

SENSES

Spa & Life Style Magazine

Issue 3 - July 2021

**Now Is The
Time To Take
It Outside!**

**How To
Maximize
Company
Benefits**

**Field Trip
Campbell's
Cross Farm**

**Acrygel Nails
New at Five
Senses**

**Menopause
New Skin
Issues**

SENSES

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We are excited to introduce Acrygel Nails as a new service at Five Senses. Perfect for an event or to lengthen your nails.

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Field Trip! Campbell's Cross Farm in Caledon is hosting a Free Summer Market. A great way to support local and be outside.

RMT Digest 06

You work hard and have company benefits. If you don't use them you are giving insurance companies part of your pay cheque.

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Tired of hair down there? There is a solution, you can get a BROzilian done. A bit of pain for a lot of gain.

Time to Take It Outside 60

While the weather is good and there are still some restrictions, why not take your workout outside?

Benefits of Pets 50

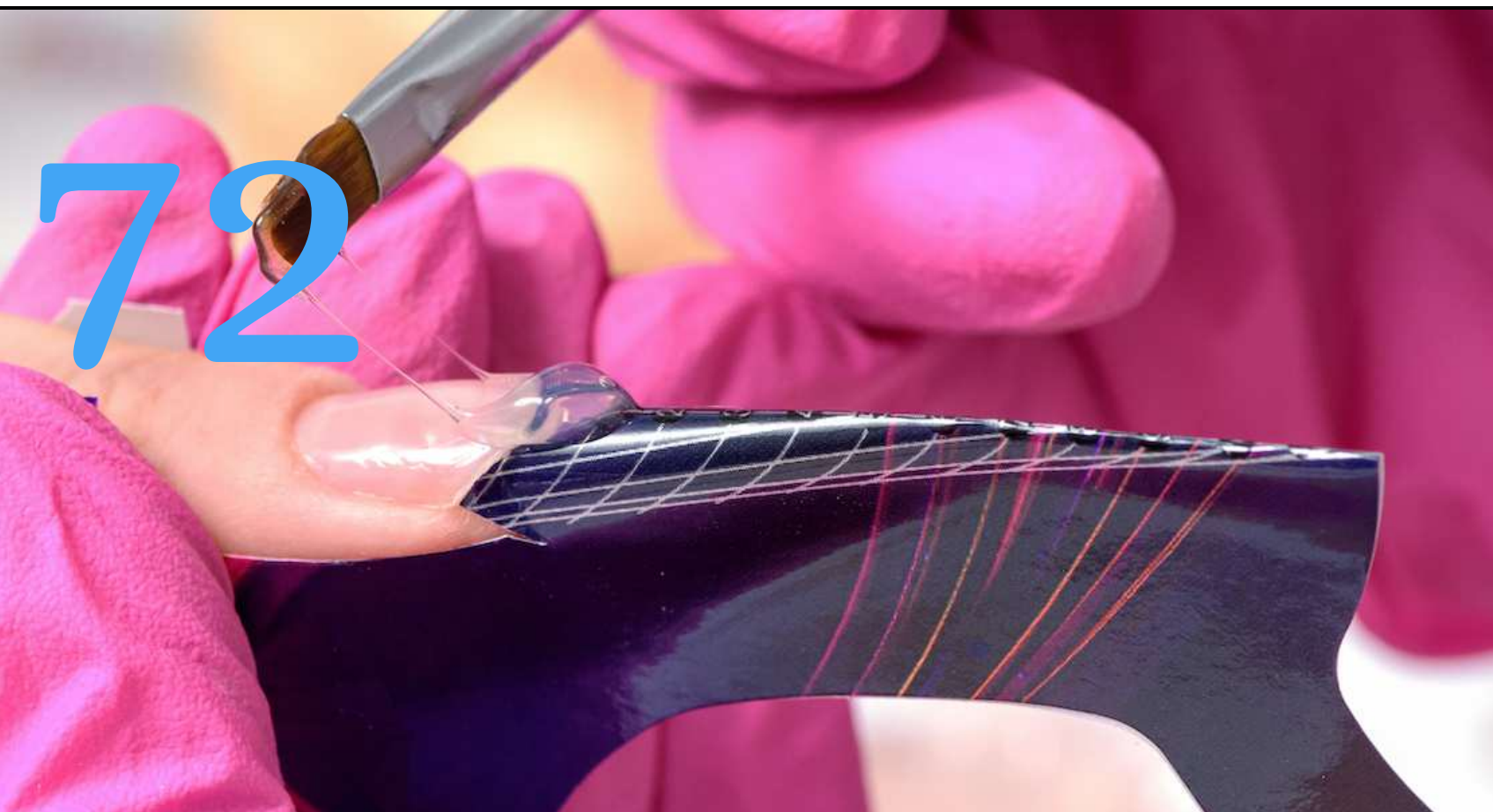
Pets are not only cute but they have proven to help us with our lifestyle and overall well being.

Makeup On or Off? 20

Masking up, working from home. How some of our clients have changed their make-up routine.



JULY



In Every Issue

Janet's Beauty Corner 26

Janet, our Esthetic Manager gives you insight on common issues. This month Menopause Skin, how to deal with your skin.

In Season with Rain 30

Rain our Certified Holistic Nutritional Coach offers nutritional information on this month's pick of celery and peaches., along with some fun facts and new ants on log recipe..



Our Five Senses Monthly ...

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Watch videos and look for these symbols in different colours throughout the magazine.



Contact us and send us a note, comment, or question.



Direct link to website pages for more information, different colours to match the brand.



Learn more about the product and purchase via our secure online shop.



Book Now
You can book your appointment at Five Senses with our online booking site.



Shop Local Canadian companies - online

Notes from the Editor...



Although July is typically focusing on Canada Day, we are focused on finally being able to open after being closed for 218 consecutive days!

Our Team Members are back and we are welcoming new members who are happy to join us. Better still we all want to welcome you back. It has been great to catch up with some of you who we haven't seen in over a year.

We have some new services for you to try and we will be introducing more new services throughout the year..

In June we featured an article on an Indigenous Medicine Garden in Brampton. Following that story we want to also draw your attention on a very talented artist, Michelle Stoney. Michelle is a dynamic artist and you will see a piece of her work honouring the children who have recently been found, who were tragically taken away from their homes. Her designs are beautiful and I hope in sharing they will start conversation, education and healing.

Stay Safe
Wendy



Who doesn't want FREE RMT massages or treatments?

Understand that benefits are part of your salary. They benefit you and your family members. Companies want you to use benefits, in fact, many are now starting to use general parameters for their benefits. So you may have \$1500 for wellness which could include different modalities such as RMT massage, Chiropractic, acupuncture, and physiotherapy instead of previous plans which specify how much can be used for each modality. Companies pay big money for benefit packages, if you don't use them it is money that is wasted for them as well as you. The winners then end up being the insurance companies.

Now you need to ask yourself why don't you use your benefits? Is it because you don't know how to access

them or you don't know what is covered? In many benefits packages alone, a recent survey by the International Employee Benefits Council that participants open/read the materials 80% do not understand their benefits/coverage. In another survey materials 48% of participants do not value in their benefits. If you fall into one of these categories then it is time to schedule a meeting with your HR representative and ask the questions. It is more than half the company profit.

You used to have a lot of paperwork and companies are now saving your money for other things. No more returned. No more easy as email. It is now to your provider. Typically is so with 48 hours. Insurance companies

Your Benefits!

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Most but not all company
benefits are based on the
calendar year. It also never
fails that from November thru
to December 31 clients all of a
sudden remember they have
benefits to use. We get so
many clients calling in to book
numerous appointments to use
up their benefits and with the
volume of clients doing the
same thing, some are
disappointed and don't get
appointments to enable them
to use up their benefits. The
insurance company wins again!

So let's take a step back and
look at your benefits and let's
see if we can maximize them.

First, get a schedule of
insurance benefits from you
and your partner's company HR
department. Find out what you
are covered for and the
percentage of coverage for
each of you from each
company. You may be
surprised just how much you
have been leaving on the table
on a yearly basis.





Maximize

Now you need to work on how many appointments you can book to use up all your allotted money.

If you have \$1000 for RMT massages, then decide on which appointment time is suitable for you. If you enjoy 60-minute massages then you will end up with 8.84 appointments. So throw in the extra \$17 and do 9 appointments per year. One every 5-6 weeks. Decide on the day of the week that is most suitable for your schedule and your RMT call us and book all 9 appointments.

A whopping 80% of the clients that we see who book their appointments on a regular schedule keep to the schedule. We understand that life can get in the way, but you do have 24 hours before your appointment to cancel if required without any penalty.

Stretching your appointments thru out the year is beneficial for your body and your wallet. This way you don't end up trying to do 9 appointments in 2 months, which is highly unlikely to happen because of scheduling. Which again would leave money on the table and the insurance companies would win yet again!

But wait there's more...don't forget about the benefits that you may be able to use from your partner's plan. Factor those in as well and you may end up being able to come in monthly.

Now for Chiropractor, acupuncture, orthotics and compression garments, you will require an initial consultation appointment. This appointment is more costly than a regular appointment. Make sure you

Your Benefits!

book that appointment before the end of your benefits cycle. As it is now July this is a good time to start thinking about booking your initial appointment. This allows you to continue with treatments when your next cycle starts with appointments that are not as costly so you get more appointments.

We are happy to help plan your yearly allotment of benefits in a way that keeps you on a regular schedule.

Don't want to deal with the nuances of your benefits package? No problem, you can schedule a consultation with Steve Kaiser and he will access your plan, with your written permission. Work with you to maximize your benefits and then all you have to do is submit your emailed receipt after every treatment.





ASIK

Janet

I really want to get my eyebrows done but I want it to look natural. I was looking and you have a couple of options, I have no idea what would be best. Help! – Maria

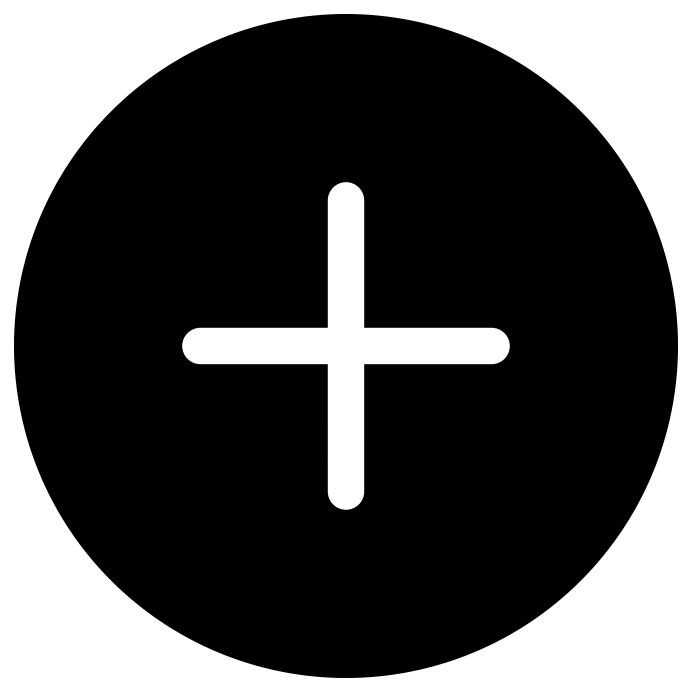
This is a great question Maria! I get it all the time, especially since everyone is wearing masks, your brows become even more important!

We have four different options available, here is a brief description of each one:

Microblading Using a hand tool we create the look of hair strokes. Microblading is suitable for dry skin, only looking for hair strokes, very natural look, fades quicker. Not suitable for combination or oily skin. Touch up 9-12 months.

Ombre Using a machine we shade the entire brow and leave it softer at the top of the front depending on preference. Ombre is suitable for all skin types. We can customize intensity based upon the desired look. Can look natural or dramatic. Touch up 18-24 months.

Powder Using a machine we shade the entire brow. Powder is suitable for all skin types. We can customize intensity based on the desired look. Can look natural or dramatic. 18-24 months.



Click here and send your questions to Janet. You can ask her anything...and I mean anything!



Combo Brows Using a machine we do hair strokes and shading. Combo Brows works for all skin types. Most popular. We customize the amount of shading. Perfect for those that can't do microblading. 18-24 months.

I always recommend coming in for a consultation to see what brow we can give you and what would suit you best. During the pre-draw we will show you what you can expect to look like after, this helps to decide on which type easier.





FIVE
SPA & V
— Quali

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points up to use
on spa services
and products.
For every pretax
dollar, you spend
you receive 15
reward points.

Redeem your points:

3750 points = \$10
7500 points = \$25
11,250 points = \$45
15,000 points = \$70

tapmango

*not redeemable on any
therapy treatment.



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WELLNESS CENTRE

ty & Care Since 2012—



Field Trip - Take it local and visit C



This past year when I call my Mum up and say, do you want to go on a field trip her answer is always "Yes please"! A field trip could just consist of a grocery store visit, this past month getting a hair cut or just going for a drive.

A couple of months ago on one of our drives just to get out and about, we found Campbell's Cross Farm. When I got home I looked them up and immediately put them on my must-do this summer list - and it really is a field trip but with much more.

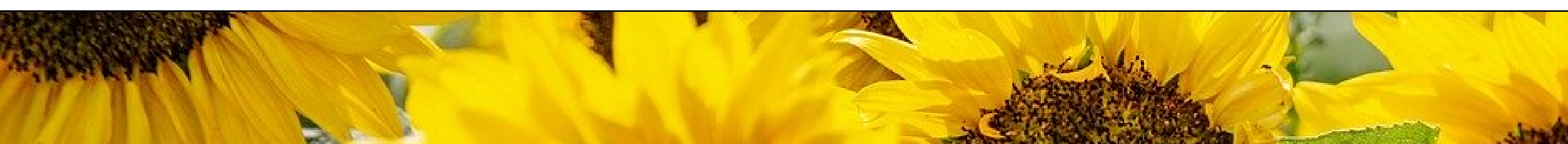
Finding something to do that is outside, fun, unique and great for all members of the family is definitely on the list for this summer.

Campbell's Cross Farm is family owned and I have to believe that just the happiness of being surrounded by sunflowers that are blooming just makes it a happy place to spend a couple of hours.

This isn't just about walking the fields of sunflowers (over 700,000 seeds planted), but enjoying nature, and trying new things.

On my list is going to be T Watermelon S Yes, that's right ingredients in Nonna Pina v waste anything things that we conventional, and memorab

Also on offer classes, kids' flower arrang and one that to try; an eve class where y some sunflow enjoy a painti These classe and do need prebooked.





Campbell's Cross Farm in Caledon.



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A lovely place to have
some professional photos
taken of the family,
professional permits are
also available.

They also have a farm-to-
table venue which would
be a great place to
celebrate a special
occasion.

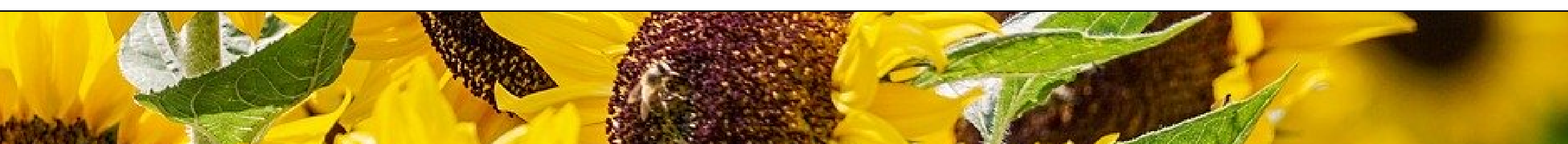
This is a great way to
spend some family time, in
a pretty setting. Try some
new things and take a field
trip.

Campbell's Cross Farm
season starts in August.
Check their website for
dates, times, pricing,
classes, admission, and
services.

HOW TO FIND US

FROM TORONTO: 401 WEST TO THE 410 NORTH. TAKE THE 410 UNTIL IT ENDS AT
HURONTARIO ROAD GOING NORTH. MAKE A RIGHT ON KING STREET. PASS
KENNEDY ROAD. AFTER 30 SECONDS WE WILL BE LOCATED ON YOUR LEFT.

3634 KING STREET
CALEDON, ONTARIO, CANADA
L7C 0R5





Sunflowers may not be in full bloom at this time – but that

Support Local Vendors Free – Fun Weekend Event

Visit Campbells Cross Farms on July 24/25 from 12pm. – 4pm. Alexandra from the Events Market (@theeventsmarket) and Ursula from Mini Regal Market. (@miniregalmarket) will be hosting a Shop Local Outdoor Market.

Showcasing local vendors from around Caledon and the GTA. These vendors sell a variety of items from jewelry, to baby clothes, homemade baked goods and so much more. Many of these local businesses were deeply impacted by COVID as they haven't had a chance to sell their items anywhere in person.

This fun event will overlook the beautiful sunflowers at Campbells Cross Farms where admission will be free.

The event is good for the whole family as there will be swag bags, loot bags, a magician, a food truck, glitter tattoos, balloon twisters, a bouncy castle, a performance from a safari explorer and so much more!



t gives you an opportunity to come back for another visit!



**One Great Venue
Campbell Cross Farm
3634 King Street, Caledon**

**Two Hosts
The Special Events Market
Mini Regal Market**

**40+ Vendors, Swag Bags, Food Truck...
and so much more!**

Line up for July 2 Market at Campbell

BOSS the Six Edition
The Pretty Busy Room
X's & Oliver IG
Canela y Miel Jewelry
Gorgeous by You
Little Pink Brick House
@cinna.tastic.buns
Details by PK
Elle's Bakery Shop
Fia With Love
Kindness within co
dees.diy.deco
Divine Studio Creations
Blake Bobbi Boutique
FeFe Creation
@mamamilamade
Charming Roses/Magu Sweets
Wonderbunnie Designs,
Body Butters by Ali
Melissas Handmades
Pretty Witchy Things
Custard Delight



July 24 & July 25 Bell Cross Farms



Shop Naturals Toronto

Pampered Post

The Tiramisu Lady

Luxurious Beauty

Maddy and Buster

The Soap Nook - Filice Boutique

Glitter Glam

TravelBuddeez

Designs by Lo

Jeune Kids

Sophie's Creations

Hello Sunday

Kind by Kay

Primerica Financial Services

Entertainment and Activities:

Party Kidz

Magic of Roberto

Bubble Decor TO

Bargain Bouncers

Sing and Sign Princess

Makeup On or Off?

The COVID-19 Pandemic has dramatically changed many things, such as how we socialize, work, and our fashion (mandatory masks). With restrictions, working from home, and masks, skincare and makeup routines have also changed. In this article, several people share how the pandemic affected their skin and the changes they made to their skincare and makeup routines.

“The pandemic has led me to change my skincare and makeup routines. I did get acne on my chin and nose from wearing a mask all day. My makeup smudged on my mask, so I decided to stop wearing foundation, blush, and lip gloss. I now only wear mascara and I do my brows when I go out. While I was home during the shutdown, I tried different facial cleansers and incorporated a pore-purifying mask to combat the maskne (acne caused by the mask). I’m a fan of masks (skincare) because they’re an excellent way for me to relax and treat my skin at the same time. I also like having a simpler makeup routine because I have fewer products to apply while getting ready and wearing less makeup allowed my skin to breathe. Post-pandemic, I intend to continue with my simple makeup routine.”

-Valerie, Esthetician, Five Senses

“I wear a level 1 medical mask. I work at the hospital, and the mask made my skin dry. My makeup soiled the mask so I stopped wearing makeup. I also switched to a moisturizer because my skin was not hydrating enough. I experienced dryness or irritation after using that product in my routine.”
-Brenda, Client Five Senses

“Personally, since the pandemic, I have experienced hormonal acne, cysts, closed and open comedones, sensitivity. As an Esthetician and Specialist, it was a struggle because of peoples’ views on skincare. An Esthetician should love the beginning of a career, but I was truly in a bad place. I had no contact with people who were not in contact there was no support. It gave me an edge because I didn’t know what was happening. I took that to mean I stopped wearing makeup and went deeper into my skincare routine by using quality products and treating myself with the best that I truly deserved. It helped my skin but also gained me knowledge and gave me confidence and eased up on myself. It truly let me love my skin.”
-Tammy, Esthetician, Five Senses

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Five Senses

“I haven't worn any makeup during the pandemic. Pre-pandemic, I didn't wear makeup on a daily basis. I only wore makeup to get-togethers and parties. I prefer to have a simple routine in the mornings when getting ready for work. My skincare routine is also simple; I use a facial cleanser and face cream mornings and evenings. I wear a mask to work daily and I've experienced breakouts on my nose and chin due to the mask. My routine hasn't changed. In the future when the pandemic restrictions are lifted, it is likely the acne caused by wearing masks will go away.”

- Jasdeep, Client Five Senses

“During the pandemic, I've experienced dry skin. I have a pretty good skincare routine but dealing with the dryness has been a struggle due to the mask. I haven't tried using any new products because I find if I use a lot of different products my face tends to break out. I currently have a simple makeup routine. I usually don't wear any makeup when I'm at work wearing a mask because my makeup gets smudged on the mask. I usually wear my makeup when I'm at home without a mask. My routine consists of an eyelash curler, freckles, bronzer, and highlighter. I prefer my simple routine now. It's definitely a lot easier not to do a full face of makeup everyday. This taught me that sometimes less is more.”

--Monica, Client Five Senses

“One thing for sure with the pandemic, I am wearing less makeup. I wear less foundation, and I don’t touch it up during the day. I do have to use a tissue to blot my face as my skin gets oily from breathing in my mask all day. Honestly, I would skip it altogether, but as I pencil my brows, I need a base layer. I sometimes skip it all when I’m wearing a mask while shopping on weekends. I have been skipping mascara (even at work), and I haven’t worn lipstick or lip gloss at all during the pandemic. I do use lip balm because my lips get dry without anything. I have a monthly subscription that has allowed me to try a lot of new skincare products. I noticed lines appearing around my eyes, so I have been making sure to use eye cream every day and night. I also use a facial roller for relaxing and de-puffing. I also love aromatherapy, and I use peppermint and eucalyptus oils in my diffuser at home to help me relax.”

--Sally, Client Five Senses

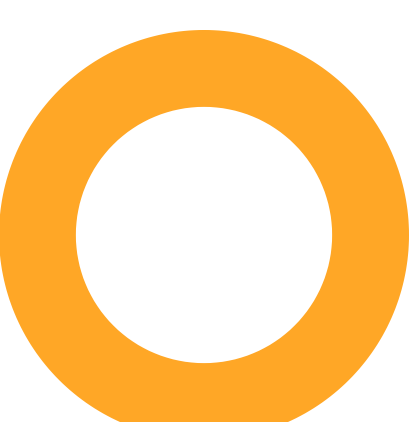
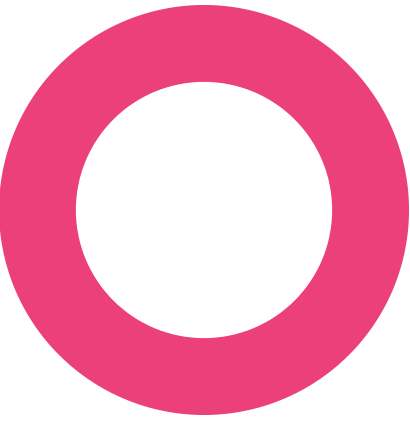
This new normal caused by the pandemic has been challenging. Thank you to the people who shared their stories. Also, for anyone experiencing breakouts or irritation from wearing masks, Five Senses Spa has a facial to target that “maskne” (acne caused by the mask). Stay safe this summer!





"I have never been a person to wear makeup as I have very sensitive skin. Give me a good moisturizer, a lipstick and if going out some eyeshadow and mascara and I am done.

But what has changed is wearing a mask has highlighted how light my eyebrows are and how important they are to our facial expressions. I decided to get cosmetic tattooing done and I love it. My ombre brows look natural and much better than my morning eyebrow pencil work!"
--Melanie, Client Five Senses



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Long-lasting protective shield against 99.9% of germs.

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ZOONO®'s protective shield has been proven to kill 99.9% of germs on the skin for up to 24 hours and germs on surfaces for up to 30 days.



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Our Surface Sanitiser & Protectant has food safety approvals in Australia and New Zealand.



Doesn't Wash or Wipe Off

ZOONO[®] provides extra peace-of-mind even after regular handwashing and routine cleaning.



Scientifically Proven

ZOONO[®]'s innovative germ popping technology is proven effective against a wide range of bacteria and viruses.

The long list of efficacy test passes include PAS2424, EN13697, EN1276 and EN1650.



Technological Revolution

ZOONO[®]'s unique technology is only available from ZOONO[®] directly or a Zoono[®] Authorised Partner.



Menopausal Skin Issues

We know about night sweats, hot flashes, exhaustion, hair loss and weight gain, just to name a few menopausal issues, but did you realize that some of the skin issues you may be experiencing are caused by your hormonal changes?

As you get older and hormone levels change you need to adjust your skincare routine. What worked 5 years ago, may not work today.

Book a facial appointment so you can address your skincare issues with one of our trained estheticians. They can help you come up with a skincare routine to keep your skin healthy and you feeling better about yourself as you navigate through this period of your life.

Menopause happens
Perimenopause happens
means most women
between 40-50 years

The most common is
hormonal acne, and
and less on your scalp

Hormone changes you
to cause your menstrual
problems for your skin

During menopause &
produce more androgens
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it, you will see an increase
time.

You may think you only
menopause hits and
do?

Be gentle with your skin
thinner and your barrier

Start with our gentle
Exfoliate 1-2 times a

Use serums or moisturizers
(retinol) to help with cell

Apply Salicylic Acid or
to reduce inflammation

Using a moisturizer will
heal the barrier

s to women at an average age of 51.
opens between 2-8 years before, which
will go through hormone changes
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losing elasticity. More hair on your face
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& perimenopause your body begins to
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collagen, and we are producing less of
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you're breaking out again! What to

skin, due to loss of estrogen your skin is
rier may be impaired.

Hydro Marin Foam twice a day
week

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or Willow Bark over areas of breakouts
on and bacteria.

with panthenol or Vitamin E can help





Dr. S.

Hydro-Marin
Cleansing Fo
Hydro-Marin
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Dr. Spiller Hydro Marin Foam is invigorating, clarifying and refreshing foam cleanser that deeply cleanses dirt, debris, and bacteria off the surface of the skin with ingredients from the sea such as sea salt, algae, and marine minerals.

Leaves the skin soft and supple.
Hydrating and refreshing.
Invigorating and pore-cleansing.

Available at Five Senses
\$48



Celery, along with peanuts, is part of a small group of foods that provoke severe allergic reactions. People who are allergic to celery can suffer from fatal anaphylactic shock. This does not mean if you are allergic to peanuts you are also allergic to celery.

Nice and crunchy all by itself, or with ranch dip, or with peanut butter celery is a great snack.

Celery seeds are often used ground and mixed with salt and other spices to add a great flavour to the rim of a Caesar Cocktail.

Walter Chell invented the Caesar cocktail in 1969 at the Calgary Inn - now known at the Westin Calgary. Chell spent about three months formulating the drink.

Celery is a good source of sodium, potassium, and fibre. It has high water content and is quite high in vitamins A and C.

Sodium is found in the blood and body fluids. It is mainly extracellular (outside of cells), but is also found inside every cell. It works closely with potassium. About 60% of sodium in the body is found in the fluids around the cells, 10% inside the cells, and about 30% in the bones. It is an electrolyte, along with potassium and chloride. Unlike table salt, when natural foods are the only source of sodium, there is nearly no hypertension. Sodium is soluble and easily absorbed from the stomach and small intestine (just about 100% of the sodium consumed gets into the body).

Celery is also best bought organic as EPA analyses have shown that 81% of samples contained pesticide residues - many of them were the stronger neurotoxic and carcinogenic ones.

*Rain Valvanis, CHNC
Certified Holistic Nutrition Coach*



Celery

The saying “You’re a real peach” originated from the tradition of giving a peach to someone you liked.

The term “peachy keen” can be used to let someone know that everything is outstanding.

Peaches and nectarines are the exact same fruit. The only difference is a peach has a fuzzy exterior and a nectarine’s skin is smooth.



Peaches are a great source of beta-carotene (precursor of vitamin A). Vitamin A is very important for healthy eyes. It is also important for growth and tissue healing, healthy skin, antioxidation, lowering the risk of cancer, and regulating genetic processes

Peaches are also a good source of vitamin C, potassium, and phosphorus. They have a fair amount of magnesium and calcium.

Celery, Date, and Nut Butter Toast

Remember having celery, peanut butter and raisins as a kid? Try this updated recipe.

Take toasted pieces of baguette, smother in peanut butter or almond butter. Top with slices of dates or raisins and add diagonally sliced celery for a delicious crunch.

For extra sweetness drizzle some honey on top.

It's best to purchase organic peaches if possible. In spot checks by the FDA, 71% of the peach crops were found to have pesticide residues. Peach farms are also prone to have some of the highest rates of pesticide violations. If you are only able to purchase inorganic, be sure to do a vinegar wash to help remove as many of the pesticides as possible.

*Rain Valvanis, CHNC
Certified Holistic Nutrition Coach*

Peaches

Jessica Turns COVID Cr



Hi! My name is Jessica and I turned my craving into a business! CinnaTastic Buns and More. I could have never imagined I would be where I am today with my small business.

A little over a year ago when Covid started I had a huge craving for cinnamon buns, and of course, I couldn't get them. I decided to start baking them myself. Then some of my friends tried them and started to keep asking for them. I constantly got told to open a business.

I had no clue what I was doing. I had never run a business before. After a lot of research and talking to other small businesses CinnaTastic was born officially on June 7th, 2020. I didn't know if it would be successful but I told myself I would give it a year and see what happens.

Fast forward to today and I am doing in-person markets, private events and other special occasions. I don't just do buns though. The menu varies from different flavours of buns, different flavours of blondies, cinnamon pretzel bites, maple bacon bites and newly added cinnamon bun breakfast sandwiches.

One thing I thrive on is that nothing is frozen. Everything is made fresh to order.



aving into a Business!

I am so grateful to all the people I have in my life who support me 100%. To my husband who helps make this little dream come true, to my best friend who tells me not to give up when I am feeling down, and to my family who only wants to see me succeed.

I am located in the Brampton area. Free pick-up and delivery options are available. If you have any questions or need to place an order, feel free to add me on Instagram @cinna.tastic.buns

I look forward to creating your order for you







Bushbalm Oils \$46
Safe for any skin type.
Available at Five Senses

WELLNESS

If you are experiencing pain in your feet, knees, hips, low back and even your neck you may need orthotics.

It has been reported that 99% of the population have what is called pronated feet. This means the inside arch of your feet begins to collapse. This collapsing begins to overstress the muscles in the bottom of your feet which holds your arch up. The overstretching can lead to a condition called plantar fasciitis (check out last month's SENSES issue for more information). Inflammation of the muscles which hold up your arch and include the muscles on the bottom of your feet.

You might also experience pain in your forefoot this condition is called Morton's neuroma and it is typically caused when the arch across the forefoot from the ball of your big toe to your little toe collapses this puts pressure on the nerves that pass between your toes.

Orthotics can correct this and begin to reduce and ease the pain.

Achilles Tendonitis is a condition that can be helped with orthotics. The Achilles tendon attaches to your heel bone and it moves up and down. If your arch collapses it will change the angle of the foot tilting inward pulling the tendon away from its straight alignment causing pain.

Your feet are the foundation of your body so as your arch begins to collapse mention earlier you could experience foot pain. You may be experiencing knee pain especially on the inside of the knee. Because this is a chain of events meaning one area begins to fail you may experience hip pain/discomfort even if you are not

Pain in your neck? You may need orthotics!

these collapses and
eliminate your foot

another condition
th orthotics. Your
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should align straight
arch collapses this
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the Achilles tendon
up and down
n/discomfort.

ation of your body,
s to collapse as
ould begin to develop
gin to experience
on the inside of your
a kinetic chain
gins to affect another
ip and or low back
n your neck.

There have been incidents that correcting
people's foot alignment with orthotics, has
helped people with headaches.

There are other conditions such as heel
spurs, diabetic Neuropathy and shin
splints which orthotics can help.

It is important to have good foot
mechanics and support, which is why
orthotics are important to wear.

If you are experiencing any of these
conditions book an appointment with our
chiropractors and they will be happy to
assess your feet to see if orthotics are
needed.

You will need a Doctor's referral for your
orthotics to be covered by insurance.





tableau
water. evolved.

tabl'eau A turnkey

Elegant aesthetic
position tabl'eau
Filtered on-site
are invited to e

How far do

Guaranteed Consistent

Premium Filtration

- State-of-the-art
- Consistent high
- NSF Certified T
and FDA appro

Eco-chilled:

- Eco-forward, e
efficient cooling
- Recirculating li
consistent serv

Enjoy your hyd
tabl'eau filtered
Five Senses Sp

Together We A
water. evolved



eau™
lved.

eau Filtered Water

key approach to premium water

etics, eco-forward functionality and superior taste
au as the preferred premium filtered water solution.
e, all guests at Five Senses Spa & Wellness Centre
enjoy tabl'eau chilled sparkling or still filtered water.

Does your water have to travel?

ed nt Quality

ed:

rt filtration technology
h-quality filtered water
Technology
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energy
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Hydration & Wellness:

- Enhance wellness, increase energy, and rejuvenate skin and immune system
- tabl'eau signature sparkling effervescence
- Clean finish taste (no sodium, chlorine or preservatives)

Sustainability:

- Decreases carbon emissions by eliminating demand for delivered and packaged water
- Eliminates unnecessary supply chain and disposal services associated with single-use packaged water

ration experience with
d water at the
pa & Wellness Centre.

re.

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FIVE SENSES

SPA & WELLNESS CENTRE

— Quality & Care Since 2012 —





15 Reminders from

1. Get up with the sun

2. Be tolerant of those
way. Ignorance, presumption
and greed come from
them to find guidance

3. Find yourself, by you
let others make your p
path, and only yours. (C
you, but no one can m
your path) for you.

4. Treat guests in your
consideration. Serve th
them the best bed and
respect and honor.

5. Do not take what is
from a person, a comm
or from a culture. It w
is not yours.

6. Respect all the thing
earth, be they people,

7. Honor the thoughts,
all people. Never breac
of them, or imitate the
each person the right
expression.

from the Elders:

to pray. Pray alone.

who have lost their
temptation, anger, jealousy
a lost soul. Pray for
.

our own means. Do not
path for you. It is your
Others may walk with
make your way (or walk

home with great
them the best food, give
and treat them with

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community, from the jungle
as not given or won. It

gs that are on this
plants and animals.

, desires and words of
ak them in, or make fun
em rudely. It gives
to their personal

**8. Never talk about others in a bad way.
The negative energy you put into the
universe will multiply when it returns to
you.**

**9. All people make mistakes. And all the
mistakes can be forgiven.**

**10. Bad thoughts cause illness to the mind,
body and spirit. Practice optimism.**

**11. Nature is not FOR us. It is PART of us.
She's part of your family in the world.**

**12. Children are the seeds of our future.
Sow love in your hearts and water them
with wisdom and life lessons. When they
grow up, just give them space to grow up.**

**13. Avoid hurting the hearts of others. The
poison of their suffering will return to
you.**

**14. Be true (transparent) all the time.
Honesty is the test of one's will in this
universe.**

**15. Keep yourself balanced. Your Mental
person, your Spiritual person, your
Emotional person, and your Physical
person: they all have the need to be
strong, pure and healthy.**

Credit: Unknown

Michelle Stoney
Gitxsan Artist, Gitanmaax, B.C.



Michelle Stoney

Here is an excerpt from Michelle's Facebook page.

As asked by a teacher from Wishart Elementary school in Colwood. And she wanted to know if I have a feather design she could use for a school project. She wants the children from the school to colour 215 feathers to represent those children that were taken from us... I'm positive there are many more graves to be found and that this is just the start, but I was more than honoured to make this so that it is taught in our schools. I asked if it was ok to share her idea, so if you'd like to do this same idea you have her and her school's permission ... and of course my permission as well. My late ye'e always told me stories that one of his jobs was to dig these graves:(

Some people are asking what is in the feather, so I'll explain it here.

First of all the feather represents so much in our culture. Maybe too much to even explain so I'll just say what it means to me in the hand and this one. To me it means strength and healing, we really value the feather and it means so much to us. I know we use it for smudging, and to me that represents cleansing.

Inside the feather is the spirit of the 215 children. The face on the bottom is not an animal. That is how I draw people, and I wanted to make long flowing hair, that they were forced to cut.

And there is also a hand on top, kinda referencing the hand design I did last year.


But really this can mean something to someone else. I don't want to force people what to think. I just like it when people connect in their own way. I'd love to hear stories of what this means to you.

And for the colours, I'm thinking lots of different colours, our people didn't have a choice of what they could wear when at these places, so I'm imagining it coloured all colours, but again that's up to you. I appreciate people asking if it's meant to be coloured in black and red, but I didn't design it that way, but by all means, you can:)

Review our Safety
Protocols and Menus
in our e-brochures



Team
Members who
have been
vaccinated
against
COVID-19
show this logo
on their name
tag, room
designation
and on their
profile with
their
permission.




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COVID-19
VACCINATED

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Guidelines For
Your Spa Visit









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Spa Menu

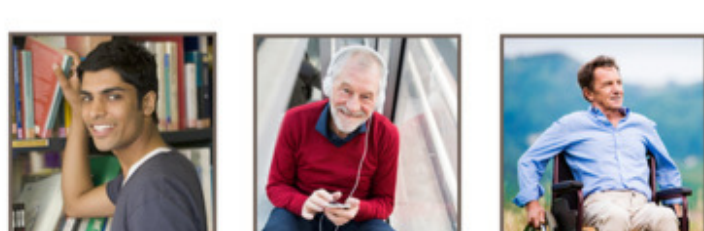
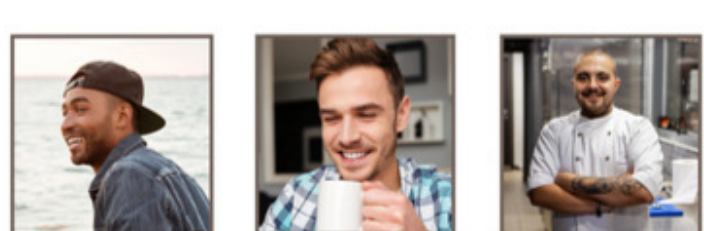





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VACCINATED

Men's Menu





Pretty But Bitter Wild Chicory

This wild roadside and field plant is everywhere. You probably have driven by it thousands of times and not given it another thought. Well, it might be time to see these beauties in a different way.

Yes, this is the chicory that is used as a coffee substitute. If you have ever been to New Orleans and visited the famous Café Du Monde, you likely would have ordered a delicious cup of café au lait with chicory. And for sure you ordered a side of hot beignets, little light donut-like pillows dusted in icing sugar. The perfect accompaniment for a slightly bitter cup of café au lait because of the chicory.



This plant is a member of the dandelion family and the roots, leaves and flowers can be eaten. The summer heat tends to make this plant bitter so it is better harvested in the spring or fall when it is cooler. Also don't harvest if near the roadside to avoid ingesting roadside oils, and toxins.

The bitter leaves can be used in salad. You have probably enjoyed chicory's cousins, Belgian endive, frisee or radicchio.

The flowers can also be used to add some colour to a salad, but it is important to remember that they are bitter.



**It takes a
lot of
energy
to be a
Dad!**

**Have
more
success
with
your
workout,
get
stronger,
and
increase
your
energy**



**Click
Here**





Health & Lifestyle Benefits of Pets

Pets are a big part of many families and although you may think you are doing the health benefits. Besides welcoming you after a long day, or cuddling up with your pet and along with it, a healthy lifestyle.

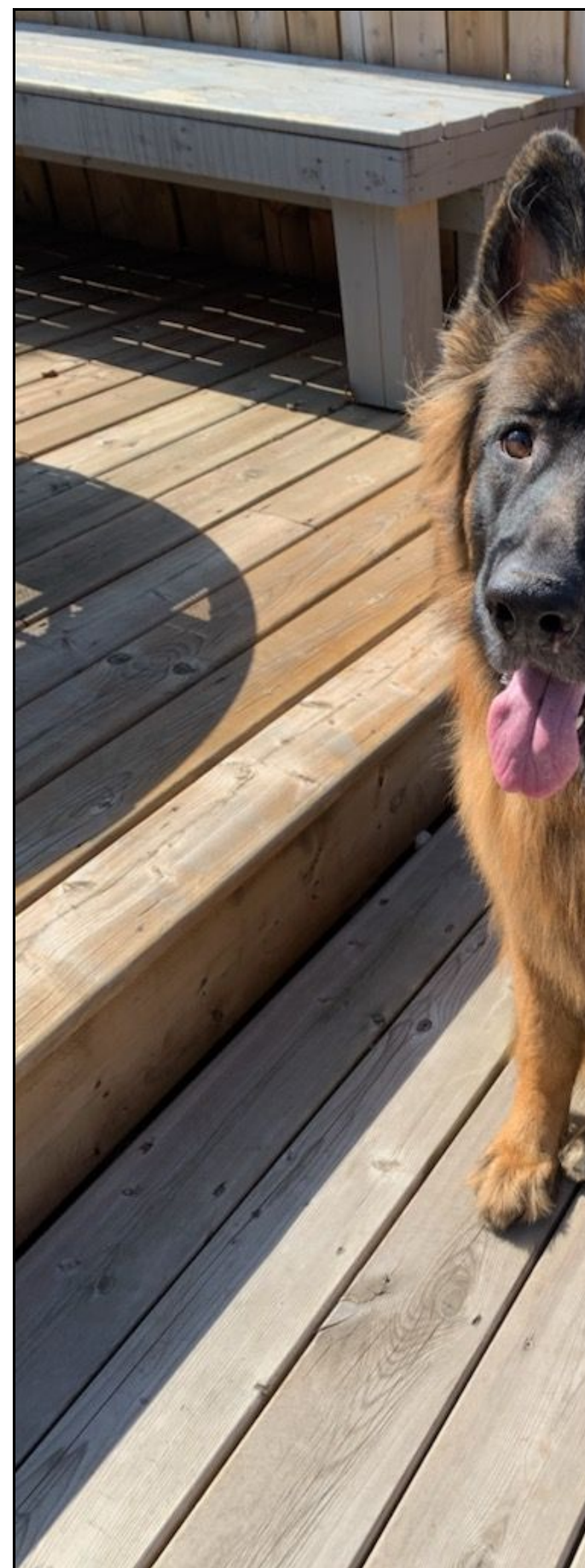
Playing with a pet can elevate levels of serotonin and dopamine, which calm and touching an animal helps calm and soothe you when you are stressed or anxious. As a chameleon, talking to your pet helps ease loneliness, boosts your mood and ease out in the community and gives you an opportunity to socialize with fellow dog w

Many of us at Five Senses are avid animal lovers. Some of us don't have the benefit of Members' stories, pictures and videos of family pets. Two of our Team Members

Kai's story: hello! I'm Kai. My mommy adopted me from a breeder in Bolton Ontario when I was 13 weeks old. I come from a blood line of show dogs originating in Europe. My mommy came second place out of all the German Shepherds in North America.

My mommy loves me so much. She calls me bubbly, honey baby, and Kai Kai. We have so many fun adventures together. We went to Wasaga Beach last summer and I loved it because I love water. Our other adventures have included walking all around our neighbourhood and even going camping.

I don't know why but for some reason my mom is always telling me to stop doing the things that I love to do. Like barking in the backyard, chasing squirrels and birds.. bunnies are my favourite, and even eating off her plate when she's not looking. I don't understand her sometimes but boy do I love her.



Cloey's story

them a favour by adopting them, they, in turn, give back unconditional love and support. When you are not feeling well, many studies show that pet owners adopt a

and relax you. Humans have a basic need for touch, and stroking, hugging and petting. Whether you own a cat, dog, rabbit, bird, guinea pig, alpaca, chicken or fish, pets can help with depression. Walking your dog is not only great exercise but also gets you outdoors. Pets also add structure and routine to your day.

best location to have a pet or lifestyle so we live vicariously through our Team members. We share their stories and pictures of their fur babies.



Dog Kai, a big lovable German Shepherd



K

FUR-WELL
2020
CCPL1305

B.F.F.
CCP

*We love our pets and this new
Kittens & Canines collection
from Cuccio is a PURRRFECT
excuse to come in and PAWS
for a couple of hours while you
get a manicure and pedicure.*



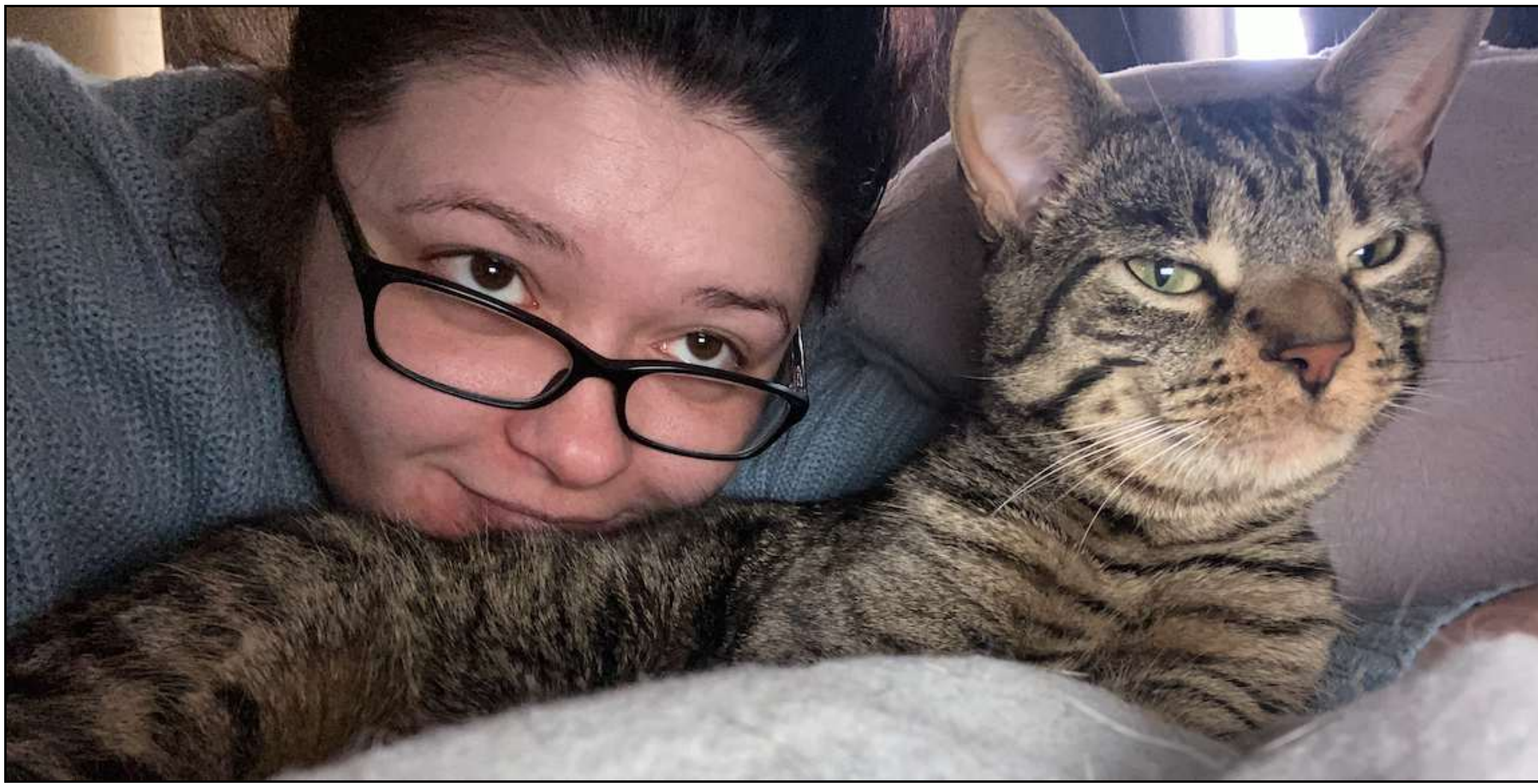
cuccio™

Kittens &
Canines
COLOUR COLLECTION



Janet's cat Rollo...

Janet is really Rollo's Human!



Rollo

Rollo is almost a year and a half, he was adopted last April at the beginning of the pandemic.

He went from a timid little kitty to being king of the house, although he still doesn't trust new people or things.

He is a lovely tabby who is full of energy and loves to annoy his older brother!

Rollo loves laying in the window soaking up the sun, and following his brother around.

He is a momma's boy 100% but will try and cuddle with dad for treats.

His favourite toy is milk tabs, hair ties and anything he can make noise with at 4 in the morning!

He hates when mum is at work, not getting bacon from dad and when his brother gets attention instead of him.

Fun Facts About Dogs

Dogs have about 100 different facial expressions, most of them made with their ears.

Dogs have about 10 vocal sounds.

Dogs do not have an appendix.

There are more than 350 different breeds of dogs worldwide.

Fun Facts About Cats

A cat can jump as much as seven times its height.

Cats have five toes on each front paw, but only four toes on each back paw.

Cats have over one hundred vocal sounds, while dogs only have about ten.

A pack of kittens is called a kindle, while a pack of adult cats is called a clowder.

Fun Facts About Birds

To survive, every bird must eat at least half its own weight in food each day.

A bird's heart beats 400 times per minute while they are resting.

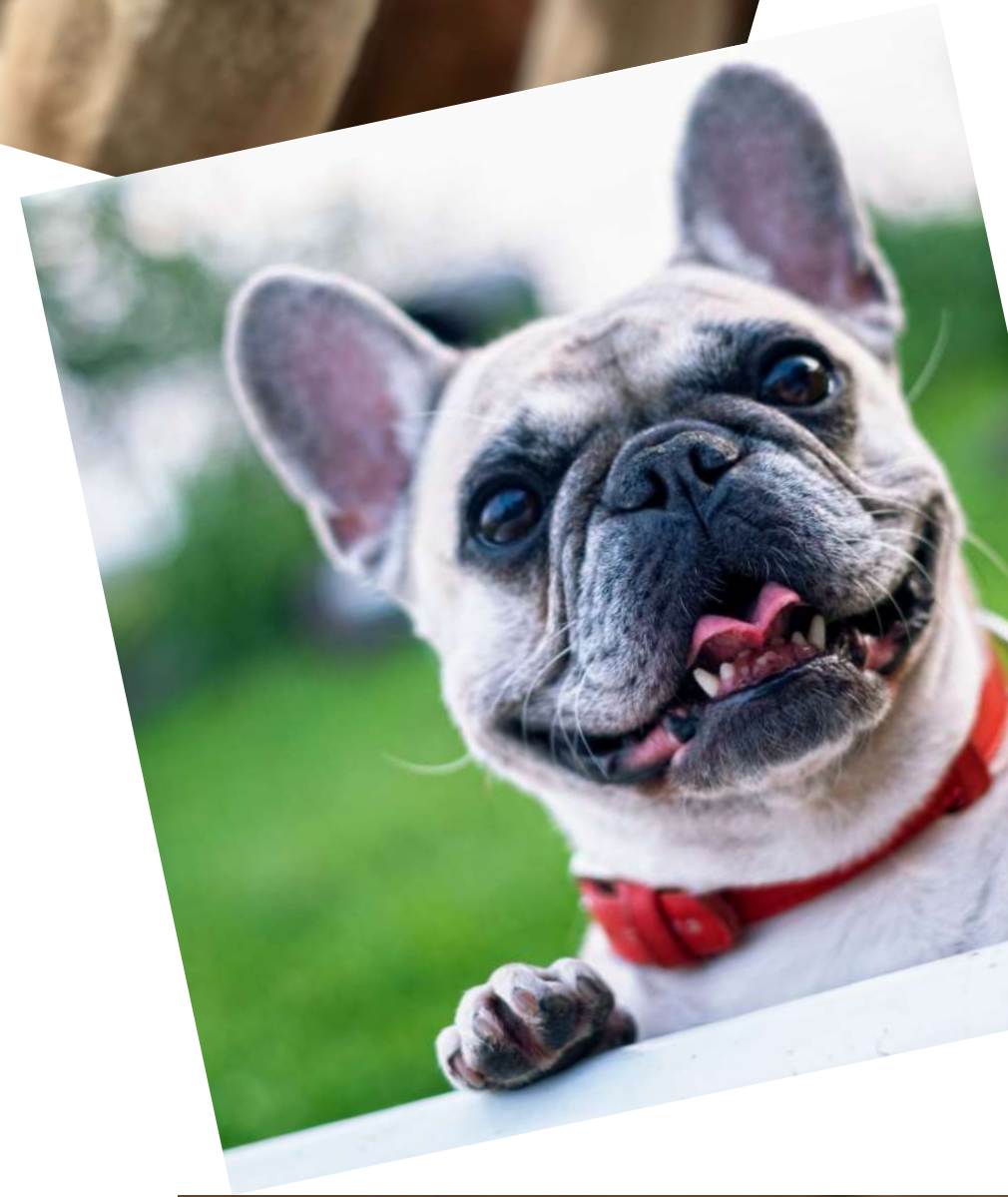
Larger parrots such as the macaws and cockatoos live more than 75 years.

Fun Facts About Pet Owners

75% of pet owners celebrate their dog's birthday.

58% even sing the famous 'Happy Birthday' song on their dog's birthday

One survey found that 81 percent of cat owners let their felines sleep on the bed, compared to 73 percent of dog owners.



***What can be
better than
watermelon
on a hot
summer day?***

***Watermelon
BBQ Sauce on
ribs or pork
chops!***



Easy Watermelon BBQ Sauce

1/2 cup watermelon puree

1 tablespoon vegetable oil

1/2 white onion, coarsely chopped

3 garlic cloves, minced

1/2 cup apple cider vinegar

1/4 cup brown sugar

1/4 cup ketchup

2 tablespoons soy sauce

2 teaspoons red pepper flakes

Salt to taste

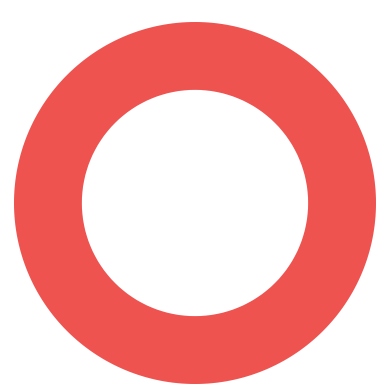
Watermelon Puree

1.5 cups of seedless watermelon

blended or use a potato masher, drain with a colander over a bowl (you can enjoy the watermelon juice over ice cubes with some soda water).

In a medium-size saucepan on medium heat, add vegetable oil and onions. Sautee onions until they are lightly caramelized. Add the rest of the ingredients. Bring everything to a low boil and allow it to bubble for about 1-2 minutes, then reduce to a simmer.

Allow to cook for about 10 to 15 minutes or until sauce reduces and thickens slightly. Take off heat and allow to cool. Toss into a blender or use an immersion blender. Blend until desired consistency. Store in the fridge no more than 2 days.



Love Your Skin



A facial is a skin treatment that cleanses pores, exfoliates away dead skin cells, and treats common skin concerns with a custom mask. Rejuvenate and nourish your skin, making skin appear healthier and younger. We custom each one of our many facials to your skin type and area of concern.



For persistent foot and nail problems.



Active Ingredients: Lanolin, Vaseline, medicated soap, panthenol, Bisabolol, zinc oxide, eucalyptus oil, lavender oil, oil of rosemary, menthol, camphor

The salve is based on a well-tried mixture of special soaps and selected skin-friendly oils. It is used best for severe hard skin, dry or rough skin, or very cracked skin. Helps protect against inflammation and symptoms linked with cracked skin. By regular use, the skin will regain its natural elasticity.

Medicated soap, lanolin, and Vaseline soften hard skin quickly and keep it smooth. Camphor and menthol cools and refreshes.

Dermatologically tested.
Also suitable for diabetics.

Treat Your Feet





**Now is the
time to take
it outside!**





Chris Brown, BKin, CPTN-CPT

Chris owns Muscle Performance Personal Training, a personal training company based in Toronto where he specializes in helping dads get stronger, have more energy, and find a fitness program they can succeed with.

He has a Bachelors's degree in Kinesiology and is a Certified Personal Trainer through the Canadian Personal Trainers Network (CPTN). He has over 10 years of experience as a personal trainer having worked with a broad range of clients: youth athletes, professional athletes, business owners, executives, and moms and dads.

Chris is also a cancer survivor which has impacted his coaching because he wants people to reach their fitness goals while also improving their health.

Take i

It's a great way to change u now while gyms are closed with limited capacity. You o standing in line while others

The following tips will help y summer whether in your ba They will also help keep se safety considerations.

Safety first. There are a few after you put on your sunsc workout.

First, be sure that the area exercises near anything tha you are including movemen possible, and clear the area or large sticks etc.

Second, if you're attaching/ band around a stable objec is actually stable and that th damage your equipment an

Third, take advantage of yo that you could work into yo equipment that you can use

Fourth, always check your c that equipment is not dama any tears or fraying.

at outside!

up your usual routine. Especially helpful and will be useful when gyms do reopen can make better use of your time than are working out.

you have great outdoor workouts this backyard, at a park, at the cottage, etc. Setup time short and highlight some specific

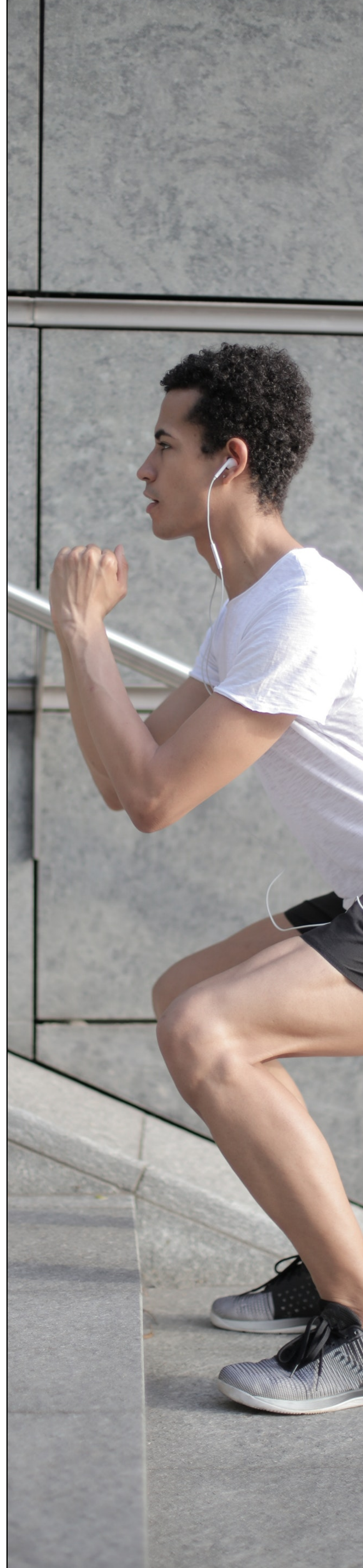
w things that you are going to want to do green and before you start your outside

you're exercising in is safe. Don't do at could fall on you, or you can fall into. If nt drills try to do it on ground as level as a of any debris such as any large stones

anchoring any equipment like a resistance t like a fence or deck railing, make sure it he anchoring structure won't break or d you won't' damage the structure.

our area. Is there a set of stairs nearby ur routine? Maybe some outdoor e for vertical pushups or balancing?

equipment before your workout. ensure ged like checking resistance bands for



1. Create workouts with only 1-3 pieces of equipment

Of course, a great workout can be achieved without any equipment, but using only a couple of pieces balances a more challenging workout with a short, easy setup time. As an example, using one resistance band and a single dumbbell or kettlebell can make workouts more challenging for both your muscles and your cardiovascular system.

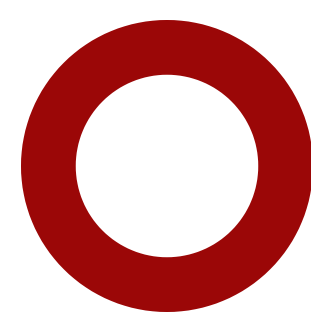
2. Take advantage of the space you have by including movement drills

Exercising outside in a backyard often offers more space to move around in than a basement or home office so include movement drills like jogging, agility ladder drills (you don't need an agility ladder), sideways shuffling, different jumps, etc. These can add fun, some variety from your regular workouts, and appropriately challenge coordination, power, and balance which are physical qualities we lose as we get older.

Use these tips to have great safe outdoor workouts this summer!

If you have any questions about the article or personal training with Chris, feel free to email chrisbrown@mp-personaltraining.ca

Virtual Training Available



MUSCLE
Performance
Personal Training

D

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20
you

Did you know ...

Walking in sand requires 2.1 to 2.7 times more energy than walking on hard surfaces.

Jogging in sand uses 1.6 times more energy than jogging on hard surfaces.

**Don't forget to
apply sunscreen
15-30 minutes before
your workout.**





Available at
Five Senses



BLOCKING RAYS EASY AS ...

1

Apply SPF 50+
sunscreen



2


Wear UVA & UVB
protective clothing



3

Seek shade
peak times 11-3





Why you might want to wax "down there"!



*At Five Senses all
BROzilian or private
area waxing will be
booked with Arjae our
male esthetician.*

A lot of guys are scared to get a wax "down there" let's be honest, it's going to hurt, but the reality is that it has more benefits than you would think.

1. Hygiene, waxing keeps you from getting too hot in the summer and less sweaty.
2. As your hair doesn't grow back as thick as it was, with continued waxing sessions your hair becomes softer, and growth starts to slow down.
3. Muscle definition and to show off tattoos you have! Removing the hair helps to show off your muscles more, and waxing keeps your tattoos looking fresh and bright.

We advise clients to have the hair be the size of a rice grain and to start exfoliating a least 1 week prior.

Keeping the skin hydrated is an important step to pre and post-wax care. You want to make sure your skin is protected and moisturized.

To make waxing easier you can take a pain-reducing medication (if your doctor clears you to), as long as it's not ibuprofen.

Refrain from drinking more than 1-2 glasses of alcohol the night before to reduce sensitivity, drink water, and have food before coming in.

If you've never shaved or trimmed your pubic hair we recommend trimming it to the size of half an inch to make the waxing an easier treatment for you.

We have many men who come for regular waxes to keep the hair away completely while there are some who come every 3-4 months just to keep it from growing so quickly or dense.

Quite a few men prefer to shave, which in its own right, is fine. But shaving causes more trauma to the skin, creates ingrown hairs, skin rashes, and irritation.



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Gift Card**



Write Reviews





**Schedule for
reopening**



**Tag or Refer a
friend**



Give a shout out




**SUPPORT
LOCAL**

Do you own a small
business?

Do you want your
product, service, or
venue featured in
our free interactive
e-magazine for no
cost?

Join our spa &
lifestyle community
and get your
message out.



Click here and drop
us a line. We will be
happy to work with
you.

New to Five Senses Acrygel Nails

This past winter we had some time on our hands. So we decided to look into bringing in gel nails. So many of you have been asking us for years.

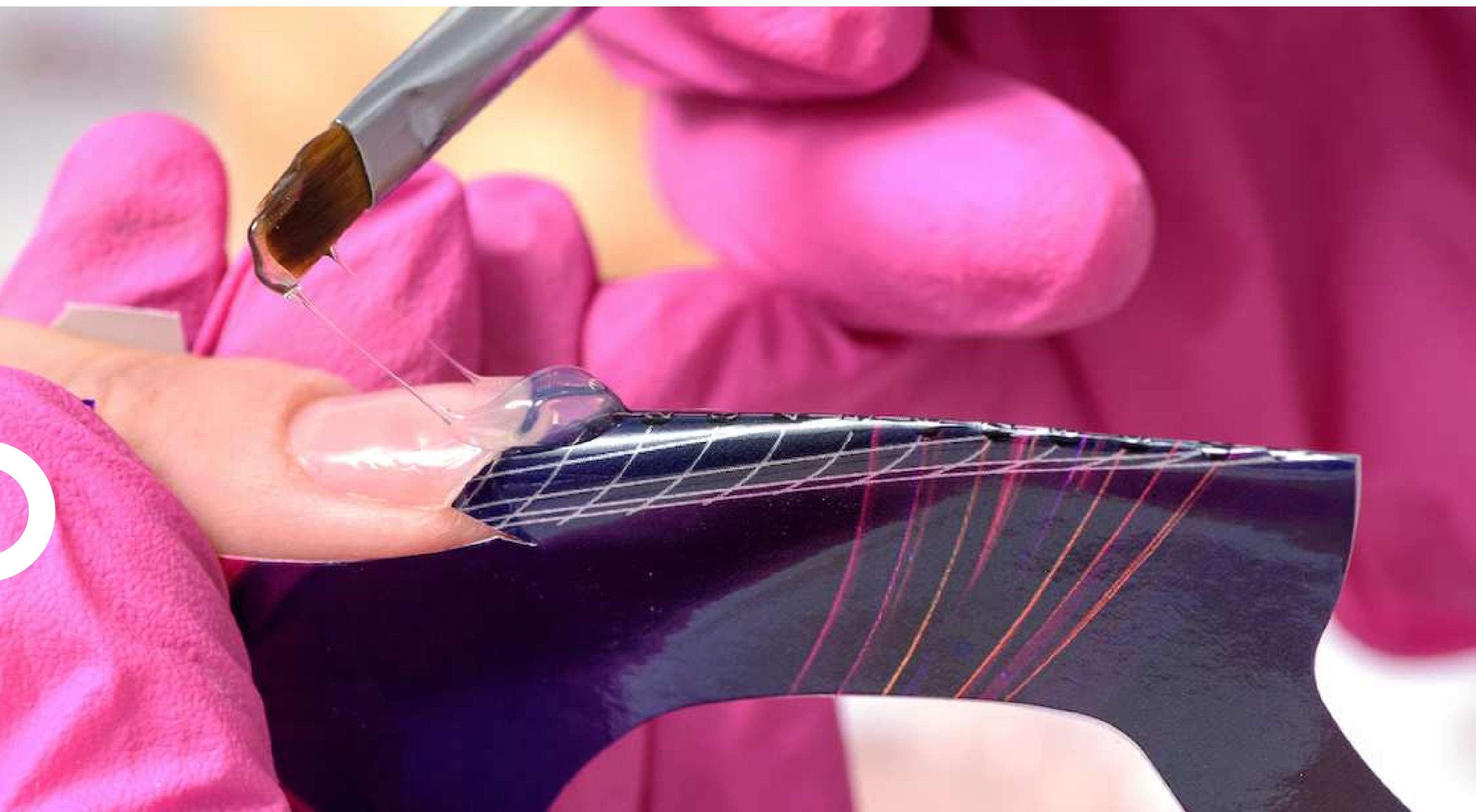
Janet did her research, and choose a couple of products to try. After some trial and testing, it was decided that we would start using Velveteen acrylgel from Ugly Duckling

So what exactly is acrylgel? It is a mix of gel and acrylic. Builder gel is very finicky, it can move easily into the cuticle. Acrylic smells and hardens right away. Acrygel is the best of both worlds. Strong yet flexible. No smell or fumes and can be sculpted to fit your nails perfectly. It can easily be used as an overlay on your nails for strength if you don't want extra length added.

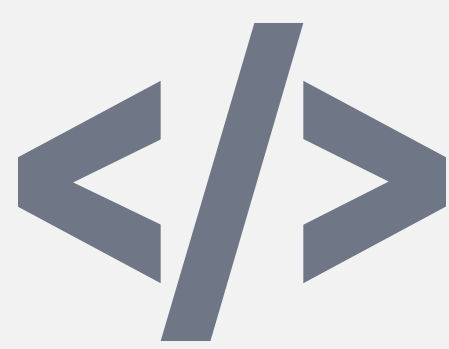
We also like that Ugly Duckling is 100% Canadian-owned and operated. They manufacture quality nail products available exclusively to professional nail technicians. Using their Velveteen product allows us to give you our client the best results.

We will not refill another spas work as we cannot guarantee their work or what product they use. But we now have the ability to remove other spas products and start fresh with Velveteen.

Refills are recommended every 2-3 weeks depending on clients growth



- Super shiny
- Lightweight
- Less damaging to nail if there is trauma such as bending or hitting the nail
- Creates a natural, smooth finish
- Can be worn with nail polish for a very natural look
- Long-lasting staying power
- Can create many different nail shapes (square, round, oval, stiletto, coffin, etc.)
- Stronger than hard gels, but flexible unlike acrylic



Thistle Sisters Design Etsy shop creates handmade and personalized items for your home, cottage, etc. We are three Canadian sisters with Scottish roots. We are always adding new creations so check out our Etsy shop often to see if we have the perfect item for you!



Whistle Sisters



Design

LAKE RULES

Soak up the Sun

EAT PLENTY : Nap Often

Take long

WALKS

Make a

SPLASH

RELAX



UNWIND

Sit by

THE

FIRE

CATCH

SOME

Fish

Jump Off

DOCK

WATCH

Sunset

Swimming

COME TO OUR

Campsite

WHERE



THE FIRE'S
always hot

AND THE BEER'S ALWAYS COLD

MUSIC

GETS PLAYED

WHERE

AND

MEMORIES
ARE MADE

WHERE

MARSHMALLOWS

GET

ROASTED

AND WE

ALL GET TOASTED



ESTD 1976

Travel Tips

See the World

Being able to travel is a great privilege and my husband and I are fortunate to be able to travel to and experience some unique opportunities, such as staying at an ice hotel, walking beside king penguins and even staying at a beach hut to watch a turtle boil (hatching turtles bubble up from the sand) and make their way to the ocean.

These are trips where we are visiting a number of locations within a 2-4 week period. We need to be able to pack up easily and move easily on to our next adventure.

Throughout the years we have managed to get our packing down to a science and only travel with a small knapsack each and carry on hand luggage.

It isn't as hard as you think.

Make sure all your clothes coordinate. You want to be able to make different outfits out of 3 or 4 main pieces. You are going

Travel The k

to have to be okay with wearing something

We were travelling with friends a number of times on a two-week adventure. We travelled together a number of times and at dinner, I said that I really liked her response "Glad you're going to see it about this trip!"

Most important, even if they be easily washed and dry fast!

There is always laundry at hotels or on ships. I hate paying \$2 USD for underwear to be washed. Here are some alternative tips for drying.

1. Find a laundry machine. I have done laundry all over the world. Grab a coffee and enjoy the downtime. I have met interesting locals while doing laundry and got some good places to visit.

Travel with One Bag?

Key - Wash & Wear

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new every day.

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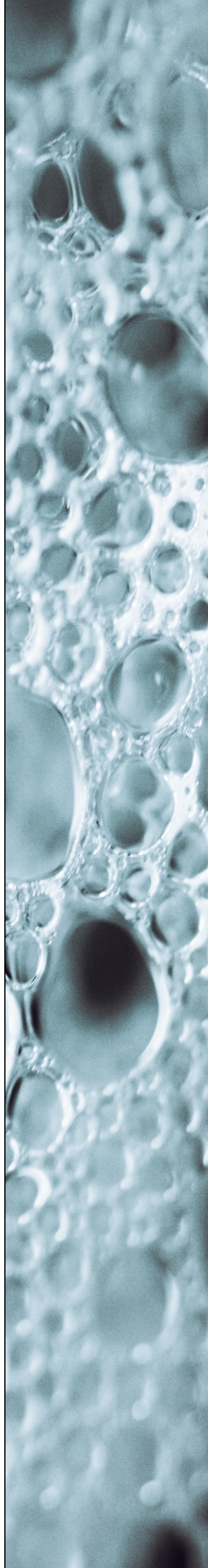
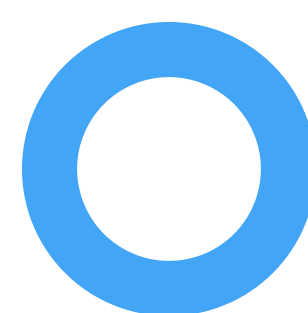
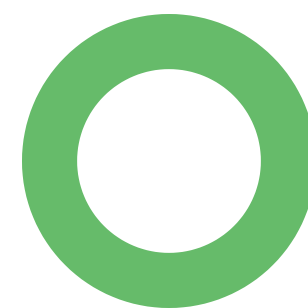
2. If you are at a hotel that has
a jacuzzi bath...fill the bath up to
just over the jets, add some
soap/shampoo turn it on and
wait about 30 mins. Rinse,
wring out, hang to dry.

3. Pack a Scrubba Bag. This is
a great washing bag. Much
easier than trying to wash
clothes in a small hand basin.

If you are travelling the next day
then make sure whatever you
wash can dry overnight.

For pyjamas that you can wash
in the morning and wear that
night check out Cool-Jams.

I always ask for extra towels,
wash my items, lay a towel on
the bed, place items single layer
on the towel. Roll up like a
swiss jelly roll. My husband and
wring it out. Then hang clothes
and in the morning if need be I
quickly finish drying with a
hairdryer.





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Top 5 Reasons to eat Watermelon

It tastes great and it's summer...those are good reasons, but here are some others...

1. High Water Content

Keeping hydrated is important. If you aren't thrilled with drinking water all day, then pick up a piece of watermelon. It is 92% water. A tasty way to stay hydrated.

2. Rich in Vitamins & Minerals

Watermelon is a great source of vitamins, A and C, which are important for skin and hair health.

Vitamin C helps your body make collagen, a protein that keeps your skin supple and your hair strong.

Vitamin A is also important for healthy skin since it helps create and repair skin cells. Without enough vitamin A, your skin can look dry and flaky.

Both lycopene and beta-carotene may also help protect your skin from sunburn

3. Keeps You Going

The water content and amount of fibre, found in watermelon, is important for healthy digestion. Water can provide bulk for your stool, and water helps keep your digestive system moving efficiently.

Eating water-rich and fibre-rich fruits and vegetables, including watermelon, can be very helpful for promoting normal bowel movements.

4. Might Lower Blood Pressure

Watermelon is rich in an amino acid called citrulline that may help improve blood flow through your body and lower your blood pressure. You get all the benefits of watermelon and enjoy the perks of all the nutrients watermelon contains. Studies suggest it may lower your risk of heart disease.

5. Healthy Snack

One wedge of watermelon contains about 86 calories, less than 1 gram of fat, and no cholesterol. It also contains 15 grams of carbs and 5% of your daily fibre requirement, making it a healthy food for fat burning and overall health.

**A small amount
of watermelon are
digestion. Fibre
for stool, while
digestive tract**

**More-rich fruits
like watermelon,
promoting
s.**

**Pressure
amino acid
help move
and can lower
heart also
the lycopene
studies show that
heart attacks.**

**It has just
an 1 gram of
it provides 22
of your daily
making it a great
weight loss**



Microwave Corn on the Cob You will never boil again!

It's almost corn season - OMG Ontario corn, butter, salt, the best! We had always grilled our corn in the husk, so when I moved to a condo and couldn't have a grill I was deprived of one of my favourite summer pleasures. I never liked boiled corn so I avoided it for many years until my Dad shared a video with me a dozen or so years ago. It changed my summer eating and corn was back on the menu.

This is the easiest way to prepare corn. No mess or fuss. You can always throw on a grill afterwards if you have one add some queso fresco, chile and lime for an added treat.



Corn - Do not remove t



Remove from microwave w



Squeeze out like a tube of



the husk.



Microwave 4 minutes on high. I find cooking 4 at a time works. Add 2 minutes extra per cob to cooking time.



with a glove.



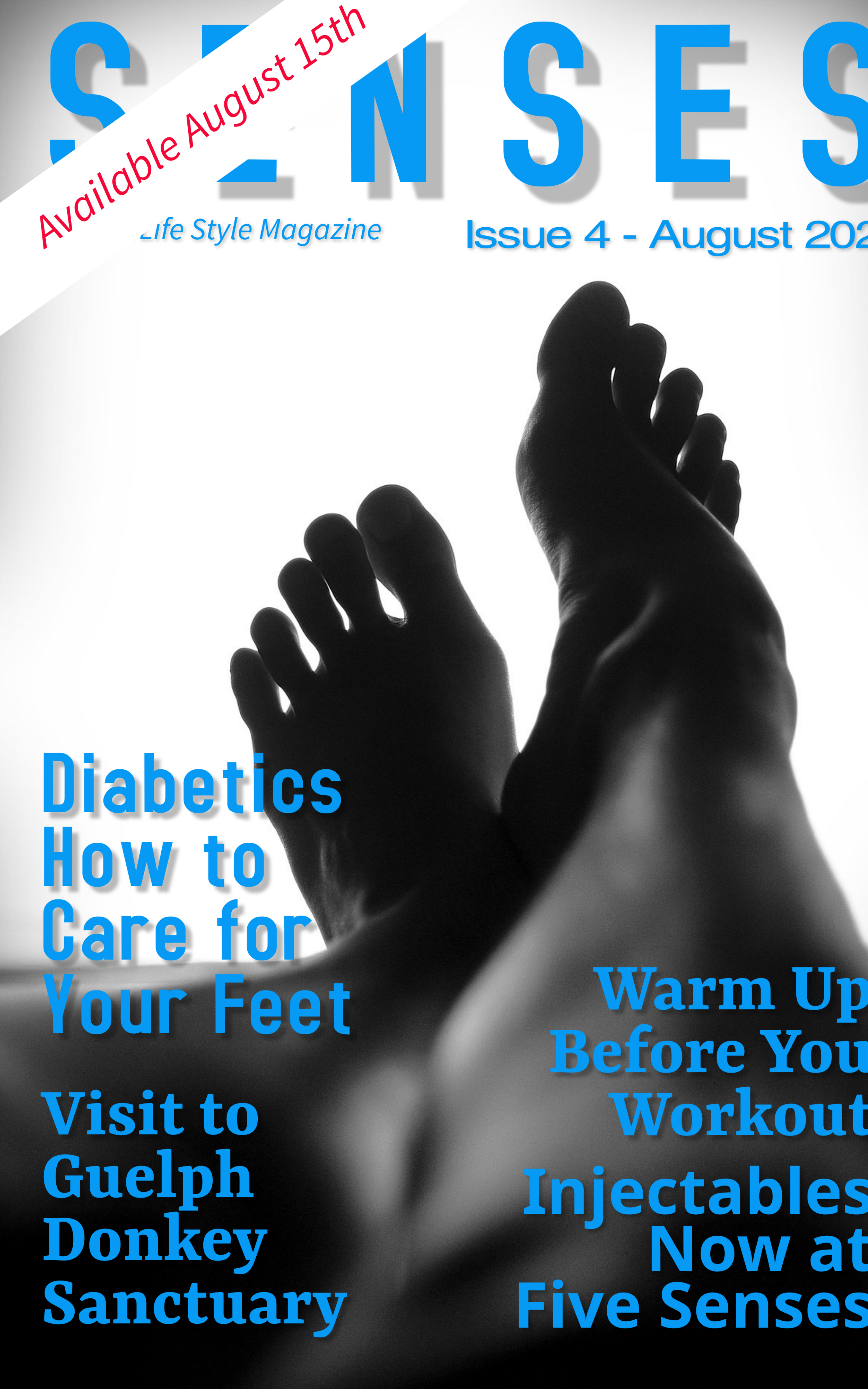
Cut the fat end off the end of the cob.



toothpaste



Prepare to your taste and enjoy.



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