



## UPCOMING EVENTS

**Feb. 12 2pm – 6pm  
Sweethearts Market**

Calming Waters will be featuring  
Oxygen Therapy & 2022 I AM Manifesting  
sessions with Aromatherapy.

Spots are limited- Reserve yours NOW!  
All events will be held at Enki Brewing in  
Victoria, MN.

## In Gratitude: February 2022 Events & Specials

**Can you feel the love in the air? We hope you take advantage of the many February specials sprinkled throughout this communication.**

### **have you booked a service with us yet?**

We opened our Burnsville location to have a safe and healing space for you. This is really where my passion lies- helping others to step into their power and live authentically as your True Self. Many times, we need a little self-care to find our voice. We are here to help guide you.



### Calming Waters Services: Raindrop Therapy

Raindrop Technique® uses therapeutic-grade essential oils to restore balance to your body and release toxins. The technique uses gentle slow strokes by applying essential oils first on your feet and then on your back. Raindrop Technique has been known to increase the immune system, relieve back issues, and to create balance and harmony in the body - physically, mentally, and emotionally. Raindrop Technique focuses the healing essence of the essential oils directly to the spinal column where it is believed that viruses and bacteria lie dormant until the immune system weakens. The oils create an environment that is not hospitable to these “foreign” agents in our bodies and causes them to be eliminated naturally.

Raindrop Technique is also an effective detoxification and can assist you in eliminating symptoms associated with cold and flu and other common conditions.

**This appointment is typically 75 minutes long and the cost is \$150.00.**

**February Special is \$122.00. Call 952-913-7086 for your private appointment.**

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**At Calming Waters your wellness matters. We believe you matter.**

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## Calming Waters Services: VitaFlex

Vita-Flex Treatment is based on a complete system of internal body controls. When properly applied through specific application of hand rotation movements and control points, a vibrational healing energy is released through the electrical impulses by the contact between the fingertips and the reflex points. Benefits of a Vita Flex treatment include bringing back balance to the energy pathways in a non-invasive manner, working on supporting our healthy body systems along with reducing stress and tension in the body.

**This appointment is typically 30 minutes long and the cost is \$49.99.**

## Calming Waters Services: Emotional Release

Emotional Release techniques encompass a variety of methods designed to clear unpleasant emotions and traumas. They differ from conventional methods in that they do not rely on medical interventions, such as pharmaceuticals, surgery, or talk therapy. We will work together to replace old negative patterns with healthy healing statements. These healing statements along with specific placement of essential oils will begin the Emotional Release process.

**This appointment is 30 to 90 minutes and the cost is \$49.99 – \$150.00**

## Calming Waters Services: Oxygen Therapy

Why should I be concerned about oxygen? Did you know that every day we breathe 20,000 times? Your body is designed to function on 21% oxygen in the air you breathe. Polluted or stale air usually contains less than 21% oxygen, which can impede optimal functioning of your cells. With the current Mask mandates, people are finding their personal oxygen intake to be less than normal. Most importantly, your brain cells are the first affected by lack of oxygen, resulting in impaired reaction time and judgment. Since it is difficult to monitor atmospheric oxygen, we suggest incorporating Oxygen Therapy to your routine. Oxygen Therapy can help you feel mentally sharper, more alert and energetic.

**This appointment is 30 minutes, and the session cost is \$30.00**

**Looking for therapeutic grade products? We would love to have a conversation about Wellness and help you implement the appropriate products that compliment your lifestyle!**

**why goli?** We are driven by the belief that everyone has the power to make their own happiness. And that power begins with being healthy. Easier said than done, right? At Goli, we work hard to invent smart new supplements and provide customized advice to help keep your nutrition goals right on track. Because we do it with easy-to-take, and easy-to-integrate products that don't interrupt your busy lifestyle, but actually complement it. **Goli. It's the simple way to wellness.**

**What's NEW?** Goli just launched Goli Sub Club!! When you subscribe using your code "calmingwaters" you will get 25% off their first purchase and 15% off all recurring orders. This is our gift to our loyal customers.

Starting Saturday, February 12 – February 15<sup>th</sup> **Love is in the air promotion of 20% off** your online purchase. AND if you opt into the Goli Sub-Club, you will save **up to 35% off** by subscribing.

Grab yours here: <https://go.goli.com/calmingwaters> and make sure to use Promocode: *calmingwaters* for the best deals.

**why bio?** In today's society, finding and maintaining a healthy balance can be difficult. With hundreds of convenient fast food options, little time for exercise, and seemingly even less time for proper rest and recovery, our lives are easily thrown out of balance. BioReigns is committed to continually providing innovative products designed to address today's most common health and wellness pitfalls. Highlighted by BioReigns' proprietary RapidCell Technology, along with the wide-ranging benefits

of ingredients like collagen, curcumin, and quercetin, our family of products quickly turn any routine into a healthy, transformative lifestyle.

**What's NEW?** Looking for the **BEST SLEEP EVER?** While supplies last get your **bioSleep for \$69.99**. That is a savings of \$20! This special promotion is on Calming Waters inventory only. While supplies last, so reach out for yours NOW!  
**Check out our special bio Valentine Gummies!**



GIVE THE GIFT OF ZEN WITH OUR

## Valentine CBD Gummy

Ditch the chocolates and florals this Valentine's Day and give them the gift they really deserve... better wellness.

\$49.99 | FEBRUARY 1-14  
WHILE SUPPLIES LAST

**bioReigns**

For the whole month of February, we want to help you focus on proper nutrition. Protein plays a vital role in metabolism, immunity, and energy! Through February 28<sup>th</sup> **when you buy one protein, you will get one FREE!** This will show up during the check out process in your online cart!

If you are a new customer to bio, sign up for our emails and you will receive 10% off your order! \*Interested in saving more? Let's talk! **Don't miss out on our February promotions! Check us out here:** <https://calmingwaters.bioreigns.com>

We have added an Events & Specials tab to our website. We will do our best to keep this updated for you. Our affiliate companies create special offers frequently. Please check in at [www.calmingwaterswc.com](http://www.calmingwaterswc.com) or our Facebook page @calmingwaterswcmn for the latest and greatest.

**REMEMBER! We will be at Enki Brewing on Saturday, February 12<sup>th</sup> from 2pm to 6pm. We will be offering Oxygen Therapy sessions and there will be show specials on bioSleep and the Goli product line.**

We strongly recommend reaching out prior to schedule your Oxygen session as we were very busy at our last event.

Tracy Langheinrich; Grateful Healer, RTS, ERS; Founder -Calming Waters Wellness Center

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**At Calming Waters wellness matters. At Calming Waters, we believe YOU matter.**