reserve your space, call Radiance at 360-357-5250.

# Spring Classes & Special Events 2006



## Plants & Planets: Aligning with Celestial Influences

3rd Thursdays: March 16, April 20, May 18, etc. - 6:30-8pm

A look at the month ahead and the celestial energies in store for us. We'll discuss how to support ourselves through the planetary transits with herbal medicines, gemstones, flower essences, and other gifts of the earth. Come join this lively community happening which celebrated its seventh anniversary this Fall—exploring how the big picture relates to our town and our lives. For those unable to attend, the eight-page monthly handout is available by subscription. For non-subscribers, handouts will be on sale at Radiance each month.

**Cost:** \$10 includes the newsletter (Drop-ins welcome). **Location:** The café at Traditions Fair Trade, 5th and Water St., downtown Olympia. **For subscription info:** Call Rosie at 360-867-9177

### Honoring Our Wisdom Years: A Woman's Group

Saturday, April 22  
11am-3pm

Aging gracefully requires us to examine ourselves and learn to live in appropriate ways to maximize our health and happiness. How do I shape the next phase of my life? As my 60th birthday approaches I am increasingly aware that my time on earth as a spiritual being in a human body is coming closer to an end. I have been reflecting on what I personally want to leave for the next generation and the next....

Let us as a group share our experiences, hopes, fears, desires—and individually set intentions for the future of our lives. We will each complete a collage expressing our vision of who we are and the direction of our future. Join me in celebrating and honoring our wisdom years. Facilitated by Kerri Ward Merrill.

**Cost:** \$45 (\$40 each if two friends register and pay at the same time)

**To register:** Call Radiance at 360-357-5250

## May Classes

### Herbal Medicine for Babies and Children

Wednesday, May 3  
6-9pm

In this three-hour class we will discuss common illnesses that affect babies and children. We will address typical medical treatments and alternatives, using tools such as nutrition, herbal medicine, essential oils, and flower essences. We will review safety issues, possible side effects, and dosage strategies. Simple home remedies as well as more detailed approaches will be included in handouts. Taught by Corinne Boyer, doula and herbal educator.

**Cost:** \$40

**To register:** Call Radiance at 360-357-5250

### Changing Woman: Flourishing through Menopause

Saturday, May 6  
11am-3pm

Spend an afternoon exploring ways to navigate hormonal changes [and herbal and medical advice!] without losing your mind, your job or your relationship! We will discuss ways to work the waves of the body/mind changes and challenges so that you may benefit from them rather than be overwhelmed. The Change can offer a deep opportunity to reorient your health and your emotional experience so that the next phase of life is not a "withering" but an ever more beautiful expression of your whole self. Herbs, foods, essential oils, flower essences, and other approaches can be of great assistance in dealing with this powerful transition. Please join us and bring a friend. You will walk away with lots of specifics to help guide you on. There will be an assortment of tasty supportive foods and teas for you to sample. Taught by Carol Trasatto, herbalist and changing woman. Class size is limited so please register early.

**Cost:** \$75 includes supplies and many handouts (\$65 each if two friends register and pay at the same time)

**To register:** Call Radiance at 360-357-5250

### Vibrational Healing and Energy Anatomy

Saturday, May 6  
10:30am-5:30pm

This unique whole-body learning format features lecture, dialogue, journaling, facilitated energy work, soul-embodiment meditation, and group/partner exercises. Psychic Hygiene, Vibrational Energy, Body Symbolology, Nature of Dis-ease, and Cellular Healing will be experienced and made practical in ways you can easily incorporate into your life. Taught by Aria Taylor. For more information on this workshop or to learn about healing sessions, ongoing classes, CDs or Aria's four-year Healer Certification Program, The Institute of Integral Consciousness, visit [www.ariataylor.com](http://www.ariataylor.com) or call Aria directly.

**Cost:** \$100

**To register:** Call Aria at 360-866-8780

### Wild Edible Foods Adventure: From Forest to Wetlands to Prairie

Sunday, May 7  
10am-3pm

Come and taste your way through the luscious spring edibles that grow at the McLane Creek trail. We will talk about gathering and preparing some of the forest and wetlands plants that grow in our area. After this, we will caravan to see the spectacular wildflower display at Mima Mounds prairie. The history and importance of the relationship between people and edible plants will be explored. A light lunch of wild foods will be provided along with handouts and recipes. Taught by Elise Krohn, herbalist.

**Cost:** \$35-50 sliding scale

**To register:** Call Elise at 360-485-3848

### Homeopathy and Bird Flu

Tuesday, May 9  
6-10pm

A lot of fear is being stirred up about a possible global pandemic of the Bird Flu. In this workshop, we'll look at what's going on, what the Center for Disease Control (CDC) is saying, possible effects of vaccines and who benefits from their sale, as well as a historical glance at other flu epidemics. We'll learn to look at a typical symptom picture for this flu and how to select a homeopathic remedy that will treat it. Then we'll study these homeopathic remedies with their distinguishing features. You will receive a hand-out with a summary of these remedies.

With hope that we can avoid making decisions based on fear, this workshop gives valuable information that gives you greater clarity and choice. The birds would not expect less from us!

**Cost:** \$60 due May 2

**To register:** Call Patricia at 360-866-6974 or e-mail [pkay@olywa.net](mailto:pkay@olywa.net) with the course title in the subject line.

### Facelift at Your Fingertips

Saturday, May 13  
10am-1pm

Acupressure and aromatherapy have been used for thousands of years to promote health and beauty. In this class we will learn and practice a facial routine combining both techniques to improve your "skin tone".

We'll create a fragrant blend of essential oils specific for your skin type for your use at home.

The energizing effect achieved by stimulating

acupressure points will be reinforced by the regenerative, regulating properties of precious essential oils and exquisite herbal infused oils. In this way, your skin is revitalized, toxins are eliminated more effectively, and the toning of the underlying facial muscles begins. Taught by Kerri Ward Merrill, licensed holistic esthetician and certified aromatherapist.

**Cost:** \$45 includes all supplies (\$40 each if two friends register and pay at the same time)

**To register:** Call Radiance at 360-357-5250

### Advanced Aromatherapy

Wednesday, May 24  
6:30-9:30pm

Take your aromatherapy study to the next level. Explore the chemical structures of essential oils and how they interact with the body. Learn more about precious oils and how to use them. This class is for people who have basic knowledge of essential oils. Another great class for body workers and massage therapists—three CE credits available. Taught by Karin Olsen, LMP and certified aromatherapist.

**Cost:** \$45

**To register:** Call Radiance at 360-357-5250

### Caregiver Self-Care

Wednesday, May 31  
6:30-9:30pm

Are you a caregiver dealing with fatigue, anxiety, muscular tension, headaches, disturbed sleep, lowered vitality and immunity, lack of emotional and physical reserves, frustration, exhaustion, impatience, anger, grief, and so on? Are you wondering how you will continue to carry on? Please make the time to attend this class. Whether you are helping a loved one prepare to leave their body imminently or adjust to the fundamental changes which serious long-term illness has wrought in their lives, you need to care for yourself in the process of offering them comfort and support.

The tools we'll discuss include herbal medicine, flower essences, gentle foods, mindfulness techniques, energy work, and more. The discussion will incorporate the particular issues facing those who attend. The detailed handout you will take home outlines easy-to-access material to help keep you healthy and in balance as you offer care for your loved one. Taught by Carol Trasatto, herbalist. Three CE credits available for massage therapists.

**Cost:** \$45

**To register:** Call Radiance at 360-357-5250

## June Classes

### Luscious Food for the Skin

Saturday, June 3  
11am-3pm

Poor diet certainly contributes to, and may even accelerate, the aging process. In this class I will discuss foods, herbs, and nutrients that promote the health of your skin and the entire body. I will share recipes of supportive foods and together we will create skincare that is good enough to eat!

Milk and honey cleanser, almond lotion, avocado and rose mask, and whipped cream delights. Come, have fun and enjoy this class! Taught by Kerri Ward Merrill, licensed holistic esthetician.

**Cost:** \$45 includes all supplies (\$40 each if two friends register and pay at the same time)

**To register:** Call Radiance at 360-357-5250

## ArtsWalk XXXI

Friday, April 28, 5 – 10pm  
Saturday, April 29, 12 – 5pm

Featured Artists

Kitty Parker &  
Tom Womeldorff



### Fabric Art & Photography

Kitty Parker and Tom Womeldorff are well known for their collaborative spirit. Last summer, they formed the Olympia Kitchen Art Club. "Working together has inspired us both and our work has progressed. It's time to come out of the kitchen. We are delighted to have



this show to share what we have been doing." Tom's photographs and two diptychs of Kitty's fabric art will be the focus of their ArtsWalk display.

### Children's Art

Mixed Media from Lincoln Elementary will be on display in our front windows. Michi Thacker's 3<sup>rd</sup> and 4<sup>th</sup> graders present their creative works of art – an annual favorite!

### Treat Yourself to a 15-Minute Massage



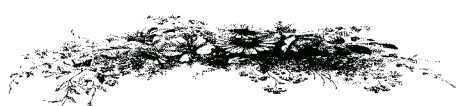
After you've been walking for a couple of hours, a relaxation break is just what you'll need. Whether it's your feet or your shoulders that are in need of a little TLC, our practitioners will be on hand from 6:15-10pm. The cost is just \$12. While you're here, get a tour of our massage facilities (have you seen our soaking tub yet?).

### The Art of Mehndi

Mehndi is the art of henna body painting.



Artist Joan Aitken will offer hand or wrist designs (\$7). Friday 5-9, Saturday 12-5. *Note:* if you are sensitive to eucalyptus or clove essential oils, this probably isn't for you.



# All the Rave at Radiance – Staff Picks for 2006

## Why Beeswax?

“The beeswax candles are my favorite. And it’s no one’s beeswax why.”

~Joe, Retail Staff



## A Pair With a Spare



“We have these brightly colored new socks that are knit in Vermont. The kids’ socks come as a “pair with a spare” so you actually get three. I thought they were so great that I bought some for all my nephews, securing my place as favorite auntie.”

~Karin, Radiance Owner

## Pacific Northwest Know-How

“I’m very excited about Wild Harvest’s Wintertime Support as an alternative to echinacea-based wellness formulas. It improves the body’s ability to fight infection and is a wonderful antiviral, antimicrobial and antifungal – important factors here in the Pacific Northwest.”

~Corinne, Herbal Educator



## Color, Naturally



“I absolutely love the Naturcolor Hair Color. I have been using it to color my hair for about four years now and if I didn’t tell anyone no one would ever

guess. It’s easy to use, there is no funky smell and being herbal-based it’s a clean, non-chemical way to get rid of the gray! My hair has never been dry or brittle and I’ve never had a problem with fading or the color washing out.”

~Judy, Retail Team Leader

## A Treat for Your Head

“My favorite items are Aubrey Organic’s BGA shampoo and conditioner. They are environmentally clean and very effective on my hair and scalp. An added bonus of them is that a little goes a long way!”

~Diane, Massage Reception



## Bustin’ Out

“I love Bust Magazine because it is sassy, smart and full of great ideas for crafts and political action.”

~Amy, Massage Practitioner



## Healing Reading

“I highly recommend the book, *The Way of QiGong: The Art and Science of Chinese Energy Healing*, by Kenneth S. Cohen. The text speaks of the history, postural basics, and lifestyles development associated with the holistic system of psychophysiological self-regulation, QiGong. This practice involves healing postures, self massage, breathing techniques, and meditation that has been practiced for thousands of years to heal and prevent life-threatening conditions and diseases, increase energy, and harness balance of the body and mind. It’s awesome!

~Brook, Massage Practitioner



## The Perfect Cup of Tea

“The Evenings in Missoula tea blend is my all time favorite tea. It is sweet and delightful.”

~Callie, Massage Practitioner



## Arnica for Quicker Healing

“Arnica Montana (homeopathic) – I never leave home without it. Healing takes place so rapidly with arnica. It’s the most important remedy for accidents and traumas, injuries, bruises and stiffness. A must if you have children and grandchildren.”

~Jeanne, Candle and Incense Buyer



## Women’s Wisdom, Women’s Art

“Melissa Harris has the most beautiful cards, posters and magnets. She captures women in watercolor that celebrate nature, love, and magic. This card carries the message, ‘In opening to the abundance of the Universe, anything is possible!’”

~Andrea, Radiance Owner



## Feed Your Skin Right

“Zia Natural Skincare creates gentle products that I as an esthetician and consumer appreciate. I have sensitive and allergy prone skin and Zia combines whole foods, pure essential oils and healing botanicals to create “skin food”. The Everyday Moisturizer is a product I appreciate everyday and night.”



~Amelia, Massage Practitioner

## The Art of Aging Gracefully

“The Rhythmic Night Conditioner by Dr. Hauschka is the perfect product for graceful aging. It supports the skin’s maintenance of its own health.”

~Kerri, Holistic Esthetician

## Choco-licious!

“I choose the Dagoba Rosemary Mint Chocolate bars as my favorite. They are refreshing dark chocolatey goodness. A great pick-me-up treat!”

~Emily, Retail Staff



## Cedar, Rose, and Arnica... mmmmm.....

“I love the woody aroma with a hint of sweet rose in the Pacific Northwest Massage Oil, made locally by Wild Carrot.”

~Nicole, Massage Practitioner



## Self-Care Tool

“I use my back knobby everyday. It helps me easily get to those sore muscles in my shoulders and my back.”

~Alison, Massage Practitioner



## Detox Your Skin

“Auromere Rejuvenating mud makes your skin smell incredible. The ayurvedic herbs are put directly on your skin to help detoxify and feel really great.”

~Victoria, Retail Staff



## Beautiful and Everlasting Art

“As much as I love our exquisite body care, a couple of my favorite things this week are... Nikki McClure’s posters. They’re heart-provoking and beautiful to daydream upon. Big Dipper Beeswax candles—clean burning, they last on and on.”

~Calista, Bodycare Team Leader



## How Do You Spell Massage? W-E-L-E-D-A

“My favorite product is actually a new service we offer called a Weleda Massage. It’s absolutely fabulous! The Weleda Massage is a wonderfully relaxing deep tissue massage using a variety of Weleda brand oil that includes lavender, wild rose, citrus, arnica or sea buckthorn. A rich foot balm is used on your feet as well. The oils are very high quality and leave your skin feeling soft and nourished, not greasy. It costs a little more than the regular massage, but it’s SO worth it!”

~Kristy, Massage Reception



## A Glowing Review

“My hands-down favorite is a Dr. Hauschka facial by Kerri Merrill! It’s a complete skin-escape and Kerri’s touch and presence addresses all levels of your being and makes you feel more than deserving of the luxurious experience. Afterwards I feel as though the glow of my skin is radiating from deep within, and I am on cloud nine.”

~Teri, Gift Team Leader

## Color and Energy Chakras

“Rainbow chakra posters by Oregon artist, Mara Friedman, are my top pick. Each chakra is beautifully illustrated with vivid colors and available in three sizes, including bookmarks. Mara is also putting together her first calendar that will be available in Fall – very exciting!”

~Michael, Book Buyer



## A Daily Pick-Me-Up

“Energy Plus is the perfect full body tonic for the person who is too stressed and too busy to brew their own tonic from tea.”

~Carol, Staff Herbalist



## Rejuvenate Your Skin

### Sink Into Blissful Relaxation with a Dr. Hauschka Therapeutic Facial

Kerri has been trained in the U.S. and Germany and specializes in the Dr. Hauschka classic treatment, a holistic therapy that revitalizes your skin and helps you sink into blissful relaxation. Appointments are available on Wednesdays, Fridays and some Saturdays. For more information about this unique experience, call Radiance at 360-357-5250 and leave a message for Kerri. She’ll call you back to answer your questions and schedule an appointment.



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