

PINE HILL FARM

WELLNESS COLLECTIVE

+ market

WHAT'S NEW AT PINE HILL FARM?

We are so excited to announce that The Wellness Spa at 118 N. Water Street will officially open later this month! It feels natural to us that we expand our health and wellness offerings to Watertown and surrounding communities. In this space we continue to offer massage therapy from Sarah Hogan (A Touch of Tranquility) and medical skincare services from Melissa Muller (Mirrored Image Beauty & Wellness). The spa will soon include an infrared sauna, spacious enough for a quick hot yoga or stretching session, with sequence cards available to use at each visit, and halotherapy. Halotherapy is also known as dry salt therapy, where medical grade salt is diffused into a comfortable room, suitable for one person, a couple friends, or the family. This is natural and safe and there are no harmful side effects. Halotherapy is very beneficial for overall wellness and respiratory health by removing the toxicity from the lungs and respiratory system. It has been reported to improve mental wellness, skin conditions and allergies, and offers immune boosting properties.

Big things happening in Watertown as October marks the opening and ribbon cutting of the Bentzin Family Town Square, kitty corner from our store! On October 29th, the festivities include Main Street trick-or-treating, horse-drawn wagon rides, and much more!

We'll be relaunching our free wellness classes in fall, this time at our new, spacious location. Stay tuned for that schedule in the next month as we'll be covering topics like gut health, CBD, managing anxiety, and more.

We've truly got something for everyone at Pine Hill Farm! It's our happy place and we want it to be yours too!

LET'S TALK: CBD VS. THC

What's the difference?

CBD and THC are both cannabinoids found in the cannabis plant. Hemp, a species of cannabis, contains high levels of CBD and very low levels of THC. Marijuana, also a cannabis species, contains low levels of CBD and high levels of THC. Both CBD and THC interact with cannabinoid receptors in the brain and body to help treat or limit the effects of various conditions.

CBD is nonintoxicating as compared to THC, which gives you the "high" feeling when consumed. According to the World Health Organization, CBD is safe and does not appear to have abuse potential or the ability to cause harm.

CONNECT

Store: (920) 390-4462

Email: info@thepinehillfarm.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm

UPCOMING EVENTS

- Thursday, 9/8, Downtown Watertown Wine Walk
- Saturday, 9/10, PHF@ Oconomowoc Fall Fest
- 9/17 & 9/18, PHF@ Holy Hill Art Farm
- Thursday 9/29, 9am, Urban Poling Walking Group/Workshop with Dr. Cochran/ Doctor Physical Therapy

DID YOU KNOW?

In 2018, the FDA approved the use of Epidiolex oral solution, made with CBD, to treat certain seizure syndromes in children.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥

Meet Carrie of Custom Kismet from Watertown! Her line of natural body care products is a must try! Carrie's talent for making doesn't stop there. If you're looking for the perfect piece of jewelry, check out her hand crafted display which can be found at our 'wellness collective + market,' including many other items and her VERY popular Itch Stick! Shop with her at customkismetshop.com.