



NOURISHING NEWS

Live Well. Age Well. Inside & Out.

RENEW, REFRESH, REJUVENATE: SPRING INTO CHANGE!

Spring is here—a season of renewal and fresh beginnings! Just as nature comes to life, you too have the opportunity to embrace change and growth.

Now is the perfect time to realign with what truly matters. As your coach, I'm here to guide and support you in creating a life that feels authentic and fulfilling.

That's why I created **NOURISH & ALIGN: DISCOVER YOUR CORE VALUES**—a 45-minute session done in-person or virtually to help you uncover what truly matters so that change feels natural and lasting. This is your starting point for real, meaningful transformation!

NEW COACHING SERVICE!

NOURISH & ALIGN : DISCOVER YOUR CORE VALUES

Gain clarity and confidence by uncovering your core values. Through guided exercises and reflection, you'll learn to align your decisions with what truly matters, creating a more intentional and fulfilling life.



SPECIAL!

Normally, \$125
NOW - \$95

In-person or virtual appts available
45 Min



Want to Learn More? [CLICK HERE](#) to schedule a complimentary curiosity call or to schedule your values session

DO YOU KNOW YOUR VALUES?

Have you ever wanted to make a change but struggled with follow-through? You know things need to shift but don't know where to start. The key to lasting, meaningful change begins with understanding your core values. When your values align with your goals, change becomes easier, more natural, and truly impactful.

Why Values Matter

Your values are your internal compass, shaping your decisions, priorities, and interactions. They influence everything from your relationships and career to your physical, mental, and emotional well-being. When your values are clear, they provide:

Clarity & Direction – Helping you make aligned choices.

Motivation & Commitment – Making change feel natural, not forced.

Resilience – Keeping you grounded during challenges.

Authentic Growth – Allowing you to build a life that reflects who you truly are.

How to Discover Your Core Values

Start by reflecting on what matters most to you, what inspires you, and key moments that have shaped you. Your values are already guiding you—you just need to uncover them.

Need Help Finding Clarity?

NOURISH & ALIGN: DISCOVER YOUR CORE VALUES might be just what you need! This 45-minute coaching session is designed to help you uncover what truly matters. When you define your values, you can assess any change against them, ensuring it aligns with your vision for life. It's the perfect starting point for nourishing, lasting transformation.

I would love to work with you and help you explore your values. Are you ready to step into a new season of growth? Let's begin!

SCHEDULE HERE!

PRODUCT HIGHLIGHT - DR. ALKAITIS

PURIFYING FACIAL CLEANSER



Spring Clean Your Skin!

Just like we refresh our homes in the spring, it's time to refresh your skincare routine! This plant-powered facial cleanser is the perfect way to cleanse away the buildup of winter and reveal a fresh, radiant complexion.

My favorite go-to cleanser is pH-balanced to gently purify without stripping your skin. It's packed with therapeutic herbs, nutrient-rich seaweeds, and vital vitamins in a luxuriously creamy base. Plus, it's super concentrated, so a little goes a long way!

Ready to give your skin the fresh start it deserves?

4 oz - \$67

2 oz - \$45

CLICK HERE to schedule a product pickup



INTERESTED IN SCHEDULING?

Facials - In office

Product Consultations - In office or virtual

Health Coaching - In office or virtual

How to schedule

Online at www.nourishedsc.com

Text or Call - 317-459-6157

Email - info@nourishedsc.com



HOLISTIC, CLEAN, SKIN CARE SERVICES & COACHING TO
TRANSFORM YOUR HEALTH AND WELL-BEING.

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