



Learn how to make

Magnesium Lotion

For sleep, stress, muscles & more



Saturday, August 22 from 3-5pm

\$100/person

Take away 2 x 2oz lotions

To register for the workshop payment can be made by credit card by clicking on the link provided. Alternatively payment can be made by e-transfer by contacting salisheye@gmail.com.

Medicine Making Workshop with:

Kristin Thomas
Medicine Woman and Herbalist

Magnesium

It turns out that magnesium is very important for a myriad of functions in our bodies. Sadly, most of us are deficient in it. Magnesium is critical to heart health, essential for bone health, helps maintain normal blood pressure, helps maintain healthy hormones, promotes restful sleep, assists in muscle strength, relieves muscle cramps, necessary for vitamin D assimilation, very helpful during pregnancy, important for healthy skin, helps improve energy and mood, helps alleviate anxiety and depression, and relieves restless leg syndrome.