



Celebrating Over 30 Years Of Service To Our Community



Quality In Personal Care – Interview with a Purist

Why is it that some body care lines which customers have used for years are being phased out?

I think Radiance customers have long trusted that we have researched the quality, sourcing, and ingredients of our products. In the past we've carried some lines that some call "mass market naturals". The herbal and beneficial ingredients in these lines are added to synthetic chemicals. We don't know the long term effects of these synthetics in the body. I believe we are absorbing them and so is our Mother Earth.

What level of pollution occurs in order to produce these chemicals? How are the compounds behaving once they leave our bodies or are rinsed down the drain? It seems to me that these are ethical and ecological questions we must ask. For these reasons we've discontinued carrying a

large number of products. We want to focus on the companies that are offering truly pure formulas. Thankfully there are an increasing number of chemical free choices in the broad realms of personal wellness and body care, and as we discover them, Radiance can offer them.



Calista Warden, Body Care Buyer

More and more people are seeking out natural products. Why do you think that some companies are so slow to break away from chemical additions?

As far as I know these chemicals are used for a variety of reasons, all of which seem geared toward popular

perception of a nice product experience. These include familiar/homogenous texture, quick absorption, fragrance, bubbling agents, wetting agents, drying agents, thickeners, tightening agents, colorants, anesthetizing agents (for no-tear formulas), emulsifiers, carriers and preservatives. I strongly believe that these isolated, synthetic compounds greatly reduce quality and purity. Even something that is extracted from a natural source, like cocamide DEA (derived from coconut oil), does not react the same as its whole form when combined with other chemicals.

What particular ingredients do you look for when deciding which products are less than pure?

It begins with whatever I can't pronounce. As I research these ingredients I find chemical constituents that some consider to be of low to moderate concern. Personally I would rather do without these too! But my least favorite body care/household chemicals are: DEA, TEA, MEA (the ethanolamines), parabens, acetates, SLS (Sodium laurel or laureth sulfate), petroleum, petrolatum, phthalates (DBP, DEP), glycols, ureas, BHA/BHT, carbomers, aluminums, metals, talc, mineral oils, paraffin and artificial fragrances and colorants.

What level of pollution occurs in order to produce and use these chemicals?

These are ethical and ecological questions we must ask!

Where can the public find this information for themselves?

Here at Radiance we have a binder in our reference library with information about chemical ingredients and health considerations around clean living. Some additional sources are:

- www.safecosmetics.org
- www.ewg.org
- www.chemicalbodyburden.org
- www.nottoopretty.org
- www.thinkbeforeyoupink.org
- www.eco-labels.org

I've heard you speak of "buzzwords"; often times larger corporations use these to represent a healthy approach in the creation of their products. How can our clients sift through the claims to find the products which are truly natural?

When a product says "Paraben Free" or "PG (propylene glycol) Free" these claims may not always reflect the purity of the entire product. Recently I found a product with a new label stating "Paraben Free". When I looked further into the ingredients list I found a newly added ingredient spelled out, "triethanolamine" a.k.a. TEA. In my opinion this is even worse than parabens! So I always read the entire ingredient list when a label throws out these buzzwords (currently "paraben" being the most popular). If I don't know what an ingredient is, I question it and look it up.

What are our healthiest options?

Alaffia, Wild Carrot, Aubrey Organics, Pangea Organics, Dr. Hauschka, Weleda, Earth Mama Angel Baby, . . .

by Carol Trasatto, Herbalist.

Conscientious Product Selection

Every day, it seems, more and more products offering health and healing are introduced into the marketplace. It takes considerable energy just to keep track of it all. New companies are springing up like dandelions—and herbs and nutritional products can now be found on the internet, as well as in grocery, discount, and even some convenience stores. Many businesses are vying for a piece of the "alternative" health care dollar. As with most areas of life, however, not all manufacturers and suppliers of herbs and other nutritional products are in the same league. Finding what you are looking for is not simply a matter of finding the lowest price. How something is sourced and prepared is crucial to receiving the therapeutic benefits from what you are seeking.

What quality, potency and expertise are you receiving in return for your hard-earned green energy? Some manufacturers are primarily creating "products"; they are less concerned with efficacy and ecological considerations than offering the moment's supplement superstars. Marketing, profit margin, and volume are their primary concerns. Quality of herbs and nutrients and associated issues relating to personal and planetary health are low on their list of priorities, if even present on the screen. These are the companies we try to avoid supporting here at Radiance.

We seek to buy from manufacturers who are knowledgeable and dedicated, who represent integrity and commitment to the field. Most of the suppliers or formulators that we deal with—for liquid extracts, capsules, and bulk herbs—are veteran herbalists, farmers/wildcrafters, and/or naturopaths or Traditional Chinese Medicine or Ayurvedic practitioners. Many came to their present work through the path of the heart—involved with healing and wholism first, with their medicine making and business activities emerging naturally from that. Many provide products directly to practitioners as well as to retail venues. Their personal dedication, visibility, and reputation

among peers lend support to their product integrity and concepts of excellence.

We look for formulations that are based on traditional herbal wisdom, naturopathic protocols, and current nutritional science and clinical research. High quality plants are consciously selected—on a continuum ranging from either certified organically cultivated, eco-sensitively gathered from the wild, not certified but grown without chemicals, or the best quality available commercially (and variability regarding quality and vitality is truly vast). The search is also for herbs that are: not irradiated, verified for species, tested for heavy metals, optimally and knowledgeably processed using food-grade solvents. All of these considerations are vital and contribute greatly to the healing potential of the products thus created.

With increasing pressure on plant populations, it is crucial to support those who are working consciously and responsibly with this reality and who are creating viable markets for those crafting livelihoods based on models of sustainable harvest/agriculture, and appropriate processing technologies. We regularly communicate our local community's ethical standards and ecological sensibilities to the people with whom we do business. Over the years we have seen significant strides made in product quality, testing, labeling, sourcing disclosure, packaging, encapsulation, shipping materials, and so on. There remains, however, more progress to be made—and conscientious retailers keep the pressure on the marketplace to keep the big picture of human / ecosystem / planetary health in view.

By making your herb and nutrient purchases at Radiance you are contributing to this effort with your dollars. We are not perfect in our efforts and there is always another level to be attained. But please know that we will continue to do our best to work with kindred spirits in this ever-expanding field so that you may rely on the goodness of what you find on our shelves—and the business attitudes which frame success in terms of the health of whole systems.



113 5th Avenue SE
Olympia, WA 98501
www.radianceherbs.com

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

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Spring Classes & Special Events 2007

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.

SPECIAL EVENTS

You are invited to join us
for a special evening...

Dr. Hauschka
Skin Care



Where Science and Spirit Meet™

Awakening Beauty: The Dr. Hauschka Way

Wednesday May 9, 6-8

Recognizing the vital relationship of beauty and health, we will explore ways in which we live, feel and look—offering ways to help us restore balance and rhythm to our lives. As we question some of our contemporary notions of beauty, this class encourages us to find and nurture authentic lasting beauty within ourselves. Kerri Ward Merrill, certified Dr. Hauschka Skincare Practitioner and Calista Warden, Radiance Body Care Buyer will be presenting this event. Kerri has recently returned from her second trip to Germany for an international Dr. Hauschka Conference and will share pictures of the gardens and other information she has gained. A special discount coupon will be given to those who attend for use on Dr. Hauschka skincare products. Space is limited, so please register early.

Cost: \$15 per session

To register: Call Radiance at

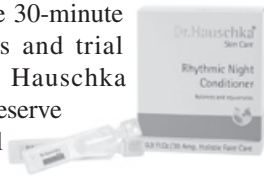
360-357-5250

Dr. Hauschka Skin Care Consultations

Saturday March 24 1-4 pm

Licensed Esthetician Kerri Ward Merrill will offer free 30-minute consultations and trial sizes of Dr. Hauschka products. To reserve your space call Radiance at

360-357-5250



Dr. Hauschka Mini Make-Overs

Thursday, May 24 4-7pm

Kerri Ward Merrill will do mini make-overs using makeup made from natural colors and nourishing ingredients. To reserve your space 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.



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

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

Ongoing Classes

Breastfeeding Classes

Sarah Huntington, MPH, IBCLC, CD
(DONA)

Lactation Consultant and Doula

Sarah Huntington is a lactation consultant and doula whose current practice is informed by having practiced home birth midwifery for eight years. Her classes are filled with information and time for your questions, as well as a chance to build your community of other families with babies. We will also review some of the natural remedies that may be helpful to you as you breastfeed and care for your baby. Meet other breastfeeding moms! Get answers to questions you haven't thought to ask yet! Bring your partner or a supportive family member!

Preparing to Give Your Baby the Best: Basics of Breastfeeding for Pregnant Moms

Tuesdays: April 3, May 1, or June 5
7-9pm

This class is for pregnant families who will be breastfeeding a baby for the first time, as well as for families with past experience. In a supportive and fun environment, we will explore the basics of how to get started with breastfeeding, how to know when your baby is nursing well, what to expect in the first days and weeks of breastfeeding, and the basics of the intricate anatomical, hormonal, and emotional dance that breastfeeding is.

Cost: \$15-35 per family, sliding scale

To register: Contact Sarah at 360-357-3801 or visit her website at www.sarahdoula.com

Breastfeeding Your Baby in the First Year

Tuesday, April 17
7-9pm

This class is for families with babies, newborn through a year old. With our babies present, we will explore the challenges and joys of breastfeeding through the first exciting year of life. Topics may include: sleep, nursing the mobile baby, working outside the home, other children, starting other foods, weight gain, and nursing into the toddler years. Check Sarah's website for possible summertime offerings of this class.

Cost: \$15-35 per family, sliding scale

To register: Contact Sarah at 360-357-3801 or visit her website at www.sarahdoula.com

What Do Doulas Do?

Tuesday, March 20 or Tuesday, May 15
7-9pm

In this informative session, we will discuss the value and joy of having a doula at your birth or with you in the postpartum period. Doulas are professionals who provide emotional, informational, and physical companionship to a mom, complementing support she may have from her partner and family. Pregnant or considering becoming pregnant? Bring a partner or friend and learn about how a doula may be just what you need when your baby is born.

Cost: None

To register: Contact Sarah at 360-357-3801

Seeking Young Women Entering the Moontime

If you are such a woman, on the threshold of your life-long menstrual journey, or the mother of such a young woman, please take note—

We are planning to offer counsel circles to give young women the benefit of what we have come to know about how to be in a woman's body in a way free from pain and distress during the fertile years. We will create a sacred, confidential circle in which any topic may be discussed. All questions and concerns

will be welcomed. We will discuss the ways in which our choices around foods and lifestyle affect the health of the skin, our emotions, and our experience around moontime. Safe plant medicine to support teenage health and long-term ease will be discussed.

If you have a group of six or more friends who would like to arrange for a circle, please contact Carol Trasatto directly for more information: phone 360-705-1430 or e-mail her at blsstara@reachone.com

Plants and Planets: Aligning with Celestial Influences

3rd Thursdays:

March 15, April 19, May 17, June 21
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 eighth anniversary this Fall—exploring how the big picture relates to our town and our lives. For those unable to attend, the eight-page monthly newsletter is available by subscription. For non-subscribers, newsletters will be on sale at Radiance each month.

Cost: \$10 includes the newsletter (Drop-ins welcomed!)

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

For subscriptions:

Call Rosie Finn at 360-867-9177,

or Carol Trasatto at 360-705-1430

Our Health as Women: Perspectives and Approaches

Due to family obligations that require her to travel to the east coast on short notice sometime this Spring, Carol is unable to schedule this six-session class as originally planned. She appreciates all the interest that has been expressed and intends to offer this series in the coming Fall, beginning in late September or early October.

Contact Carol directly for more information or to request a flyer outlining this program: phone 360-705-1430 or e-mail her at blsstara@reachone.com

March Classes

Anxiety and Depression: Alternative Support Options

Wednesday, March 21
6-9pm

For most people in the United States, anxiety and/or depression affects some aspect of our lives at some point in time. Whether it affects the people we love, or ourselves personally, we are familiar with these two states. In this three-hour workshop, we will discuss the definition of both anxiety and depression and their impact within the modern culture in which we live. We will look at conventional and alternative treatments, focusing on plant medicine, lifestyle and nutritional support. We will also address the safety issues surrounding taking plant medicines in conjunction with conventional drugs. Taught by Corinne Boyer, herbal educator.

Cost: \$30

To register: Call Radiance at 360-357-5250

Medicine of Place

Friday, March 23
4:30-7pm

In our busy, often indoor lives, we can forget the sensuous life-giving matrix that holds and nourishes us. This includes the wondrous

native plants of the Puget Sound lowlands. Native plants are keepers of the knowledge of how to flourish in and enhance our home environment; they hold the medicine of right relationship to place. Yet rapidly our lands are being bulldozed and paved, compromising our well-being on every level. No less than an awakening of the heart is needed. Come outdoors and celebrate Spring in our ecosystem by interacting with the beautiful woodland plants. Engaging all of our senses, we will appreciate them as networks of relationships. We will perceive the patterns that each plant repeats throughout its gesture, patterns which reflect the bigger themes of its habitat and which correspond to our own inner experiences. In this workshop we will uncover our innate ability to locate and receive the medicines that can most assist us. As we find ourselves undeniably interwoven with nature's systems, we align with her guidance and wisdom. Facilitated by Julia Brayshaw, licensed psychotherapist, flower essence practitioner, and wilderness explorer.

Cost: \$25-30 sliding scale

To register: Call Julia at 360-956-9285

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.

Cost: \$30 for either class or \$50 for both classes, if prepaid by March 21.

To register: Call Radiance at 360-357-5250

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

Wednesday, March 28
6:30-9:30pm

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 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. A second class will be added if this class fills.

Fresh Foods to Detox and Renew

Wednesday, April 11
7-9pm

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, resident raw foods maven.

April Classes

Gracefully Aging with Facial Gymnastics

Wednesday, 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:

Spring Classes & Special Events 2007

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

By keeping our skin responsive 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

Changing Woman: Flourishing through Menopause

Saturday, April 7
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 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 same time.
To register: Call Radiance at 360-357-5250

Clutter Clearing

Sunday, April 15
2-4pm

Our clutter speaks to us, but exactly what is it saying? This presentation covers the basics of clutter clearing, and the *feng shui* principles relating to clutter. Clutter represents different kinds of stuck energy. You'll learn how clutter holds you back, and how it can be fun and profitable to lighten up. Nancy Sullivan, a local therapist who has done *feng shui* and clutter clearing for a decade, offers practical techniques with humor and inspiration.

Cost: \$10
To register: Call Nancy at 360-786-1195

Vibrational Healing and Energy Anatomy

Saturday, April 21
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 or call Aria directly.

Cost: \$100
To register: Call Aria at 360-866-8780

Mehndi: Introduction to the Art of Henna Body Painting

Sunday, April 22 or Sunday May 6
1-3pm

Learn the art of Mehndi and how to apply the designs to your skin. Hear about the history of Mehndi and learn how to care for the designs. You'll have an opportunity to try a simple design on yourself or another class participant, using the Mehndi products that are available at Radiance. Taught by Joan Aitken, Mehndi artist extraordinaire.

Cost: \$20
To register: Call Joan at 360-493-8343

Homeopathy: An Integral Form of Healing

Tuesday, April 24
7-9pm

I keep practicing homeopathy because it works, and brings a remarkable depth of healing in mind/body and spirit. Homeopathy is about as integral or wholistic as you can get. It helps people heal from diseases as diverse as sore throats to autism, low level depression to multiple sclerosis. However, I feel concerned that through a lack of understanding of its principles and the complexity of choosing a remedy, people aren't getting the results that are possible, so they give up on it. In this class you'll get a glimpse into this fascinating field of healing and be inspired about the beauty of the healing capabilities of the mind/body that can be brought forth with good homeopathy.

Cost: \$15
To register: Please register by April 17 via e-mail (pkay@olywa.net) or by calling Patricia at 360-866-6974.

Soapmaking with Unrefined Oils

Sunday, April 29
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.

Cost: \$45 (includes materials)
To register: Call Radiance at 360-357-5250

May Classes

Plant Medicines and Body Systems

Wednesdays: May 2, 9, 16, and 23
6-9pm

In this four-part class, we will be examining eight 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 two systems and the second half will be spent discussing specific plants that have affinities for these systems. This series is a great way to learn about practical herbal medicine and its applications. Handouts will be provided for each body system and each corresponding plant medicine portion. Taught by Corinne Boyer, herbal educator.

Cost: \$125
To register: Call Radiance at 360-357-5250

Making CycleSense: Fertility Awareness for Natural Birth Control, Achieving Pregnancy and Reproductive Health

Thursdays: May 3 and 10
7-9pm

In this class we will learn to use fertility awareness, a method of charting the signs a woman's body gives every day to identify times of fertility and infertility. Charting is a valuable life skill for women of all ages. It offers women an understanding of their bodies and their fertility, an understanding that can be used for natural birth control, achieving pregnancy, or monitoring reproductive health. As a method of birth control, fertility awareness is natural, safe, practically free, and as successful as hormonal methods.

The first class will explain fertility signals and charting. During the week between classes, participants will chart their own fertility signals. We'll discuss our observations and questions in the second class, and go over all the rules and details for using fertility awareness successfully. Taught by Leilani Wong.

Cost: \$45/\$75 for couples; includes guidebook and charts
To register: Call Radiance at 360-357-5250

Luscious Food for the Skin

Saturday, May 5
11am-3pm

Poor diet certainly contributes to, and may even accelerate, the aging process. In this class we will discuss foods, herbs, and nutrients that promote the health of your skin and the entire body. We will share recipes of supportive foods and together we will create skincare that is good enough to eat! Carolyn will provide snacks that are safe for diabetics, sugar-sensitive individuals, and gluten-free.

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 and Carolyn Hewitt, certified nutritional therapist.

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

Basic Aromatherapy

Tuesday, May 8
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

Cell Level Meditation

Saturday, May 12
9am-1:30pm

This is body-centered meditation that is deceptively simple and quite deep. When you enter into the body and experience what's actually going on there, you give your body a kind of attention it loves and from which it benefits. The cells sing for joy, and they are restored to their natural state. Your mind can't do this and, as you may have experienced, it may get in the way—so we have to give it something to do.

Come spend an afternoon learning a simple form of meditation that helps the cells in the body have this simple joy. Learn some tools to dis-identify with the mind so you won't be fighting it. Then, something more alive, more real and satisfying, can come forth and you may get out of the way of your own healing—a natural state that wants to come forth. This class is taught by Patricia Kay, a student of Dr. Barry Grundland, a psychiatrist with over 40 years of experience in psychoneuroimmunology (mind/body healing), and the founder of Cell Level Meditation. Patricia has worked with people individually to facilitate their healing process by joining with them in Cell Level Meditation. Limit: 10 participants.

Cost: \$60
To register: Please register by May 5 via e-mail (pkay@olywa.net) or by calling Patricia at 360-866-6974.

Homeopathic First Aid

Saturday, May 19
1-5pm

After you've been inspired by what homeopathy can do, come learn to use 15 remedies that can be of great benefit in first aid situations. In this class you'll get a working knowledge of the remedies that can make a big difference as a first response in such "first aid" situations as accidents, falls, sprains, insect bites and burns. You will receive a first aid booklet with a description of each remedy, written by Patricia Kay, MA, HMC, the class instructor and a classical homeopath who has been in practice for almost 20 years.

Cost: \$60
To register: Please register by May 12 via e-mail (pkay@olywa.net) or by calling Patricia at 360-866-6974.

Labyrinths: Exploring and Creating This Ancient Tool

Sunday, May 20
2-4pm

Labyrinths: Ancient designs symbolizing the journey of the soul.

Found in cultures all over the world, labyrinths were created and used for many different reasons. Learn, explore, and discuss some of the traditional meanings behind why people created these remarkable symbols; learn how to create your own labyrinth for personal exploration, and consider why they have recently regained their appeal. Taught by Jennifer Dudman.

Cost: \$10
To register: Call Radiance at 360-357-5250

Advanced Aromatherapy

Tuesday, May 22
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

June Classes

The History of Western Herbal Medicine in the U.S.

Wednesday, June 13
6-9pm

This is a workshop organized to illuminate the current state of herbal medicine in this country. As we look at the fascinating history, we can start to understand how we have ended up with so many integrative healing traditions. We will discuss the impact of Native American plant medicine, European herbals, folk medicine and the Eclectic tradition, among other significant approaches. We will also shed light on both the current industry and practice of natural medicine. Taught by Corinne Boyer, herbal educator.

Cost: \$25
To register: Call Radiance at 360-357-5250

Green Flower Essences for the Green Heart of Earth Healing and Healing Ourselves

Thursday, June 14
6:30-9pm

In this workshop we will focus on the "Green" flower essences, made from uncommon green flowers: Green Bells of Ireland, Green Nicotiana, Green Cross Gentian, Green Rein Orchid, Green Rose and Lady's Mantle. These essences address our relationship to the earth and how we react in our hearts and bodies to the state of the earth at this time. Weather and flowers permitting, we will make an essence out in the garden Green for each participant to take home. Bring an open heart and a journal. Taught by Karen Lohmann, certified flower essence practitioner and comfort care therapist with Providence SoundHomeCare and Hospice.

Cost: \$35 in advance (\$40 at class)
To register: Call Karen at 360-943-8552

In Honor of Earth Day

April 20, 2007

Bring in Your Own Bottles and
Receive 40% Off
Any Bulk Body Care Refills!

Includes Alaffia, Dr. Bronner's, Pangea, Alba, Ecco Bella, Sombra, Giovanni and Radiance product lines.

Camamu Soap

We at Radiance are having a love affair with a **Luxurious line of soaps from Portland**



Camamu soap, bar shampoo and shaving soap are handmade from scratch in small batches. Using only pure essential oils and natural additives the soaps are a sensory delight; visually distinctive, succulent to the nose and silken to the touch. I was never such a fan of bar soaps prior to using Camamu. They are lovely and perfect! Once you try them you'll see and feel what I mean.

—Calista Warden

Everyday Matters

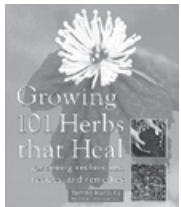
Dr. Hauschka Skin Care is like a dream.



The Everyday Matters Kits are an affordable way to get into our own rhythms of skin care. Compressing each day with the organic cotton Lavender Bath, cleansing and toning each day with the Cleansing Cream and a toner are the basic steps that make a difference. I feel this practice is the least I can do, if nothing else, to nurture my skin and spirit.

—Calista Warden

Book Picks



Growing 101 Herbs That Heal

Tammi Hartung

Garden wisdom, medicine-making recipes, and beautiful photos.

Clean House, Clean Planet

Karen Logan

Spring clean your home with simple, safe and healthy ingredients.



Wise Women: A Celebration of Their Insights, Courage, and Beauty

Joyce Tenneson

This book features stunning portraits and wise words honoring "the power and beauty of women in the third phase of their lives."

You Can Be Anything!

Gary Craig

Inspiring rhymes to encourage our children to believe in themselves and their dreams.



Staying Healthy With the Seasons

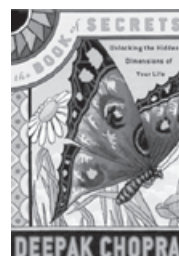
Elson Haas

This classic book blends Eastern and Western wisdom for vibrant health.

The Book of Secrets

Deepak Chopra

Wisdom from Deepak Chopra about finding answers to our deepest questions.



New Supplements

Herbal Products and Development

Liver Restore:

Fabulous formulation of 11 liver-supporting plant medicines from both Eastern and Western herbalism: milk thistle, turmeric, schizandra, picorrhiza, eclipta, dandelion, rehmannia, amla, bupleurum, burdock, spirulina. In veggie caps.

Flex-Connect Plus: A beautifully composed synergy to support joint health and flexibility. Glucosamine sulfate, complex of digestive enzymes, extracts of turmeric, boswellia, horse chestnut, quercetin, rutin, amla, mineral cofactors, ginger. In veggie caps.

Mesquite pod powder: Check out this beautiful and sustainable drylands food in our smoothie section. High in soluble fiber and protein, naturally sweet, blood-sugar balancing, mineral rich. Mesquite pod meal is a good source of lysine. It can also be used topically as a paste for cuts and stings.

HealthForce Nutritionals

Vitamineral Green: This powerhouse blend is a great addition to our nourishing green foods offerings. All ingredients are either certified organically cultivated or wild harvested: herbs, algae, kelps, grasses, juices. Contains enzymes and probiotics to enhance nutrient assimilation.

Truly Natural Vitamin C: A concentrated powder derived from the acerola berry, sometimes referred to as a "cherry." The delicious powder is great in smoothies or added to other juices; it contains associated cofactors such as bioflavonoids.

Antioxidant Extreme: A wonderful blend of potent antioxidants including pycnogenol, grape seed/skin extract, green tea extract, carotenoids, tocotrienols, bilberry, rosemary, turmeric, and more. In veggie caps.

Intestinal Drawing Formula: A bulking laxative and detox formula that contains NO psyllium! Instead, this powdered formula is composed of activated charcoal, slippery elm bark, marshmallow root, kelp, flaxseed meal, nopal cactus, fenugreek seeds, bentonite clay, stevia leaf, and more.

Flora

Floradix Iron + Herbs:

We've added another option to our liquid iron selection. This version from Flora contains all the usual fruits, veggies and herbs plus a specially cultured nutritional yeast [*Saccharomyces cerevisiae*] and wheat germ extract to provide B vitamins as well. In 8.5 oz. bottles and travel pack [10 bottles of .68 fl. oz./20 ml each].

Floradix Floravital Iron + Herbs:

Yes, these names are confusing. This is the product we've carried for years—yeast and gluten-free. Still available in the 8.5 oz. bottle, but we've brought in the travel pack as well. Great for trips and for those who only take iron for a few days each month.



Aubrey Organics

Men's Natural Dry Herbal Pine Deodorant



Finally a natural deodorant that works! Aubrey's Natural Dry Herbal Pine deodorant from their Men's Stock line is a true testament to the power of all natural ingredients; this product truly delivers. Don't let the label fool you, though...the sweet, woody scent is gentle, yet alluring for all genders.

Storchenwiege



Storchenwiege baby wraps are Oeko-Tex 100 certified and are known for their durability, beauty and performance. This company has done homework on the anatomical and psychological placement of your baby while in this wrap. The fabric is woven in a way that is cozy for both parent and child. It can be used in various positions which are illustrated in the complimentary booklet. In the store we have a DVD for those who want another visual. This is absolutely the best carrier that I have found. It will be cherished through generations of little cuties.

—Calista Warden

Card Artists

Melissa Harris

"You will find imagery illustrating the goddess in every woman as well as butterfly art, fairy art, mermaid art, cat art and other series. All of my work celebrates women's love of life, beauty, nature and magic."



Mara Friedman



Mara creates images that both honor and express the spirit, grace and beautiful strength of the Feminine. New Moon Visions donates a portion of

its proceeds to causes that protect Mother Earth and Her children of all ages.

Shiloh McCloud

"I paint to take action – I began seven years ago in response to the agony I felt and feel regarding the status of women and their families." (All work shown is copyrighted by Shiloh McCloud)



Conscientiously Selected Gifts

Sunbeam Candles

"Spreading light with a prayer to unite!"

A portion of the sales profits for 'Peace Candles' are donated to United for Peace & Justice and Doctors without Borders. These candles are made with solar power, a unique blend of beeswax and soy, earth friendly dyes and 100% pure essential oils.



A Frame for the Future

Local artisan Bill Fleming salvages materials for his picture frames. These frames are handmade from wood salvaged from construction demolition sites and garbage plots, mostly milled old growth trees. Each is finished with linseed oil and has no VOC's. Glass comes from replaced windows, nails and screws from the trash of a garage and basement.

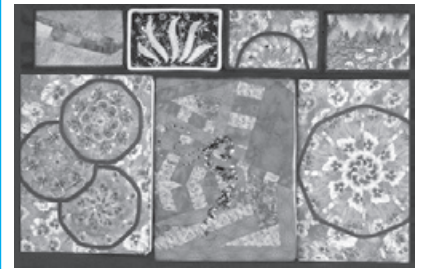


ArtsWalk XXXIII

Friday, April 27th, 5-10 pm

Featured Artists

PeggySue King

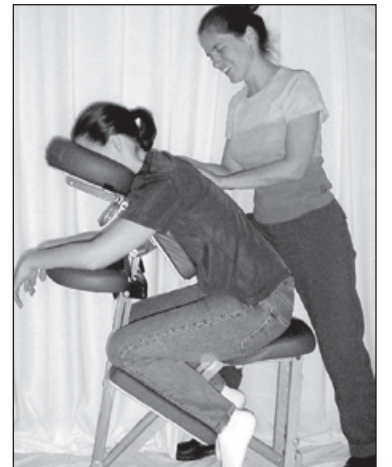


PeggySue King uses a needle as other artists use a brush or pen. Her hands create forest scenes, sunbursts and other eye catching patterns using fabric, thread, beads and other embellishments. During Artswalk she will be in our store displaying and selling her pieces ranging from large to small.

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 (\$7). Friday pm.

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