

Helping families achieve optimal quality of life so they can go Explore!

TRAIL GUIDE

- Weekend Warrior
- Mother's Day Gifts
- May Hours
- Triple A's from Dr. Jones
- Product of the Month

WEEKEND WARRIOR

Getting back into the garden and spring yard work often brings extra aches and pains! Here is a list of things that can help!

1. Get adjusted to make sure you're in the best alignment to deal with these stresses
2. Get yourself a personal TENS Unit (they're \$10 off this month!) which helps with muscle spasm.
3. Take an Epsom Salt bath afterwards to relax those tight and sore muscles
4. Go for a long walk
5. Stretching after your activity or try a yoga class

LAST MINUTE MOTHER'S DAY GIFTS

Are you in need of a last minute Mother's Day gift?

We have essential oils, diffusers, and supplements that just may be the ticket!

Stop by or call to see if we have something just right for the Mom in your life!

MAY HOURS

We will be closed a few days in May, please plan accordingly.

May 10th – Closed

May 24th – Closed

May 27th (Memorial Day) – Closed

Love for Explore Wellness

Dr. Jones has really helped with my back pain during pregnancy. I feel like I can still be active because she eliminates the pain. I highly recommend!

- Adrienne K.



Horseshoe Bend, Page, Arizona, April 2019

ABUNDANCE

DAILY MANTRA

"I am worthy of receiving all of the abundance, prosperity and wealth the universe is ready to bless me with."

Daily positive affirmations are extremely beneficial!

ADVENTURE

It's almost summer which means more adventure! We're here to make sure you can do what you love! Show us what you're up to on social media by tagging us or using #whyiexplorewellness

ALIGNMENT

Change of seasons means change of activities. Make sure you're getting adjusted if you're doing yard work, getting back on the trails or training for a race! We can make sure you're in alignment from head to toe!



FROM THE PRODUCT SHELF

May Product of the Month:

\$10 off TENS Units

This is great for tight muscles and can help keep you more comfortable between adjustments!

See the front desk at Explore Wellness for more information on this product!

Want to be featured? **Leave us a review on Google or Facebook!**

Want More? Follow us on Instagram @explorewellnessidaho_! And remember to use #whyiexplorewellness to show us your adventures!