

Twin Pine Crystals

December 2019 Newsletter

Open Thurs thru Sun. From 10:00 am to 5:00 p.m. Or by appointment - call 306 272 4658

Watch our [facebook page](#) for changes to our regular hours ~ see you all soon!

Christmas is a time to gather with close friends and family. It is a time to celebrate, and a time to love. As we rush through crowds trying to find the perfect gifts to express our feelings for each other, it's important to take a moment to stop and recognize the true spirit of Christmas – being together in joy and harmony. This holiday season we wish you all the love, laughter, and time together that you can handle!



Thank you for joining us at the
Twin Pine Crystals' Annual
Customer Appreciation Days!



We enjoyed the visit!
See you all again soon!

Rose Quartz 'The Love Stone': A stone of unconditional love, opening the heart to the beauty of all around us. Its gentle and soothing energy enhances love in any situation, romantic love, platonic love, family love, and self-love... bring in the love! A Rose Quartz lamp or candle holder in any room creates an aura of calm, gentle, and loving vibes, Coating everything in a soft pink glow.

Bring order to chaotic holiday energy with beautiful **Fluorite** tranquility lamp or candle holder– this wonderful stone aids with concentration and helps us get more organized; it grounds excess energy and is wonderful at battling those pesky Christmas-time colds!

Christmas Hours

Regular Hours 10:00 am - 5:00 pm
Open by appointment always!

Open late by appointment for those last minute shoppers
Call 306 272 4658

Merry Christmas!

Open ONLY by appointment Dec 26th thru Dec 29th

Happy New Year!

Regular hours commence Jan 2nd
Thursday thru Sunday from 10:00 a.m. - 5:00 p.m.



When warm, Himalayan Salt releases negative ions into our air, balancing out the positive ions that computers and other electronics put into our environment, which in turn, purifies our air. We are happy to announce that we have brought in little Himalayan Salt Lamp Night Lights, with 7W bulbs! Unlike other small USB lamps with LED lights, (which have returned to the store) these lamps warm up, helping them to release their healing properties! Known to increase concentration and relieve stress, Himalayan Salt helps us feel calm and relaxed, leading to a better night's sleep. Because of its purifying qualities, these lamps also help with respiratory problems such as asthma, sinus problems, allergies, and hay fever.

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The gift of music! Tibetan Singing Bowls, Tingshaws, Bells, Crystal Singing Bowls or a Spirit Drum would fit beautifully under the tree for the music lover!

A wonderful bedtime read with lessons that resonate no matter your age! *Good Morning, Sunshine! A Story of Mindfulness* teaches children and adult's tips and tricks to handling stress and anxiety to create a happier life. Local author Trina Markusson and James Hearne have created a beautifully crafted step-by-step guide on how to stand firmly in your moment. Trina gives us six mindfulness tools to find peace and happiness in the now, while artist James perfectly depicts the struggle that we go through when we can't release the past or stop ourselves from worrying over the future – while showing the difference a moment of mindfulness can make.



We have a variety of gorgeous Sterling Silver gemstone Jewelry! Whether you're looking for a simple, but elegant, gift for that special someone, or seeking a subtle way to bring more positive energy into a friend or family members life!

Christmas shopping shouldn't be stressful!
Enjoy a peaceful drive to Twin Pine Crystals, have a cup of tea, some chocolate, look around and see what you can find for that special someone!
Make your "wish list" and make shopping easy for your friends and family too!

Himalayan Salt Bath Bars: Coming from the foothills of the Himalayas, this all-natural, untreated salt bar effectively helps to soften skin by cleaning pores and detoxifying the body.

The salt bar can be used in the shower (hold the bar up and allow the water to run over it onto your skin) in a bath (like a bath bomb). Salt Bath Benefits: Gives you a better night's sleep, balances hormones and blood sugar, removes muscle cramps by improving minerals and hydration, and detoxifies by balancing systemic pH.



Raise your vibration and release anything no longer serving you down the drain with **The Book of Sacred Baths** by Paulette Kouffman Sherman. This book offers a different bath for every week of the year - to improve your love life, strengthen your health, and transform your spirit. Add some Himalayan Bath Salts for an extra boost!



These unique crystal wands offer a relaxing, yet stimulating, massage for anyone. They are known to reduce pain and increase your level of wellness by increasing blood flow and circulation. The wands are carved from crystals, each one carrying its own particular energy and healing properties for dispelling or amplifying energy, depending on the purpose of the massage.

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Wanting to clear your space easily? Consider our **White Sage Smudge Spray!** With its pleasantly light scent, this spray makes clearing your energy, space, office, or vehicle easy – helping you release any energy no longer serving you, and open the door to new positive vibrations. New to the shop is Sweet Grass spray. The perfect and easy way to bless your house!

Know someone wanting to create more peace of mind or looking to focus their meditations? Consider **Mala Beads**, also known as prayer or mantra beads, they are worn to quiet the mind, reminding us to stay present and mindful in our daily lives.



Healing Light Reiki and Wellness



Darlene Wagner
Reiki Master

Gift Certificates
Available at
Twin Pine Crystals

Healinglightreiki@outlook.com

306 269 7305

**Gift Certificates
Available!**



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Reader/Healer*

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It has been 7 great years!
We are filled with gratitude for
all who continue to support us,
all our new friends and new
ones to come!

A special "Thank You" to
Darlene & Krista for all their
help and hard work, you are
amazing and our little shop
would not be the same with
out you!

We wish all of you a great
month & a happy holiday
season!

Merry Christmas!
Cindy

Watch our Facebook page for more great ideas for the holidays!