

APRIL Newsletter

<https://allthingsseamoss.ca>
Tel: (647) 406-8677
555 Simcoe Street South, Oshawa, Aisle B



Hello!!!

Welcome to the first of our monthly newsletters direct from our Oshawa Street location. You can expect all sorts of goodies here such as being the first to find out about brand new products, recipes, tips and tricks and monthly events. We want you to stay in the loop!



Did you know?

Uses of food to make your skin glow

In today's health-conscious culture, it's becoming increasingly obvious that food is our medicine. You wouldn't eat cake, cookies and pastries and expect to feel great afterwards, so why would you expect your skin to glow?

Beauty begins within, so it only makes sense that putting fresh, healthy foods in your body would be the first step to looking great.

From vitamins and minerals to antioxidant-rich foods, the earth provides us with everything we need to stay healthy and radiant throughout our lives. Whether you're struggling with acne, wrinkles, dryness or just a bad case of the blahs, there's no better way to heal your skin than through food. here are five of the best foods to eat for radiant skin: Fish, Oranges, Nuts, Tomatoes and Carrots.



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About Our Smoothies

Our smoothies are made by puréeing fruits and raw vegetables in our blenders. They usually have a liquid base such as fruit juice, or dairy products such as milk, yogurt, ice cream or cottage cheese. Other ingredients are often added, including non-dairy milk, almond milk, crushed ice, sweeteners, vinegar, whey powder, chocolate or nutritional supplements.

Smoothie of the Month

Lip Smacker Pineapple Carrot Smoothie

Nutritional Facts: 159 calories; fat 1g; sodium 25mg; protein 2g; carbohydrates 40g; sugars 26g; fiber 4g; iron 1mg; calcium 38mg.

This smoothie is also packed with vitamins A and C and potassium and all sorts of other good stuff. So you can sip down the sweetness knowing that it will bring all sorts of energy and good stuff to your day ahead.

Ingredients: Sea Moss, Baby Carrots, Coconut & Pineapple.



Upcoming Events

When: Sunday April 3rd, 2022

Event: Femme Collective Pop Up

Where: 68 Abell Street, Toronto

When: April 16 & April 17

Event: Easter weekend Raffle
Everyone is a winner!

Where: Oshawa Markets

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[May Sneak Peak](#)

[National Womens Show - Mothers Day Weekend](#)

New Product Alert

We have added Green Sea Moss to our line up. You can now order green sea moss raw or in the gel format (fruit and herbal).