

a heartfelt valentine's day

Chocolates Lips



Chocololicks - The Ultimate Guiltless Pleasure

Four shades and flavors of hydrating glosses provide a delicious array of options for your lips and your palate.

Truffle is a rich, chocolate brown gloss tasting of decadent, double chocolate.

Chocolate Orange is a shimmering copper gloss pairing the flavors of deep, dark chocolate and zingy orange.

Strawberry Cream is a glossy pink and tastes of luscious berries dipped in chocolate.

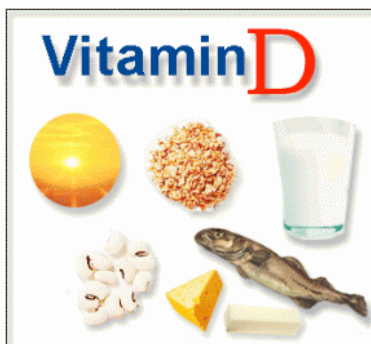
Caramel is a sheer bronze gloss with sensuous, buttery sweetness.

Whole-body airport scanners

After the December scare in airports with the "underwear bomber's" attempt to bring down an airplane in flight, now many airports have brought in whole-body scanners to further security. Apparently there are two forms of these scanners. One uses radio waves,



having no risk of radiation exposure. However, the other form is a type of xray, and does give exposure to radiation. Authorities are saying that compared to a chest xray the radiation exposure is small. I am concerned about the cumulative effect of radiation on the body for frequent flyers. While still given the choice between the whole-body scan or a pat down, you might want to consider the pat down.



We are right in the middle of the season where major vitamin D deficiency can occur. An adult needs 1200-2000 IU daily to maintain good health. Even if you are eating foods higher in vitamin D (like good quality fats and dairy products) with our lack of sun exposure the vitamin D can not activate and work.

Vitamin D is fat soluble, making it a little harder for some people to utilize even when they take the appropriate dosage. If you need one, we have a great vitamin D here that is easily absorbed and in drop form, making it convenient to use.

Is that **New Year's resolution** to get into better shape just making your body ache? Book yourself in for a therapeutic treatment with our registered massage therapist. This is covered by most extended health plans and we have direct billing with Blue Cross.

Price Melts

Our popular, fair-trade and organic, cocoa butter bath melts are the perfect gift for the chocolate lover that loves winter time baths. Bath melts are normally \$2 each, for Valentine's they are 3 for \$5



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Heading South?

I hate being sick, but I really hate being sick when I am away from home. Before leaving you might want to pick up one of these remedies from us to keep you healthy and happy while making some of your own Vitamin D in the sun.



Citricidal is made from the inside of a grapefruit seed and is highly effective against parasites, bacteria and viruses. Take 3 pills daily, with food. Probiotic is a great blend of healthy bacteria that doesn't need refrigeration and will help keep you and your digestion healthy, by taking 2 pills daily. Digest is a great inexpensive digestive enzyme to use when trying new foods while away, using 1-2 as needed. We also have organic, mineral-based sunscreens to keep you from burning.