

WOMEN'S WINTER WELLNESS SERIES SESSION 1



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HOLISTIC LIVING EMPOWERMENT MENTOR
& CLINICAL HERBALIST

WHAT TO EXPECT



- ❖ Housekeeping
- ❖ What is Herbalism
- ❖ Holistic Living with Luxury
- ❖ Immune Boosting
 - ❖ Physical State
 - ❖ Spiritual State



HOUSEKEEPING



- ❖ I'm not a Doctor
- ❖ Information is Educational
- ❖ Check with your Medical Team
- ❖ Herbs can Serve Multiple Purposes

WHAT IS HERBALISM



- ❖ Herbal Medicine

<https://www.almandinewellness.com/wellness-news/what-is-herbal-medicine>





HOLISTIC LIVING & HEALING

- ❖ Physically
- ❖ Mental
- ❖ Emotional
- ❖ Spiritual

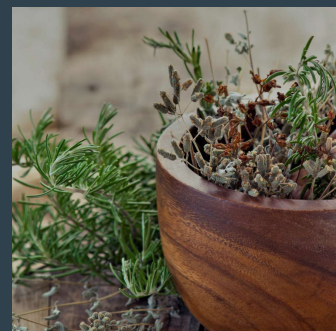
Refinement with Luxury



PHYSICAL STATE

❖ Boosting Your Immune System

- ❖ Ginger
- ❖ Vit C
- ❖ Garlic
- ❖ Vit D3
- ❖ Honey
- ❖ Zinc



SPIRITUAL STATE



- ❖ Quieting the...
- ❖ Mind
- ❖ Body
- ❖ Connection



CONTACT INFORMATION



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