

HARMONY FARMS

Natural Foods & Supplements

Country Life is Buy One, Get One FREE in July!



It's time to stock up on your 2021 supplements! Our **Country Life BOGO sale** means you buy *any supplement* and receive another product of equal or lesser value for **free!**

*And that includes **special orders** placed by July 31st.*

Visit us in-store or call to place a special order at 919-782-0064
If you have a particularly large order, please email harmonyf@bellsouth.net

Use the 4-digit product code to guarantee accuracy.

Hurry in, the sale ends on Saturday, July 31st!

Did you know that Desert Essence and Biochem are in the Country Life family of products? Desert Essence is one of our customers' favorite brands for cruelty-free plant-based skin and hair care choices. Biochem is a great protein powder brand with vegan and whey options. They are both 20% off in July.



Do you want to switch to natural deodorant but aren't sure which one? Try one of our staff favorites, Humble. **Humble Brand** deodorants are all-natural and made with simple ingredients. They even have vegan and sensitive skin options. In addition to being 20% off this month, they are offering a "**Dirty Deodorant Trade-in.**" Just bring us your old, conventional deodorant and we'll trade you a travel-sized Humble Brand deodorant for free! (While supplies last.)

Did you know that we have **Harmony Farms reusable grocery bags**? **Go Green** and go represent Harmony Farms with a nice, big bag made from 25% recycled materials. When you spend \$100 or more and mention the newsletter at the register you get one for **free!**



Juice Bar Spotlight



Beat the heat this Summer with a drink from the Organic Juice Bar. Everything is all organic and there's something for everyone. If juices aren't your thing, we also have coffee drinks that can be made iced, as well.

Ask your juicer to add Sea Moss Gel for only \$1.00. Sea Moss Gel jars also available for purchase.

Call the Juice Bar to order in advance. (919) 782-0064

If you ever need a massage, we have a great person to get in touch with. Her name is Laurie and she works from Harmony Farms in our Healing Room. Stop by, shop around, and get a massage, too.

Laurie is a Holistic Therapist, holding degrees and certifications in a variety of wellness modalities including a BA in holistic nutrition, a Licensed Massage Therapist, Reiki Master Teacher, a Registered Yoga Instructor and Art Therapy Coaching.

Contact Laurie at HopeSpringsArts.Wellness@gmail.com or 315-378-2770
HopeSpringsAW.com



July Sales

Check out our sales for the month!



Buy One, Get One FREE Country Life

20% OFF Biochem protein

20% OFF Desert Essence

20% OFF MediNatura

20% OFF Vibrant Health

25% OFF Life-Flo

25% OFF Hemp Fusion topicals

20% OFF Humble Brand

15% OFF Mg12

July Grocery Sales



- **Kind Bars 15% OFF**
- **Primal Kitchen 15% OFF**
Condiments and Dressings
- **Wild Planet 15% OFF**
- **Zevia 6-packs 15% OFF**



infra

Please be patient with us as our stocks fluctuate during this time.
Please call ahead to find out what we have available.

INFRA grocery sales

July Events

7/11 Free Aura Reading and Biofeedback levels 1:30 - 4 pm

Stop by Harmony Farms on Sunday, July 11th, from 1:30 - 4 pm for a **Free Aura Reading and Biofeedback levels** by Sue from **Raleigh Body & Brain**.



7/17 Free Turmeric Zone Demo 10 am - 4 pm

Local vendor demo! Try out **Super Honey** from **Turmeric Zone**. The name just about says it, it's honey with the superpowers of turmeric powder, turmeric root, and black pepper added in! They now have one made with elderberry for an extra immune boost.



For our most recent updates, check our Facebook page,
or our Instagram @harmonyfarmsNC

Follow us on social media!



Share our newsletter with a friend!

