



Please remember to do something kind for yourself today!

B&B - new beginnings
18920 Polish Town Road
Barnhamville, Virginia 23011

B&B - new beginnings Summer of 2008

EVERYDAY IS A NEW BEGINNING!

A different place, a different time....how sweet life is.



Hello everyone! This passed May marked 1 year since I moved to Virginia. I have certainly made great headway and I have met so many new friends. Socially and professionally, my calendar is absolutely crazy but I am loving every minute of it as I continue to grow and learn how to manage my new life. Over the past few months I have hosted several healing arts workshops and private shows and they were all well received. I really love my new friends, clients and my awesome surroundings. However, I continue to miss Boston/Andover and will be there in August to see everyone! I will be attending and working at the Cape Verdean Festival as well.

James and I spent our very first anniversary in Palm Springs, California. We were invited to an absolutely fabulous celebration with the Bell family. The celebration was over a period of 3 incredible days filled with wonderful family, great food and lots of fun! We met Quentin, the new baby and he is just adorable to say the least. An amazing time was had by all. We stayed in Palm Springs 7 more days enjoying our anniversary. One of the many beauties of Palm Springs are the truly gorgeous backdrops and brilliant flowers. I was so inspired and excited because color has always and will continue to be a huge ingredient of my creativity. The experience in Palm Springs coupled with the beauty of Virginia has really enhanced my palette. This summer you will see beautiful colors in both our designs and accessories.

I am loving Virginia. Everywhere I go even if I am walking up the country road where we live, people wave hello and smile. My shields are down and I am showing up everyday for life with great enthusiasm. I believe with all that is happening in our world today it is imperative to take time and really be grateful for all the little things. This morning while walking I was in awe as the butterflies were dancing, the birds singing, rabbits running across the road and the deer were playing hide and seek in a backdrop of blue sky, sunshine and green lush trees. As I watched this naturally orchestrated symphony of life happen before my eyes I just smiled and thanked God for all of the blessings that he bestows on us each and every day. I believe spending time with nature puts me in concert with life.

Enjoy the newsletter and as always thank you for your support, emails, orders and your visits as they are more than appreciated!

To My Virginia friends...Saturday, June 21st





A VERY SPECIAL SHOUT OUT TO THE "BAD WOMEN'S FELLOWSHIP".... THE AWESOME LUNCH, INCREDIBLY FUN CONVERSATION AND THE MOVIE WERE ALL SO GREAT! I HAD A BALL AND LOOK FORWARD TO GETTING TOGETHER WITH YOU ALL VERY SOON. I ALSO WANT TO THANK YOU FOR YOUR WARMTH....*babbitt*



BABBITT'S HEALING ARTS

FATHER'S DAY SPECIAL

30% OFF - Until July 1st.

A HEALING ARTS GIFT CERTIFICATE MAKES THE PERFECT PRESENT FOR THAT SPECIAL DAD OR HUSBAND. WHETHER IT IS REFLEXOLGY, EAR CONING, FOOT KNEE REFRESHER OR HAND TO SHOULDER REFRESHER OR MAYBE A COMBINATION OF CHOICES I GUARANTEE YOU WILL HAVE PEP IN YOUR STEP AND FEEL RELAXED AND REJUVENATED! SO DON'T DELAY CALL TODAY 804-543-7813.



SOAK OF THE MONTH...INSPIRATION

Do you have a lot to do and don't know where to begin? Need a little inspiration? Well, this soak will get you started on your way. Run a warm/hot bath and add 3 cups of Epsom salts, 4 drops of peppermint, 6 drops of lavender and 6 drops of eucalyptus. Sit and soak for 20 minutes or so. After your soak drink a cold glass of water and diffuse* 3 drops peppermint in the space where you will be working. Believe me, you will complete your tasks and much more. *Happy Soak!*

** If you are interested in learning more about diffusers and essential oils please feel to call or email me anytime. We carry soap stone diffusers and a variety of essential oils. Mention this newsletter and receive 20% off on your purchase.*



THERAPUTIC USE OF ESSENTIAL OILS

HOT AND COLD COMPRESS— This is a very effective way of using essential oils to relieve pain and reduce inflammation. A hot compress can be made by filling a bowl with very hot water, then adding 4 or 5 drops of essential oil. Dip a folded piece of cotton cloth, cotton wool or a face cloth into the bowl, squeeze out the excess water and place the cloth on the affected area until it has cooled to blood heat, then repeat. Hot compresses are particularly useful for backache, rheumatism and arthritis, abscesses, earache and toothache. Cold compresses are made in a similar way, using ice cold rather than hot water. This type of compress is useful for headaches apply to forehead or back of neck), sprains, strains and other hot, swollen conditions. The ailment, problem, or pain will define which essential oil should be utilized. For more information please call 804-543-7813.

New Beginnings

NEW

WEBSITE: www.bandbnewbeginnings.com

EMAIL: info@bandbnewbeginnings.com

804-543-7813 or 800-505-2982

SATURDAY, JUNE 21ST

At 12 noon sharp we will have a free healing arts session so come to relax, rejuvenate and share in an awesome conversation. The topic will be "Owning your Energy." If you are planning to attend please be on time or arrive a few minutes early. We will have light refreshments. Dress comfortably. Please r.s.v.p. by June 18th if you are planning to attend this session.

STARTING AT 1PM HUGE BLOW OUT SALE!
1PM— 5PM
DON'T MISS THIS SALE!!!!!!

UNIQUE PIECES, GREAT COLORS IN LIMITED QUANTITIES. If you are unable to attend but would like to come another day just give a call 804-543-7813.



We cut for all sizes and body types...machine wash and dry. Wonderful mix and match pieces with distinction and gorgeous jewelry all on sale. 25—50% off.



HAPPY BIRTHDAY TO MY SON MALAQUIAS GOMES ON JUNE 21ST!

A special hello to Allen, Stuart and Quentin. We thank you for your wonderful hospitality!