



Enchanted Thymes

FEBRUARY 2011

VOLUME 5, NUMBER 2

Events Calendar

COMPASS™ Scans and Detox/Energy Foot Spa Sessions available in **Loving and Carlsbad**. Call (575) 745-1673 to schedule your appointment.

Healthy Habits Herbal Hour, **Saturday, February 12th** @ **9:30 a.m.** at **Enchanted Herb Pantry, LLC**.

FEEL BETTER Than You Thought Possible - Schedule your **COMPASS™ Scan** today!

Skin Care Secrets

Beautiful Skin is an Inside Job

We hate to admit it, but we do judge books (and people) by their covers. That's why most women (and an increasing percentage of men) are concerned with having healthy-looking skin. Skin problems like acne, rosacea, spider veins, wrinkles and blotches can diminish a person's self-confidence and sense of self-esteem.

Most people try to create healthy skin from the outside in. That is, they apply lotions, creams, ointments and various cosmetics and skin care products in hopes of having the healthy-looking skin they desire. Unfortunately, the skin is a reflection of our general health and skin care problems are signs of deeper imbalances in the body. These problems can't be corrected by just slathering something onto the skin. They require us to work from the inside out.

For starters, the skin is the body's largest organ of elimination, and many problems are signs that the body's internal detoxification systems are overwhelmed. The skin also needs healthy circulation, so a lack of good blood flow to the skin can also cause skin problems. Finally, the skin, like any other organ, needs good nutrition, so deficiencies of essential fatty acids, minerals and vitamins can also be contributing factors to skin disorders.

January Healthy Habits Class

DATE: Saturday, February 12, 2011 **TIME:** 9:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: Learn how to create beautiful skin from the inside out by attending this month's Healthy Habits Class. Cost: \$10/person, Bring a Friend ~ Receive a FREE Gift. Class Includes: One-hour class with handouts. To register call (575) 745-1673 or email: enchantedherbpantry@yahoo.com. Space is limited ~ Register early!

NOTE: **New Time - Lower Cost!**

EHP Monthly Specials

Essential Oil Compass Scan ~ Only \$20

Receive a Custom-Blend Shea Butter, 2 oz., for only \$5

Moisturize your dry, cracked, winter skin with Shea Butter with your choice of essential oils added to make it uniquely yours.

Regular Price - \$37 (Scan and Shea Butter, 2 oz.)

SALE PRICE - \$25

Fresh, Free-Range Chicken Eggs - \$2/dozen

*Sale prices valid for in-stock items only during advertised month. Sale prices/free product not valid on services or website orders unless otherwise stated.

All prices subject to change without notice.

Shipping charges may apply.*

Tired of Feeling Tired?

Re-energize your body with an Energy Foot Spa session.

Appointments are available Monday through Saturday at Enchanted Herb Pantry in Loving and Carlsbad. Call (575) 745-1673 to schedule your Energy Foot Spa session. Refer a friend, receive \$5 off.

Important Notice: This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Product Tips

Scar Tissue Repair

1 Bottle Herbal Trim Skin Treatment
2 Capsules MSM

Add MSM to Herbal Trim, let set for a day or so. Shake well before use. Apply to scar or areas of internal scar tissues to assist the body in dissolving the scar tissue.

***Products available NSP @ www.mynsp.com/stevens.**

PLEASE NOTE: For those of you who use the Natria Skin Care line from NSP ~ these products are soon to be discontinued.

Coming Next Month

The indoor pollution from cleaning products is not only a hazard to our health, it's also a hazard to the environment. Come to next month's Healthy Habits Class on **Saturday, March 12th at 9:30 am** and learn how to keep your home safer, healthier and environmentally-friendly using Nature's Fresh and other natural cleaning products.

Construction Update

As many of you know, Enchanted Herb Pantry has been under construction since Fall 2010. Progress has been a bit slow, but very exciting! When all is said and done, we will have a new look - with over 760 sf. With this addition, Enchanted Herb Pantry will be offering a few new services as well. Here is a sneak preview ~ Natural and Organic Foods!!! Hopefully, in the next week we will have the HVAC installed. I will keep you updated in the progress.

Enchanted Herb Pantry, LLC

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Office Hours: Monday - Friday, 9-6, Saturday, 9-Noon

FREE *Sunshine Sharing* subscriptions are available to active Enchanted Herb Pantry clients. Don't miss out on this valuable information. Annual subscriptions may be purchased for \$15. Please mail payment to: Enchanted Herb Pantry, LLC, Attention: Sunshine Sharing, 97 W Ogden Rd, Loving, NM 88256. Monthly *Enchanted Thymes* issues are available FREE via email. Current and past issues can also be viewed on my website.

Enchanted Times is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to Enchanted Herb Pantry, LLC, 97 W Ogden Road, Loving, NM 88256 or enchantedherbpantry@yahoo.com. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.