

KIM ALDREAD

REAL PEOPLE, REAL LIFE, REAL ESTATE

inside this issue

PAMPER YOUR LOVE!

Meet two great businesses to soak up all of the love this season!



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A Message

From Kim

Welcome to the first newsletter of the year - issue number 19 if you can believe it! We are so excited to be sharing this issue with you. In honor of February being filled with the loving holidays, we have two wonderful businesses to share with you that truly capture the wonderous feeling of love. If you are looking for a gift for a special someone or just looking to add a little sunshine into your own self-love routines, these two are above & beyond what you could ever imagine.

Thinking forward into 2023, our word for the year is health. If 2022 taught me anything, it was to enjoy every moment we have and never take any day, anything or anyone for granted. Take the time to tell those in your life that you love them, enjoy a few more laughs before heading home after spending time together, cherish it all because worlds are flipped upside-down at a snap of a finger. We are feeling very blessed to have our family and friends like you, we love you all! We hope that this year may be filled with great memories, health, & love!

Take care,

Kim

WE TRIED IT

[something we tried this issue we think you'll love!]

The Perfect Appetizer; Cranberry Brie Bites!

- Mini Muffin Pan
 - 8 oz. Tube of Crescent Dough or Homemade Crescent Dough
 - 6 oz. Brie Cheese
 - 1/4 Cup Orange Marmalade
 - 1/4 Cup Whole Cranberry Sauce
 - 1/4 Cup Chopped Pecans, Pistachios, or Walnuts
 - Fresh Rosemary for Garnish
 - Flour for Rolling Dough
- *Makes 24 Bites*

Preparation

1. Preheat oven to 375 °F and grease mini muffin pan with butter or cooking spray
2. Cut brie into 1-inch or smaller cubes and set aside in the refrigerator until ready to use
3. In a small bowl, mix together orange marmalade and cranberry sauce. Set aside
4. Lightly flour a flat surface and roll out your dough, cut into evenly sized squares
5. Place the dough squares into the prepared muffin pan
6. Top with brie cheese cube, and 1 tsp of orange-cranberry mixture. Add a few chopped nuts and a sprig of rosemary
7. Bake for 10-13 minutes, or until golden brown
8. Let cool for 5-10 minutes, serve warm

WE RATE IT: 5 / 5 SPOONS

MEET THE MAKER

the duo that kneads you on their
massage tables

Say hello to Krystal & Paula - Himalayan Energy Spa's co-owners. This mother-daughter duo is celebrating 6 years in business together in May, and they are so grateful to be part of your beauty & wellness journey! Krystal has had a passion for the industry since she was a young girl, which led to her studies in Esthetics, Medical Esthetics & Business at Seneca College. From there she dived head first into the industry, her favourite part is building wonderful relationships with her clients. Paula is the proud spa mama - always spoiling the team. Nurturing is definitely her strong suit! Paula's passion for developing all natural products started in 2008. She started her business at the Courtice Flea Market when she created her essential oil infused bath salts. Her customers have been enjoying her wide array of products for so many years, and they are proudly available at the Himalayan Spa. These two amazing women will never forget their Grand Opening at Maple Festival - incredibly chaotic, but they were thrilled to meet our community and introduce themselves.

When life gets a little messy, we just turn it into a mud mask! Among many wonderful products, these have to be the Top 3 of the Eminence Organics Skincare products:

- Facial Recovery Oil
- Coconut Age Corrective Moisturizer
- Strawberry Rhubarb Dermafoliant

When life gets too crazy, we cheer to spending all day in a cozy bathrobe! Of the many services that are offered at the Beauty & Wellness Spa, these are the top 3 requested services:

- Eminence Luxury Collagen Boosting Facial
- Aromatherapy Hot Stone Massage
- Indian Head Massage

Fun fact: these two business women started their small business with only 1 employee - they now have a closely connected team of 9 talented women! Check out their website for the full list of products & services!

Himalayan

beauty & wellness



WHERE TO FIND HIMALAYAN ENERGY SPA



58 King Street West,
Bowmanville, ON



[himalayanenergyspa](#)



Himalayan Spa -
Beauty & Wellness



himalayanbeauty.ca

MEET THE MAKER

meet the sibling duo that sure knows how to think outside of the box



TALK ABOUT ABOVE THE FOLD

Say hello to Graydon & Bronwyn, a sibling team of kid entrepreneurs. These two started Little Party Boxes two years ago when they created their first ever New Year's Eve themed box. Their boxes are made to put a smile on the recipients face no matter the occasion. What are the perks of the job for these two, you may ask? They love getting to sample the snacks & candies, along with being filled with joy knowing that they get to be a part of someone's special surprise. Not only are they business savvy, but something that you may not know is they contribute a portion of their profits to SickKids Hospital. In fact, they have already donated over \$1,000 to date! Let's give a big round of applause for these two bright, promising young entrepreneurs!



LET THE PARTY ANIMAL OUT

If you have a celebration of any kind or if you just want to put a smile on a special someone's face, Little Party Boxes is who you need to talk to! They have made boxes for special occasions, holidays, birthdays, and more. What's in the box? The specific content depends on the occasion, but each box will contain:

- Sweet Treats
- Snacks
- Decorations
- Toys
- Something to wear
- A Card

Little Party Boxes can provide delivery within the Whitby area, and also offers shipping across all of Canada. You can get a sneak peek at the major holiday boxes by finding them on Facebook or Instagram - which you will also see many of their other creations & they even post seasonal scavenger hunts for you to do on your own! What are you waiting for, go check them out!

WHERE TO FIND LITTLE PARTY BOXES



Brooklin, ON



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Little Party Boxes



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