



RESTORING HEALTH & RELIEVING DISCOMFORT

Our clients rarely leave the studio without hearing the words “be sure to drink water”. Water makes up over 50% of our body so it is important to stay hydrated, especially during the heat of the summer months. Luckily we can consume more water through many of the fruits and vegetables that are plentiful this time of year: berries, oranges & other citrus fruits, lettuce, cucumbers, spinach, watermelon, cantaloupe, and honeydew. Starting in July, The Wellness Connection will offer a special item to add to your water to reduce inflammation, help your gut microbiome, increase stamina and more. Visit our website for more info soon: thewellnessc.com



Fun in the Sun: Safe Skin Sunscreen

Even on a cloudy day, 80% of the sun’s harmful UVA and UVB rays can reach your skin. It is important to apply a natural broad spectrum lotion 15 minutes before exposure.

We carry an aloe-based sunscreen in the studio that is paraben-free, water resistant, 19% zinc oxide, and reef safe.

This light, non-greasy lotion creates a physical layer of protection and does not absorb into the skin like chemical based products. The botanicals and antioxidant-rich fruit oils help to replenish moisture from the drying sun as well. And don’t forget about your lips-we have you covered there too!

Purchase in studio or here: [Shop Now](http://ShopNow.bit.ly/4k7Agyy) (bit.ly/4k7Agyy)

High Protein Summer Salad

16 oz chickpeas; rinsed and drained
1 ½ cups cooked/shucked edamame
2 diced carrots & 1 diced red pepper
3 Tbsp finely diced red onion
¾ cup dried cranberries

Dressing:

3 Tbsp Olive Oil, 3 Tbsp Balsamic Vinegar
¼ tsp Garlic Powder, ½ tsp salt & pepper
1 Tbsp Italian seasoning

Mix dressing ingredients & toss with salad.

Refrigerate 1 hour prior to serving.

**Add cooked, sliced chicken to make it a meal.*

Did you Know???

Longevity is a fascinating and increasingly relevant topic as of late. In our studio, we often use the phrase, “add life to your years, not just years to your life”. Discover the role that circulation plays in longevity by reading our latest blog:

<https://thewellnessc.com/blog>



Summer Walk-In Hours: M-TH 8am to 11am and 3pm to 6pm / Fridays 8am to Noon

Initial Consultation & Sessions for new clients are by appt: Call 440-796-2179

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