

MUD PARTIES!

By Hand Heart & Sole Wellness

CALL GINA [416] 931-3863

For minimum 6 guests: YOU & 5 of YOUR FRIENDS!
We'll make it a memorable and enjoyable time!!



www.HandHeartAndSole.com

[416] 931.3863

Introducing GoldenMoor® HEALING MUD

You'll have a laugh, feel the wonderful benefits that GoldenMoor® Mud has to offer and you'll enjoy yourself! Experience Wonderful Healing in GoldenMoor® Mud



COME IN for a Fun & Relaxing Evening

- ◆ Let us pamper you with **A RELAXING MUD FACIAL...**
- ◆ **A LUSCIOUS FOOT FACIAL...**
- ◆ **A "Baby Bottom" Hands & Arms Scrub**



AND

- ◆ A Soothing Moor **MUD DETOX FOOT SOAK...**



OR
WE'LL COME TO YOU,
in-your-home \$55 per person
WE LOOK FORWARD TO SEEING YOU!

**ALL 4 FOR
ONLY**

\$40!!

Tax included – cash only

Healing Properties of GoldenMoor® MUD

MOOR – Means “Healing Earth”

5 Major Benefits:

34 % Humic Acid Content (Twice as Effective as European Mud – 16%)

1500 Types of plants decomposed without any oxygen and without any pollution – produced a bio-chemical compound – HUMIC ACID in the earth/mud

1. Anti-Inflammatory – stimulates adrenals to produce endorphins (natural pain killers)
2. Anti-Oxidant (Cell Generator) – slows down oxidation / aging, stimulates the mechanism in your body to produce more collagen in the skin
3. Heavy Metal Chelator (Detoxifier of chemicals we are exposed to daily)
4. Hormone Balancer (Consists of Phyto-Hormones and balances the glandular system and works on etheric energy fields & charkas which helps to ground you)
5. Astringent Agent (Skin Firming / Toning / Tightening)

PRODUCTS:

* MUD Baths * Body Scrubs / Polishes * MUD Masks * Detox with Moor Mud

* Nutritional Supplements * Foot Soaks

PRODUCT STUDIES

Studies into the healing of GoldenMoor® Mud have been documented and can be found on the web site:
www.goldenmoor.com.

Marc Saint-Onge (Founder) and the dedicated team of professionals at Golden Moor labs have dedicated years of research to find natural remedies to common diseases and ailments:

Anti-inflammatory
Arthritis
Fibromyalgia
Injury & Healing
Skin Conditions
Antimicrobial
Circulation
Hormone Balancing and Infertility
Pain, Depression, and Stress

Won't clog or stain bath tubs or whirlpool baths. Washes out – does not stain clothing.

*You don't have to go to a Spa to receive the healing from using
Moor Mud*

Take it home and enjoy in the privacy of your own bathtub!

GoldenMoor® Healing Mud Products – Retail Prices (prices are HST applicable)
Distributed by Hand Heart & Sole Wellness, Milton, ON

MUD BATHS

100 ml plastic bottles \$ 8.00 each



Mud Bath Pine

ENERGY - Mud Bath Pine

- Relieve sore muscles
- Workout “sports stress”
- Boost your immune system
- Reduce joint inflammation & pain



Mud Bath
Lavender

RELAXING - Mud Bath Lavender

- Reduce stress in your life
- Get a better, deeper night’s sleep
- When traveling, fight jet lag with ease
- Regulate sleep patterns
- Calm sunburned or irritated skin



Mud Bath
Chocolate

HYDRATION - Mud Bath Chocolate

- Tightens and firms skin
- Potent anti-aging formula
- Hydrates dry, parched skin
- Softens the appearance of cellulite
- Prevents future cellulite from forming



Mud Bath
Mountain Mist

REFRESHING - Mud Bath Mountain Mist

- Sharpen mental clarity
- Take a mini-mental vacation
- Recharge yourself!

BODY SCRUBS



Available in scents:

Lavendar
Eucalyptus
Citrus

400 gr (13 oz) Jar \$ 50.00
14 gr (sample size) \$ 6.00

The unique body polish / scrubs, made with an all natural blend of Moor Mud, hemp and essential oils, and pure pumice, exfoliate and hydrate without leaving the skin oily. This invigorating scrub exfoliates and softens; leaving you with fresh, smooth skin. Vigorous scrubbing action helps stimulate circulation and enhances the appearance of your skin. May be used with or without water; safe for everyday use.

Healthy Humax™ Soap Bar

90 gr (3 oz)

\$ 20.00



Hydra Moor Moisturizing Cream

50 gr (2 oz) jar

\$ 38.00

5 gr (.2 oz) sample

\$ 5.00



Natural FACE Mask

6 oz (180 ml)

\$ 35.00

14 gr

\$ 8.00



1 LITRE Bottles Mud Bath



Available in scents:

Lavendar
Mountain Mist
Chocolate
Pine

~~\$ 60.00~~

NOW ONLY \$50.00

That's only \$5.00 per 100 ml!