

HARMONY FARM

Natural Foods & Supplements

"Spring is nature's way of saying, "Let's Party!"

—Robin Williams

The arrival of March = coming of Spring! Hurrah!

But if you suffer from allergies, you might be dreading the yellow cloud. Let's get you the right help—the pollen index does not have to control your schedule this year.

We have specialized juices, **smoothies**, and a host of natural solutions available to help your body feel less under seige. If you're not sure where to start, check out our natural allergy remedies [blog post](#), and consider hay fever a thing of the past! Or, at **20% OFF**, why not give **Hybrid Remedies Hybrid AR** a try? It offers rapid nasal and sinus support.

And what else is **20% OFF** this month??

ALL +PlusCBD™ Oil—that includes **all** CBD hemp oils, gummies, and pet CBD products! *Hurry in, this sale is while supplies last.*

March also marks the *arrival of polar bears* to North Carolina.

Come again?

Polar plungers! Join Steve Long and friends to represent Team Harmony Farms in a polar bear plunge jump this Saturday, Mar 7 to raise money for the Wake County Special Olympics!

(Scroll down to our events section to learn more)



All Mad Hippie products are 20% OFF! We are so excited to share their amazing products this month. Our customers' favorite? Hands-down, the Vitamin C serum.

This antioxidant-rich product protects against sun damage, decreases acne and redness, and helps brighten aging skin.

But don't just take our word for it. Check out their [press page](#) to see how their effective, cruelty-free skin care line is winning awards and turning heads.

Bonus! Stop by between 1 and 4 on **Mar 14** and their rep will be here offering in-store customers **buy two, get one free.**

Speaking of Vitamin C, what does it do for your skin anyway?



At **20% off**, this is the **best month** to try out Mad Hippie's Vitamin C Serum and Triple C Night Cream. But how does Vitamin C affect your skin? Can it really reduce wrinkles?

The answer is yes! It really does live up to all the hype—from treating acne to brightening. Our [newest March blog post](#) explains how.

• [Topical Vitamin C: Our What, Why, and How Guide](#)

Now the full list of March Sales...



20% OFF all these customer favorites~

- **Barlean's:** Best known for the purity of their amazing Flax and Omega oils
- **Humble Deodorants**
- **Mad Hippie Skin Care Line**
- **+PlusCBD™ Oil:** Full line of products (until supplies last)
- **Hybrid Remedies:** HybridAR Nasal and Sinus support | HybridCR Immune Support

March Grocery Sales



LARABAR



- HonestTea: 2/\$3
- Larabar: 5/\$5
- Traditional Medicinals Tea: 15% off



A new look with the same great deals from the Independent Natural Foods Retailer Association.

[INTRA grocery sales](#)

MARCH EVENTS

These events have always included vendor demos and store events. But now, they include **The Break Room events!!** These include special talks and seminars from local professionals and personal appointments with vetted practitioners.

And now, every third Saturday, we'll have free practitioner demos.

This month on Mar 21, we bring you Certified Physical Therapist Kjersten Marlowe.

Fri Mar 6 11:00–3:00PM

Vendor demo and free samples! Our rep from **Wallaby Organic** Kefir and Greek Yogurt will be here.

Sat March 7th, 10AM North Hills Club Pool

Jump with Us!

We are **sponsors** for the Special Olympics Wake County Polar Plunge! Join team Harmony Farms and you'll get a free drink from our juice and coffee bar and an event t-shirt. [Contact us here](#) to join in the fun! Learn more about the event [here](#).

Sun March 8th

Happy International Women's Day! Check our Facebook page for day-of specials.

Spring Forward! Daylight Savings begins at 2:00AM (So set your clocks forward 1-hour when you go to bed on Saturday!)

Sat Mar 14 1:00–4:00PM

Vendor Demo! [Mad Hippie](#) will be here sampling products and telling you about their fantastic line of cruelty-free, paraben-free, natural cosmetics!

Tues Mar 17 All Day

Find the leprechaun! Calling all kids! If you can find the hiding leprechaun in the store, you'll get a special treat at check out!

Thurs Mar 20 11:00 and on

Our Beauty Vendor [Derma-E](#) will be here with samples and Q&A.

Sat Mar 21 10:00–2:00PM ****Break Room Event****

Certified Physical therapist Kjersten Marlowe will be here as our **Featured March Practitioner**. She'll be introducing customers to a **new piece of pain-relief tech called TrueRelief**, which uses high frequency electrical therapy to treat pain (It's non-opioid and FDA-cleared). She's offering **eight FREE 15-min slots (between 10-11 and 1-2)** to try out this exclusive treatment. Her slots will fill up quickly, so book them directly with her **by phone at 919-812-1717**.

Sat Mar 21 11:00–2:00PM

Find out your spring time horoscope! **Sign up with Beth for your Astrological Reading!**

\$35/30-min reading. \$5 off with advanced booking. Call 919-602-6507 to reserve your slot!



To appreciate the beauty of a Spring day...

- [Today](#) by Billy Collins

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