



We appreciate your patience & understanding during this strange time for our small business. The April newsletter we planned didn't quite look like the reality we are all facing.

Regardless, we are still here for YOU - albeit not in person. Here are some products & tips to get you through the next (& hopefully final) month of self-isolation & social distancing.

As soon as we have more information regarding our re-opening, you'll be the first to know! If you would like to pre-schedule an appointment for May, please contact us at 302.227.5649 or by email at [info@avenuedayspa.com](mailto:info@avenuedayspa.com)

## Stay healthy & keep symptoms at bay naturally



Add a tincture or two to your wellness routine today! These tinctures are concentrated blends of herbs designed to restore imbalances & rebuild proper bodily support systems.

The **Nettle Respiratory Tincture** targets seasonal respiratory imbalances with the help of goldenrod & horsetail.

The use of reishi mushrooms dates back 2,000 years to Traditional Chinese Medicine where it was thought to restore energy and build immune strength. Chock full of holistic ingredients like astragalus, ginger root and cat's claw, the **Reishi Immune Strength Tincture** is a must have right now. Use regularly to keep your immune system strong & stable.



As soon as you start to feel that tickle in your throat or a little more run down than usual, switch from the



Reishi Immune Tincture to the **Echinacea Immune Boost Tincture** to zap your immune system into overdrive.

Simply add 2 dropperfuls to water, tea or juice. Tinctures may also be taken neat directly under the tongue. It's typically not recommended to mix tinctures together. Instead, we recommend concentrating on one goal in the morning and another in the evening.

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\*Please note that we are not diagnosing any serious medical conditions or prescribing any treatment plans. We are merely recommending products that we have tried, tested & have found to work for our needs.



### **ImmunoBooster**

Boost your immune system & restore imbalances with this homeopathic oral spray from *Sprayology*. As an FDA regulated, homeopathic company these remedies are guaranteed to work when taken consistently.



### **EveryDaySunshine**

Did you know that Vitamin D is a key benefit for a healthy immune system? Try this vegan formula in a yummy peach-mango flavor.



### **Battling cold symptoms is not fun, but it can be tasty**

Try the gluten-free Wild Cherry Bark & Hyssop Respiratory Syrup, infused with wild cherry, hyssop & echinacea to support respiratory health and soothe coughs.

We also recommend pairing the Vitality Tea (flavors of mint backed with echinacea) with the Stress Resistance Fortified Honey (a wildflower honey with ginger, ginseng & clove). Pro tip - this combination over ice is delicious, refreshing & still just as beneficial for immune support.

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### **Cold + Flu Relief with Sprayology**

Relieve traditional cold symptoms with just two sprays under the tongue, three times daily.

May be used in combination with & will not counter act



with any other medication or homeopathy.

Enjoy 30 days of relief for a little more than \$1 per day!

Shop Now

## It's Cold & Flu Season, Are You Ready?



### Cold + Flu Relief

EFFECTIVE ALL NATURAL RELIEF

#### RELIEVES:

- o headache + fever
- o sinus congestion
- o chills
- o achiness

Safe for ages 2 and up!



### Find your chill

Experience true zen-like relaxation with the **Chill CBD Collection** from *Naturopathica*.

This pandemic has us feeling anxious, restless and sometime irritable. Let the power of full-spectrum, organically grown CBD transport you to back to a state of peace.

We love the microdose elixir at bedtime. The kava balm is great for a self massage - may we suggest the feet, lower legs & temples.

Shop Now

### Set your intentions

The *Aluminate Life* candles have been amazing in our homes these last few weeks.

Create a work from home space that promotes focus & creativity, while keeping you grounded & relaxed. Define your personal spaces for restful sleep, or unwind with a candle-lit soak.

Our personal faves include **Defense** - a blend of frankincense, neroli & smoky oak or **Strength** - a blend of cedarwood, amber & sage.

Each candle has a hidden crystals to enhance the intention of the blend. Us recycling nerds also love that the glass jar can also be repurposed & reused.

Shop Now



### Fill those Easter baskets

Skip the Walmart run this year & fill your loved one's Easter baskets from the comfort of your home.

We have adorable, cuddly animals filled with aromatic lavender - warm them up for added



comfort!

All the lovely ladies would be thrilled to discover the delicate scent of vanilla & lavender in the Fluffy Bunny collection from FarmHouse Fresh.

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## Promotions, Free Gifts & More

[SHOP NOW](#)

- all orders of \$50 or more ship FREE
- purchase any two (2) *Sprayology* products, receive a FREE B12 + Folic Acid Formula
- purchase any *FarmHouse Fresh* product, receive a FREE horseshoe necklace for saving Huck, the pony
- purchase any two (2) FarmHouse Fresh products, receive a FREE full-size hand cream
- all orders come with free deluxe samples hand selected by our family based on your order

### Love local, get gifted

With our doors temporarily closed, you might be wondering how best you can still support our small business.

This month, we are giving away an additional \$40 in gift cards\* with every \$100 gift certificate purchase to thank you for supporting us in this crazy time. Promotional gift cards come in \$20 increments & are valid towards any 60 minute spa service once we re-open. While supplies last.

Gift certificates never expire - so think ahead for Mother's Day, birthdays, anniversaries, etc.

[Shop Now](#)



### Follow us on social media for regular updates!

We hope you enjoy our product features, testimonials and promotions. If you are interested in other tutorials or have something you would like to see featured, please reach out! We would love to post more of what you want to see.





## Makeup Event to be RESCHEDULED

Unfortunately, we will most likely not be able to host our spring makeup event on Friday, April 24.

We will reschedule the event once we have a better idea of when we will be re-opening & when gatherings are safe to take place.

The entire **In Full Bloom** spring makeup collection from *jane iredale* is available for purchase now! The lipstick shades have us swooning & we've been waiting for a matte palette like this one!

[Shop Now](#)



*Avenue*  
apothecary & spa