

# Peace & Our CBD Pedicures

*September 8, 2019*

Fall is coming and on September 16th we transition to our Fall pedicure menu. You will not want to miss out on these new offerings!

We've brought back the Basic Witch pedicure, a Pumpkin Spice Sugar scrub which features Pumpkin Flower Essence. This essence aids in recharging your batteries while assisting you to feel ready to take on necessary and needed tasks. Pumpkin is also full of beta-carotene which helps to reverse sun damage and improve one's skin tone and texture after a summer in the sun. The Lavender basic pedicure is a staple at Body Mind Spirit. The fragrance is so wonderful and popular. You will benefit from its powerful anti-inflammatory properties while it being gentle enough for anyone to use. Typically, this basic pedicure ends with a lavender lotion moisturizer but this fall we are excited to introduce a choice to end this pedicure with a lavender massage oil infused with CBD oil! (for a modest up-charge). An exceptionally relaxing finish to this treatment.

Our last Fall basic pedicure offering is Basil. Basil is not just delicious, but it is also nutritious both inside and out. This oil is full of antiseptic properties. When used externally, it assists in easing headaches and mental fatigue and is helpful for muscular aches and pains. The addition of Green Calcite Gem Elixir brings in a sense of fresh energy and rejuvenation. This pedicure is not advised for breastfeeding Moms due to its deep cleansing properties.

Next, the first offering for Fall intensive pedicure starts with a Hot Apple Cider Fizzer. This soak smells like fresh picked apples and will have you thinking Fall thoughts while your skin absorbs all the wonderful Vitamin E it contains. A Bourbon Bubbler brown sugar scrub follows to improve skin texture. This intensive pedicure ends with a Honey Heel Glaze. Made from whipped organic honey and organic sunflower seed oil, this is a deeply moisturizing hydrator.

The second Fall intensive pedicure offering is something very new and different. Instead of a sugar scrub, we are offering a salt scrub that contains CBD oil. CBD oil is safe, non addictive and does not produce a "high". If you are unfamiliar with CBD oil, see our March 2019 blog link for more information (<http://bit.ly/MarchCBDblog>). This lovely scrub is scented with a blend of Hibiscus and Ylang Ylang essential oils for an exceptionally pleasing fragrance. Included in this intensive foot pedicure is a paraffin foot treatment and concludes with a Rose Glow massage oil as the finishing moisturizer.

Sept. 16th is the start date for Body Mind Spirit to be open on Mondays.

In honor of International Peace Day which is observed on Sept. 21st, if you schedule a service on a Monday in September, you will receive 10% off the cost of the service. So, book that Monday time slot and bring some peace and beauty to the start of your week. And while you are here... relax, reflect on how peace in the world might look, or think about what small actions you can do to make the world a more peaceful place to be.

World peace begins with inner peace - Dalai Lama

Do your little bit of good where you are; its those little bits of good put together that overwhelm the world. - Desmond Tutu

