

HARMONY FARMS

Natural Foods & Supplements

"Strength shows not only in the ability to persist, but the ability to start over."
-F. Scott Fitzgerald

Happy New Year
Goodbye 2020
Hello 2021

January is Country Life BOGO!!!

Country Life
**BUY ONE, GET ONE
FREE***



All Country Life products are Buy One, Get One
FREE all January long.

Sale ends January 31st at 8 pm

Visit us in-store or call to place a special order at 919-782-0064

If you have a particularly large order you can email harmonyf@bellsouth.net

Use the 4-digit product code to guarantee accuracy.

Select Desert Essence Items Buy One, Get One Free



Events

1/3 Free Aura Readings and Biofeedback levels with Sue 1:30- 4 pm

1/9 and 1/30 Free Postural Assessment and Mini-Consult and \$10 chair massages with Laurie 1-5 pm
1/23 Fairy Hair with Eliza Get your hair to sparkle. **11 am - 1 pm**

Start 2021 "Fresh" with an Organic Juice Cleanse



Kick-off the new year with a new you! Now is the perfect time to try a juice cleanse. We offer 1, 2, and 3 day cleanses. 64oz of juice per "day." We have 64 oz. and 128 oz. containers available to purchase for your cleansing delight in the store, or you may bring in your own container(s) for your cleanse. For any other questions in regards to doing a cleanse, feel free to speak with any of our knowledgeable juicers! Choose from our recipes, or create your own. All juices are made to order – call 919-782-0064 if you would like to schedule one in advance. Walk-ins accepted!!



Contactless Shopping

We offer **free curbside grocery delivery**. If you have more than 10 items, please [email](#) us your list and follow up with a call to verify we received your order. If you have less than 10 items, give the store a call (919) 782-0064, and we will gather your items and take your payment over the phone. Call to let us know when you're outside and a masked and gloved Harmonizer will be happy to bring out your order. 🙌

January Supplement Sales



CHARLOTTE'S WEB™
STANLEY BROTHERS



20% OFF Biochem

20% OFF Charlotte's Web CBD

20% OFF Nordic Naturals

January Grocery Sales



Primal Kitchen 15% OFF

Traditional Medicinals Tea 15% OFF

Zevia Soda 6-packs 15% OFF

January Events

We will update our Facebook and Instagram if more events are scheduled.

1/3 Free Aura Readings 1:30-4 pm

Stop by Harmony Farms on Sunday, January 3rd from 1:30-4 pm for a Free Aura Reading and Biofeedback levels by Sue from [Raleigh Body & Brain](#).



1/9 and 1/30 Free Postural Assessment and Mini-Consult 1-5 pm

Come see the Holistic Therapist, Laurie Collins, for a free postural assessment and mini-consult on Saturday, January 9th and 30th from 1-5 pm. She will also be offering 10-minute chair massages for \$10.

[HOPE SPRINGS ARTS & WELLNESS](#)



1/23 Fairy Hair with Eliza 11 am - 1 pm

Join us on Saturday, January 23rd from 11 am - 1 pm and get your hair to sparkle by the lovely Eliza.

Text (919) 633-1855 to book a time slot.

Walk-ins accepted!

\$20/person



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Harmony Farms | 5653 Creedmoor Rd, Raleigh, NC 27614, NC 27612

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