

# Serene Squirrel



## NEWS NUGGETS

2024 March



## LET'S TALK BODY

Our high-tech gadgets are here to help you reach your wellness dreams without any invasive procedures. These magical machines work with your body's natural powers to zap fat cells, tighten up loose skin, and give you the glow-up you deserve. Say goodbye to stubborn fat and hello to a whole new you! Plus, there's no downtime - so you can hit the ground running back to your daily grind or party with your besties. Remember, your diet and exercise play a role, but fear not! We'll craft a customized roadmap to help you rock that dream look. Starting March 10th, **our Body Sculpting Packages are 15% off for 5 treatment packages, and 20% off for 10/15 treatment packages-** don't miss out on this fabulous deal!

[LEARN MORE](#)



## UPCOMING EVENTS

HAPPY EASTER SUNDAY  
ON 3/31

NATURAL LIVING FAIR AT  
TANGLEWOOD (1601 MADISON ST)  
APRIL 27 (10-4) AND APRIL 28 (12-4)  
COME SEE US!



# IT'S KAPHA SEASON!



## PRACTICE SELF CARE

As we enter into spring, now is the time to burn off that excess accumulation of that heavy, wet, stagnant energy. Favor warm over cool or cold. Cooked foods are a better choice this time of year. Warm beverages and some food with a little spice. Start a regiment of walking as weather permits.



## TEA FOR THE SEASON-CCF

A well-known Ayurvedic tea that aids digestion, increases absorption of nutrients, and helps detoxify the body. (CCF stands for coriander, cumin, and fennel.)

Ingredients:

2 cups water

1 tsp coriander seeds

1 tsp cumin seeds

1 tsp fennel seeds

In a small pan over high heat, bring water to boil. Turn off the heat. Add coriander, cumin, and fennel seeds and let steep for at least 5 minutes. Strain into a cup and serve.

Makes 2 servings.

## PRACTICE GRATITUDE

It's always a good dose of mindfulness with incorporating gratitude as a morning and evening ritual (or anytime really). Just take some deep breaths and think of one or two things that you are truly grateful for from the day. No matter how big, small, silly or serious. It's important to realize that there's always gratitude in our lives. Sometimes we just have to dig deep and practice!

