



Dear Melody,

Hey. I have had so many people asking about the bulletproof coffee I referenced in the newsletter, I decided to go ahead and give the recipe and the link to the website. I will still be writing about it in April, but obviously there are a lot of you that want to wait.

2 cups of organic, mold free coffee (lab tested) - I get it from the website
2 tablespoons grass fed butter (grass fed is the important part)
2 tablespoons coconut oil or MCT oil
Stevia to taste

Blend it. I use a nutribullet for 10 seconds.

Its frothy, smooth, delicious and super good for you.

[Link for recipe and products](#)

As always, feel free to contact me with questions by texting 317-716-4646.

Grateful to You!!!!

The other day I was telling someone about the jobs I used to have and how much I really disliked them. It reminded me of how lucky I am to have a business I love, within a couple of miles from home, and get to see such amazing people every day. Thank you so much for keeping us open and always supporting what we do.

Just to say thank you, for the rest of the month if you schedule the extra 15, you get a 75 minute massage for the price of a 60 minute massage.

Have an absolutely fantastic day!!!!

Melody
Owner
317-716-4646

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