



WELCOME TO OUR
MONTHLY NEWSLETTER



A Fall Update!



Embrace cozy self care with Sacred Flower this November!

As the air grows crisp and the days become shorter, we invite you to slow down, turn inward, and nurture yourself this November.

Sacred Flower Holistic Spa is here to help you prepare for the holiday season with treatments and offerings designed to balance, rejuvenate, and ground you.

Read on for our November highlights, wellness tips, and exclusive offerings!



In this newsletter you will find:

Latest offerings, workshops, wellness tips, and more. Keep Reading!



Holiday Season Herbs: Hibiscus

WE'RE LOVING THIS VIBE

Hibiscus is a holiday season powerhouse, benefiting both skin and overall wellness.

For skincare, its natural AHAs gently exfoliate, antioxidants fight aging, and mucilage hydrates, leaving skin smooth, firm, and radiant.

Internally, Hibiscus boosts immunity with vitamin C, supports heart health, aids digestion, and reduces stress. It's perfect for glowing skin and a balanced mood, making holiday celebrations both beautiful and healthy.

Hibiscus' rejuvenating, immune-boosting, and stress-relieving properties align perfectly with holiday needs. Adding hibiscus to skincare, teas, or infusions will keep the skin glowing and spirits high, giving a beautiful and healthy holiday boost.



Upcoming Events

11/10 HOLISTIC WORKSHOP

Join us for a peaceful guided meditation with sound healing, DIY herbal bath salts, & curate a Sacred Flower Gift Basket on November 10 from 4-6PM for \$30.



Rose & Hibiscus

SOPHIA'S ELEMENTS

Sophia's Elements Rose & Hibiscus products are ideal for holiday skincare, combining rose's soothing hydration with hibiscus's natural firming and exfoliating effects. This blend keeps skin smooth, radiant, and protected from winter dryness, giving a bright, youthful glow perfect for the season.



Sacred Flower Signature Fall Facial

WE'RE LOVING THIS VIBE

Indulge in autumnal bliss with our Sacred Flower Signature Fall Facial, crafted to rejuvenate and renew your skin using nature's seasonal gifts.

This facial features a luxurious Pumpkin Enzyme Peel Mask, rich in vitamins and antioxidants, designed to exfoliate, brighten, and smooth your skin, revealing a radiant, healthy glow. Pumpkin enzymes, packed with vitamins A and C, work to gently dissolve dead skin cells, encourage cell turnover, and restore vitality.

Enjoy a soothing, warming facial massage with our Cardamom and Ginger infused Organic Pumpkin and Cranberry Seed Oil, filling the air with the comforting aroma of pumpkin pie.

Known as the "Queen of Spices," Cardamom offers powerful antioxidant and anti-inflammatory benefits, supporting circulation and a healthy complexion.

Cranberry Seed Oil is packed with omega fatty acids and vitamin E, deeply hydrating and helps combat free radicals, leaving skin soft, smooth, and resilient. Complemented by the warm, invigorating properties of Ginger, this massage deeply soothes and revitalizes, helping to relax facial muscles and improve skin elasticity.

Perfect for restoring moisture and vibrancy to the skin during the cooler months, this fall facial will leave you feeling refreshed, grounded, and beautifully radiant.



Shiitake Shroom Tincture

GOLD COAST MUSHROOMS

Shiitake mushrooms have many reported effects that include stronger nails & hair, hydrate & even skin, lower cholesterol levels, and contains anti-aging properties.

Gold Coast Mushroom products are sold online at www.goldcoastmushrooms.com & at Sacred Flower Holistic Spa.

Wellness Tips

HERE ARE A FEW WAYS TO SUPPORT YOUR MIND & BODY AS WE TRANSITION INTO WINTER:

- **Warmth in Your Daily Routine:** Add warming herbs like cinnamon, ginger, and turmeric to your meals to stay cozy from the inside out.
- **Mindful Movements:** Try gentle yoga or stretching to increase circulation and ease into colder months.
- **Create a Gratitude Ritual:** November is a wonderful time to reflect on gratitude. Begin or end each day by writing down a few things you're thankful for.



Sacred Flower Gift Baskets

CURATE THE PERFECT PRESENT

Looking for a unique gift to show someone how much you care? Our curated Sacred Flower Gift Baskets make the perfect treat for friends, family, or even yourself. Available for purchase in-spa, each basket is filled with natural products, seasonal blends, & thoughtful touches.

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