



## Massage: Part of a Healthy, Vibrant Lifestyle



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Some might say that massage was the first medicine. I imagine the cavewoman bumping her head on the top of her cave and instinctively rubbing it. She would rub her child's knee if they fell and hurt themselves running from some prehistoric monster.

Many people use massage as part of their health maintenance program. We have an instinctual feeling about the benefits

of bodywork but there is also some excellent research to support this. In 1997 a study was done with hospital nurses and doctors. After they received massage they reported **significantly reduced anxiety, depression and fatigue as well as increased vigor.\***

Some people wait until they are really hurting before they schedule a massage. They may believe that they won't receive all the benefit if they are not in pain. Don't wait! Get massage before you ache and you'll maintain your wellness and vibrancy with more ease. It's helpful to receive massage once a month to get the best return on your health investment.

Use massage therapy as preventative maintenance. Allow trained hands to soothe those tired work shoulders. Therapeutic massage can improve immunity, cardiovascular health and improve sleep. That relaxing, sleepy feeling you get is called the theta state which is where your body can restore, heal and rebalance itself. Massage also supports your other healthy habits like yoga, Qi gong or meditation practice.

When you *are* hurting, massage can be helpful for many common ailments. You can use massage to relieve the symptoms of:

- Headache
- Carpal tunnel
- Tennis elbow
- Fibromyalgia
- Repetitive strain injury
- Shin splints
- Neck pain

But don't let discomfort get that bad. Maintain your health

with stretching and give your body time for rest and recovery as well.

If you've been receiving the same type of massage at each session, then request something new. Ask your therapist if they have advanced training and have them use their specialty skills on you. Consider aromatherapy: most massage therapists are trained to give recommendations to support your wellness goals with essential oils.

And, lastly, enjoy your massage. Take that time to escape from our busy, fast-paced world. Use this mini one-hour getaway to restore your balance, revive your strength — and leave feeling refreshed and invigorated. Maintain your wellness with massage as one of your best and enjoyable tools.

*\*Field, T., Quintino, O., Henteleff, T., Wells-Keife, L., & Delvecchio-Feinberg, G. (1997). Job stress reduction therapies. Alternative Therapies in Health and Medicine, 3, 54-56.*

### Radiance is Going Greener

We are excited to tell you that after many years producing a paper newsletter we have decided to go electronic! We hope to save water, trees and other resources with this decision. The next newsletter will be sent through email in the Fall. Please be sure to update your email address with us. We understand that not everyone has access to a computer so we plan to have limited copies of the newsletter available at the store. Stop by and see us! Thanks for your support!

## Special Massage Products

### Boiron Arnicare

Boiron Arnicare® speeds healing directly to where you need it to relieve everyday body aches and pains due to muscle fatigue, strains, minor injuries or overexertion.



### Nutra Face, Skin & Joint Ultra Relief MSM Cream

Effective for Pain:  
Arthritis, Athletic Injuries, Bunions, Bursitis, Carpal Tunnel Syndrome, Cramps, Gout, Headache, Shingles, Tendonitis, Tennis Elbow, Varicose Veins and more.



### Herbaprofen by Herbs, Etc.

A good anti-spasmodic and anti-inflammatory formula for muscles and joints. As a botanical analgesic, it helps reduce pain and spasms. Especially beneficial when pain prevents sleep.



### Sombra Pain Relieving Gel

Sombra's Original Warm Therapy Pain Relieving Gel has become one of the leading topical analgesics in the market today. Great for chronic conditions and basic aches and pains.



### Weleda Arnica Massage Oil

Helps restore tired, aching muscles before and after physical activity. This wonderful oil is formulated with rejuvenating organic Arnica Extract and organic Birch Leaf Extract.



### Epsom Salts

Popular for easing muscle pain and dispersing bruises. Soaking in a warm tub with epsom salts after massage can help flush toxins released from muscles during massage, and can ease stress and improve sleep.



Celebrating Over 30 Years of Service to Our Community

# Spring Classes & Special Events 2009

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.

## March Classes

### Changing Woman:

#### Flourishing through Perimenopause

Saturday, March 28  
11am-3pm

"I'm interested, but I'm not quite there yet." Is this your response? I encourage you to consider the truth that for most women, perimenopause is a journey lasting many years, bringing with it subtle or not-so-subtle changes in emotional stability, sexual interest, sleep patterns, flexibility, hair, skin, muscle tone, urinary continence, and so on. There are often multiple waves of varying signals announcing that the change is underway; each woman is unique and yet we are all going through this together. There is no time like the present to learn more about what your bodymind is undergoing and how to support your particular process with plants.

Spend an afternoon with other women 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 bodymind 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 a holistic picture of what is happening as well as many 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

### Foot Bath Ritual & Massage

Monday, March 30  
6-8pm

Soothe those tired feet with a relaxing foot bath and massage. Learn to lovingly soak your feet in herbs and aromatic essential oils and practice valuable massage techniques on a partner—bring a friend! This ancient tradition will conjure images of love and devotion. Supplies are provided. Taught by Karin Olsen, LMP.

**Cost:** \$25 each, or \$45 for two people if they register at the same time.

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

## April Classes

### Kirtan

Saturdays: April 4, May 2, June 6  
6-7:30pm

Kirtan (Sanskrit – "to repeat") is call-and-response chanting performed in India's devotional traditions. Kirtan opens the heart to awaken the divine love that is already present in us. Led by Celia Chantal, BA, LMT, LPN.

*Celia is a multi-instrumentalist, vocalist and life-long musician. She has been leading kirtans since 2007, and is the vocalist and flautist of classical Indian music ensemble RagDharma.*

**Cost:** \$8-12 sliding scale

**Location:** Wild Grace Arts Yoga & Dance, 507 Cherry St., downtown Olympia

**To register:** Drop-in

### Gardening with the Devas

Sunday, April 5  
1-3:30pm

An introduction to gardening in direct cooperation with nature. Nature is ready and waiting to work with humans in conscious co-creation. Each co-creative garden is a balm to the earth, sending waves of healing in all directions. Learn all you need to set up your own communication with the Devas and Nature Spirits of your place and plants. *The Garden Workbook* by Machaëlle Small Wright will be required and will be available for purchase at Radiance. Grounding, introduction to kinesiology, techniques and strategies will be covered. You can establish your working relationship with the Deva of your garden, state your wishes and begin your planning.

*Kirsten Sogge has 17 years experience playing and working directly with Nature in gardens and in life. She is a Eurythmist, with a diploma from the Rudolf Steiner seminar in Sweden, is a teacher and mother, and has a BS in Earth Science from the University of Massachusetts in Boston. She has been studying and practicing co-creative gardening since 1991, and has established several gardens with these methods. Kirsten currently teaches eurythmy to children at the Olympia Waldorf School and teaches adult courses in the community.*

**Cost:** \$30 plus book

**To register:** Call Kirsten at 360-508-3616 or email Kirstenso@yahoo.com

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

Thursday, April 9  
6:30-9:30pm

Springtime is the 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 this class before you begin.

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 on a regular basis—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.

**Cost:** \$35

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

### Psychic and Intuitive Development

Tuesdays: April 7-28 or May 5-26  
6:30-8:30pm

Get in touch with your natural intuitive abilities. Psychic intuition is a natural faculty we all have. All we have to do is focus on using it. In this class we will examine and practice different techniques to use your "clairs". Clairvoyance—intuitive seeing, Clairaudience—intuitive hearing, Clairsentience—intuitive feeling, and Claircognizance—intuitive knowing, as well as other exercises to develop your ability to trust your intuition in your daily life and to do readings for others. Expand your horizons and have fun!

**Cost:** \$75

**To register:** Call Lisa at 360-786-8617 or email lisa@lisaholm-psyhic.com

### Creating Sacred Space with Feng Shui

Wednesdays, April 8 & 15  
6:30-8pm

Learn how to create clear, sacred space in your home and workplace to help you generate poise, clarity and focus. Nancy will explain the do's and don'ts of feng shui relating to making an anchoring space or personal altar to create calm and inspiration. Two weeks of class—the first for demonstration and introduction, and the second for follow-up after you've done some fun homework. Class size limited to nine.

*Nancy Sullivan, MSW is retired, having been a psychotherapist and feng shui consultant in Olympia for years. She still leads a Buddhist meditation study group and teaches occasional classes.*

**Cost:** \$20

**To register:** Call Nancy at 360-786-1195

### Basic Aromatherapy

Monday, April 13  
6-8pm

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—two CE credits available. Taught by Karin Olsen, LMP and certified aromatherapist.

**Cost:** \$35

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

### Introduction to Animal Communication

Saturday, April 18  
10am-2pm

Animals want to talk to us. Learn to intuitively communicate with them in this fun interactive class, taught by animal communicator and psychic, Lisa Holm. Whether you wish to enhance your relationship with your own pets or go on to work in this field, this class will provide you with the basics.

**Cost:** \$65

**To register:** Call Lisa at 360-786-8617 or email lisa@lisaholm-psyhic.com

### Soapmaking with Unrefined Oils

Sunday, April 19  
1-4pm

This hands-on class introduces the benefits and properties of using shea butter and virgin coconut oil in their natural states to make cold-processed soaps. We will also cover the basics of soapmaking: choosing ingredients, using lye safely, and personalizing your creations. Students will take home their soaps after they have fully cured. All materials are supplied. Class size is limited. Taught by Prairie Rose Hyde of Alaffia and Kerri Ward Merrill of Radiance Herbs and Massage

**Cost:** \$45 (includes materials)

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

**Location:** The new Alaffia facility at 8925 Orion Dr. NE Suite A, Lacey, WA

### Spirit Guides

Sunday, April 19  
2:30-5pm

Since the day you were born you have been held, tended and cherished by hundreds of unseen helping hands—your spirit guides. Come learn to connect with your guides for support and guidance, to help navigate life's choices and consequences, and to enhance all aspects of your life. Learn to recognize the signals your guides use to connect with you and how to give them

more ways to communicate with you. Taught by Kirstin Eventyr.

*Kirstin Eventyr is a counselor, healer, and teacher in private practice for 15 years. She emphasizes depth in everything she does. Getting to the core is her forte, making her work attractive to people on all stages of their journey. Empowering her students to trust themselves and live their best lives is her favorite endeavor.*

**Cost:** \$45

**To register:** Call Kirstin at 360-866-8161

### Opening to the GreenWorld: An Introduction to Herbal Medicine

Wednesdays: April 22, 29; May 6, 13  
6:30-9:30pm

This four-week class is for those who are eager to work with herbal medicine in their daily lives and are looking for a place to begin (or expand what they already do). We will address various ways to work with plants as medicine, creating a home apothecary, growing and harvesting your own medicine (beginning with beneficial 'culinary' herbs), making safe and effective herbal preparations, the interface between prescription drugs and herbs, quality and safety issues, selecting reliable herbal reference books, interpreting information on the internet and in the popular press, and much more. This class is designed so that participants walk away feeling confident in beginning to work with plants to promote the health of themselves and their families. Teas and samples will be experienced each session; many detailed handouts are provided. Taught by Carol Trasatto, herbalist.

*Carol has been practicing the herbal arts for nearly 30 years and teaching for 20, bringing a wealth of practical knowledge to the learning experience.*

**Cost:** \$150

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

### Kombucha

Thursday, April 23  
6-7pm

Hooked on the sour zing of kombucha? Love what it does for your energy, your liver, or your skin? Learn how to ferment your own, and taste a sampling of this culture's wild history and health claims. If you think you're ready to tame your own "tea beast", Heather will make free kombucha mothers (and follow-up email "tech support") available to participants after class. Just in time for Spring sour tonic season.

*Heather Dunn has studied with several herbalists and a classical homeopath in Tacoma. She is passionate about learning from the plants that share her environment, and works to engage as deeply as possible in the foodways, medicines, and processes that support her.*

**Cost:** \$15

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

### Springtime Edible & Medicinal Plant Walk

Saturday, April 25  
12-3pm

Late Spring in the Pacific Northwest abounds with edible and medicinal plants. Come walk through The Evergreen State College forest and learn how to identify, harvest and prepare local food and medicine. Handouts and recipes will be provided. Taught by Corinne Boyer, herbal educator.

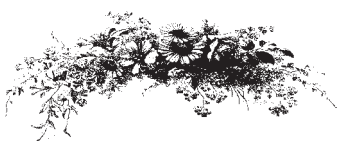
**Cost:** \$30

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

### The Energy of Money

Sunday, April 26  
1-4pm

Do you want to feel at peace with money? Do you yearn to trust that there is enough? Do you wish to utilize money as a pathway to living your deep values? If so, this is the



# Spring Classes & Special Events 2009



## Plants & Planets: Aligning with Celestial Influences

3rd Thursdays: March 19, April 16, May 21, June 18 • 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 navigational tools, herbal medicines, gemstones, flower essences, and other gifts of the Earth. Come join this lively community happening which celebrated its tenth anniversary this Fall—exploring how the big picture relates to our town and our lives. For those unable to attend, the 8- to 12-page monthly newsletter is available by subscription. For non-subscribers, newsletters are on sale at Radiance each month. Offered by astrologer Rosie Finn and herbalist Carol Trasatto.

**Cost:** \$10 includes the newsletter (just drop in!)

**For subscription info:** Call Rosie at 360-866-6859 or [rfinn@w-link.net](mailto:rfinn@w-link.net)

**Location:** The café at Traditions Fair Trade, 5th and Water St., Downtown Olympia.

### April Classes

class for you! Come join us and learn about: abundance, scarcity and what is enough; how your attitudes and approaches to life impact your relationship with money; appreciation and gratitude as a pathway to peace with money; and the ways we step out of abundance and limit the flow. Taught by Kirstin Eventyr.

**Cost:** \$45

**To register:** Call Kirstin at 360-866-8161

### Homeopathy: Setting the Record Straight

Thursday, April 30  
6:30-8:30pm

Often the word "homeopathic" is used to refer to something occurring in very small doses. However, the true concept behind homeopathy, which means "like suffering," has to do with considering the symptoms the body produces as intelligent messages about how the body is healing itself. Using the principles of homeopathy, we can work with these messages to help the body come into full healing. And, yes, we do use substances that are extremely diluted (very small doses), so they are safe and cause no harm. Come find out more about this healing modality and increase your amazement for the depth of the healing power in these bodies we have!

*Taught by Patricia Kay, MA, HMC, CCH; working homeopathically for over 20 years.*

**Cost:** \$15

**To register:** Send an e-mail to Patricia: [pkay@olywa.net](mailto:pkay@olywa.net) with the title "Homeopathy Class" in the subject line or call 360-866-6974.

### May Classes

#### ¡Mate Para Todos!

Thursday, May 7  
6-7pm

Many people are familiar with yerba maté as a stimulating coffee alternative. But few understand exactly how good the rich green drink is for you, nor its traditional place in the culture of Argentina and its neighbors. Come join Heather Dunn, your friendly servidora for a traditional maté gathering, and learn about the etiquette, nutrition, cultural significance, and tools surrounding this increasingly popular beverage, with some room saved for some of the good ol' charlando that maté is known to inspire. We'll all be sharing the same gourd (maté) and straw (bombilla), as is traditional, so please come healthy, or be comfortable sitting out the round and take notes so you can host your own maté ceremony (party would be a better word) for your friends at home.

**Cost:** \$5

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

#### Cell Level Meditation

Saturday, May 9  
12:30-4:30pm

Mind-body meditation is the current growing edge of modern health care. Cell Level Meditation, as developed by psychiatrist Barry Grundland over 40 years ago, is an easy-to-learn way of turning awareness deeply into ourselves, into our bodies, and finding who we are all the way down in our very cells. We breathe with the cells. We become the cells. We use something larger than ourselves—the breath—to bring awareness, healing and body all together.

Here, awareness is in dialogue with matter! This is not mind over matter, but rather mind

and matter in conversation, in relationship with the high and holy goal of being in healed relationships within our own bodies, and then outward to other areas of life and each other.

Come for an afternoon of learning, practice, renewal and inspiration. The class is limited to 10 participants.

**Cell Level Meditation: Breathing with the Wisdom and Intelligence of the Cell** by Patricia Kay and Dr. Barry Grundland will be available for \$12.50 (please place your order prior to the class).

**Cost:** \$60

**To register:** Send an e-mail to Patricia: [pkay@olywa.net](mailto:pkay@olywa.net) with the title "Cell Level Meditation" in the subject line or call 360-866-6974.

#### Medical Assistance Program

Thursday, May 14  
6-8pm

An introduction to the co-creative Medical Assistance Program (MAP)—a revolutionary method for healing on all levels: physical, emotional, mental, and spiritual. The book by Machaelle Small Wright is required and will be available for sale at Radiance. Kirsten Sogge has been working with her MAP team since 1991 and has many experiences and tips to share. Includes an introduction to kinesiology and flower essences.

**Cost:** \$30 plus book

**To register:** Call Kirsten at 360-508-3616 or email [Kirstenso@yahoo.com](mailto:Kirstenso@yahoo.com)

#### Our Healing Hands

Saturday, May 16  
1-3pm

Experience the immediate and direct benefit of self-healing. While going to a practitioner for help is great, there are times when it's just not convenient. Learn simple and empowering ways of undoing interferences using your hands. Anyone can do it!

*Kim Lincoln facilitates individuals to recognize and appreciate their essential nature; our source of healing. She has a private practice and teaches classes at Fusion in downtown Olympia.*

**Cost:** \$25

**To register:** Call Kim at 360-866-9234

#### Gracefully Aging with Facial Gymnastics

Thursday, May 28  
6:30-8:30pm

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

### June Classes

#### Sacred Pampering

Thursday, June 4  
6-8:30pm

As we attempt to meet the demands of everyday life, it is difficult to take special time for self-care and inner renewal—those little spaces that bring us joy and inner peace. Discover ways to save money and create your own home spa rich with sacred pampering. Learn how holistic skincare can nourish your skin and your general health. In this class we will make a cleanser, toner, and moisturizer to take home and show how you can incorporate self-care into your busy life. Taught by Kerri Ward Merrill, holistic skincare practitioner and certified aromatherapist.

**Cost:** \$35

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

#### Midsummer Riparian Herb Walk

Sunday, June 14  
3-5pm

Meet the medicinal and useful plants that live in local streamside lowlands. Learn their historical Native American and European uses, as well as tips on ethical, sustainable growing or wildcrafting, storage and preparation. This trip into the woods is intended to change the way you understand and interact with your landscape. Guided by Heather Dunn. Limited to 10 participants.

**Cost:** \$25

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

### Upcoming Class

#### Plant Medicine and Body Systems

Wednesdays: September 9, 16, 23, 30;  
October 7, 14, 21, 26  
6-9pm

In this eight-part class, we will be examining the 10 main body systems and the plant medicines that support them. The first half of each three-hour workshop will be an overview of the basic anatomy and physiology of the system and the second half will be spent discussing specific plant medicines that have affinities for these systems. This series is a great way to learn about practical herbal medicine and its applications. Hand outs will include an anatomical line drawing, note-taking guide, plant monographs, and an herbal glossary. Introductory medicine making plants chosen will be easy to grow or gather in our local area. Taught by Corinne Boyer, herbal educator.

**Cost:** \$250

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

#### Rejuvenate Your Skin Not All Facials are Created Equal

The Dr. Hauschka Classic treatment is unlike any other facial. You'll experience whole body rejuvenation and your face will glow with pure radiance.

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

Appointments are available on Tuesdays, Thursdays and some Saturdays. For more information about this unique experience, call Radiance massage reception at 357-9470.

### Weleda Wild Rose Treatments

For centuries the rose was favored among the aromatic plants for its exotic



fragrance and harmonizing effect on the body and mind. Rose oil, more precious than gold,

remains a key ingredient in quality cosmetics and perfumery, especially for dry, sensitive and aging skins.

#### The Weleda Wild Rose Facial

Weleda has blended precious oil from the Rosehip and fragrant Rose Oil with pure plant oils and botanical extracts to create the Wild Rose Facial Care and Rose Bodycare ranges. These premium quality preparations are especially formulated to rejuvenate skin by supporting the development of its outer layers and maintaining moisture balance. Deeply nourishing, they help prevent the premature appearance of aging and leave skin feeling vital, smooth and supple. 90 minute facial: \$95

#### Wild Rose Renewal Treatment

Immerse yourself in 2 ½ hours of bath, body, and facial treatment. Relax in a warm tub with the soothing scent of roses. Rejuvenate your whole body through the healing touch of wild rose massage. Nourish and awaken your skin with our natural and holistic approach to skincare and the ancient wisdom of wild roses.

**30 minute tub, 60 minute massage, & 60 minute facial: \$165**

#### Dr. Hauschka Skin Care Free Consultations

Thursday, March 26, 1-4pm

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 esthetician Kerri Ward Merrill will offer complimentary 30-minute consultations and samples.

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

#### Dr. Hauschka Free Mini Make-Overs

Thursday, April 9, 1-4pm

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 Ward Merrill 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.

Note: Kerri 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.

## Our Favorites

### “Big Dipper Candles

are my very favorite pick. They’re from Seattle, and are made by wonderful folks! The union of their pure essential oils and beeswax is the clear, healthy choice to heal the mind, body, and soul.”

—Jeanne Agnello, Gift Team



“The Logona Mineral Toothpaste is great! It’s not too sweet, and it’s not too bland. The feeling I have after brushing my teeth is one of refreshment and invigoration.”

—Corinne Boyer, Herb Team



“Picture milk chocolate and powdered sugar surrounding a sweet almond in the center!



Careful, though—they’re addicting! Use the **Chocolate Cartel Milk Chocolate Covered Almonds** in moderation.”

—Louie Link,

Receiving Team Leader

“I have fallen in love with the **Mingmei green tea with osmanthus flowers**. It’s

smooth, light-bodied, and just a little sweet with a delicious, clean, green flavor. And, as we know, green tea is full of healthy antioxidants!”—Lina Parrish, Herb Team

“The calm and expressive instrumental CD **‘Within’ by Benjy Wertheimer and David Michael** has the kind of

ethereal yet grounding sound that massages peace into your space. From the first song to the last, the listener is gently guided into a deep and reflective bliss!”

—Ariel Birks, Bodycare Team



“The **OHA Under Eye Therapy Cream** is awesome! I use this cream at night and wake up in the morning to find my eyes look bright, smooth, and rested.”

—Cara Haynes, Bodycare Team



“I love **Alaffia’s Shea Butter Hand and Body Lotion**. It’s rich and creamy texture soaks right in to my skin. We

carry it in bulk, it’s all natural, made locally, and is available unscented and in various natural scents.”—Victoria Green, Herb Team

“**Traumeel homeopathic gel** is an amazing topical remedy for pain, stiffness, inflammation and muscle tension.

Even the most skeptical of homeopaths have been converted!”—

Carol Trasatto, Herb Team Leader



“My favorite is the **Herbalix Nighttime Detox Cleansing Deodorant**. The kelp helps reduce impurities and metals, coriander traps the moisture like a sponge and dislodges any buildup, and the olive leaf is effective in cleansing and removing odors.”—

Kerri Merrill, Bodycare Team/Dr. Hauschka Esthetician



“Our new **Radiance label organic bulk lavender essential oil** is so complex, herbaceous and rich. I can’t believe the quality—come in and smell the difference!”

—Heather Dunn, Book Buyer



“**Dr. Hauschka Intensive Treatments** are truly vibrational treatments for the skin! I’m using the intensive treatment 02, intended to help calm and clarify oily, acneic adult skin age 25 and older.”

—Brandy Gillihan, Bodycare Team Leader



“**Yarrow Environmental Solution** from Flower Essence Services is calming and protective. I’ve been using it every day since I took a trip to Italy in October. On really stressful days, I take a few drops right from the bottle. Two to three times during the day! I love it!”

—Allyson Sims, Gift Team



“**My favorite is our massage**. We have a wonderful variety of therapists that are trained in several techniques, ranging from Acupressure to Visceral Manipulation. I love that no matter which therapist I go to, I get a fabulous massage!”—Kristy Lieberman, Massage Reception Team Leader



### Aubrey Organics Sale!

Aubrey Organics entire line on sale **20% OFF** for the month of June! Be sure to come in often, as we will have additional promotions of your favorite Aubrey Organics products throughout the year.

### More Reasons to Shop Local

1. Local businesses contribute upwards of 250% more than national chain stores to local charitable causes.
2. Local business contributes to the local economy rather than draw our dollars away from the community.
3. Local business creates jobs.
4. Local business helps to guarantee high quality and clean products.
5. Local business helps ensure choice and diversity of products.
6. Local business helps maintain community character.
7. Local business staffs build relationships with regular customers.
8. Local business can respond to requests and suggestions easily.

The staff at Radiance Herbs and Massage thanks you for your continued support!

## ArtsWalk XXXVII

Friday, April 24th, 5-10pm

Featured Artists

### Jennifer Dudman

Jennifer started drawing as a young child and her love of creating art has grown with her. She studied visual arts at Boise State University and enjoyed a handful of classes at The Evergreen State College.



Jennifer’s current work draws inspiration from her love of earth’s beauty and her fascination with the human form. She feels a strong affinity for working with oils as this medium allows her to slowly explore her emotional response to a particular place or subject.

### Lincoln Elementary

An annual favorite! Come view the creative works of our future generations. Mixed Media from Michi Thacker’s 4th & 5th graders will be on display.

### FREE

### 5-Minute Chair Massage

Massage is an art in itself. As you explore the creative arts downtown, take advantage of our FREE offer! If that’s not enough time you can indulge in more for just \$1 per minute.

We will have more than one therapist available so bring a friend!



### The Art of Mehndi

Mehndi is the art of henna body painting. Artist Joan Aitken will offer hand or wrist designs (\$5-15). Friday pm.



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