

# JUST HEAVENLY

Wishing you and yours a very blessed Christmas!

- Jennifer & Vanessa

[www.justheavenly.org](http://www.justheavenly.org)

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## DID YOU KNOW?

Magnesium can help bone strength, heart health, immune function, muscle cramps, PMS, and hypertension. But, did you know that Magnesium is essential for your mental wellbeing too? Your stress levels, mood, and sleep quality are all deeply linked to magnesium.

Magnesium helps regulate our stress-response systems. It also increases levels of GABA, a neurochemical that encourages deep sleep and relaxation.

So check out our **NEW PRODUCTS** below!

## NEW PRODUCTS!

### Magnesium Cream & Magnesium Oil Spray



Introducing our **Magnesium Cream** and **Magnesium Oil Spray**. If you're looking for a way to maximize your body's Magnesium levels this is the way to go! Way better than supplements, this lotion absorbs quickly through the skin. Simply apply to the soles of your feet before bed to help you sleep. Magnesium Cream also helps relieve sore muscles and joints! Directly apply the lotion to your sore muscles. The Lavender Essential Oil is an added bonus as it helps you relax and is a calming agent!

## CHRISTMAS SALE on our Majestic Mermaids!

A bath bomb, goat milk soap, & mermaid toy all in one! Drop the Mermaid in the tub for a relaxing bath bomb experience and you are left with a small bar of soap and a cute little Mermaid!

