

# HARMONY FARMS

Natural Foods & Supplements

***"The quality of a father can be seen in the goals, dreams, and aspirations he sets not only for himself, but for his Family."***  
-Reed Markham

As we embrace the arrival of summer, we're excited to share the hottest updates and tips to make this season even more enjoyable. From sizzling sun protection with our curated selection of sunscreen products to our upcoming Father's Day specials, sales, and events, we've got you covered.

Beat the heat with our refreshing Juice Bar delights, including the mouthwatering Roadrunner juice.

Stay tuned for exclusive offers, health tips, and exciting promotions as we continue our commitment to supporting your well-being. Let's make this summer a season of vibrant health and unforgettable moments. Enjoy the read and embrace the sun-soaked days ahead!

## Sun & Bug Care for Summer



When it comes to keeping your skin protected from the sun's harmful rays, we understand the importance of using safe and effective sunscreens. That's why at Harmony Farms, we proudly offer trusted brands that are EWG-approved like Badger and All Good. Badger sunscreen is crafted with natural, organic ingredients, providing broad-spectrum protection without harsh chemicals. Their formulas are reef-safe and biodegradable, making them a sustainable choice for both your skin and the environment.

All Good sunscreen offers mineral-based protection that is gentle on sensitive skin and free from oxybenzone and other potentially harmful ingredients. With these brands, you can confidently enjoy your time under the sun, knowing that you're using sunscreens that prioritize your well-being while maintaining our commitment to the planet.



When it comes to enjoying the great outdoors without pesky bugs, Harmony Farms has you covered with trusted bug repellents like Badger Bug Spray and Nantucket Spider Bug and Tick Repellent. Badger Bug Spray provides effective protection against mosquitoes and other biting insects using a blend of organic essential oils. Their DEET-free formula is gentle on the skin and safe for the whole family.

Nantucket Spider Bug and Tick Repellent offers a natural and powerful defense against bugs and ticks with a unique blend of essential oils, including rosemary, geranium, and peppermint. These repellents are designed to keep you and your loved ones safe and comfortable during outdoor adventures, allowing you to fully enjoy nature without the worry of annoying bites. Trust these reliable brands to keep bugs at bay so you can make the most of your time outdoors.



In the mood for a DIY? Read this article, [7 Natural Tick Repellents](#), from the Farmer's Almanac for recipes for homemade tick remedies.

## Father's Day Gift Inspiration

With Father's Day just around the corner, it's the perfect time to honor and appreciate the dads in our lives. And don't worry, there's still plenty of time to get your cards into the mail! Show your dad how much he

means to you by finding the perfect gift that matches his unique interests and personality. Not sure where to start? Look no further than our [Father's Day Gift Guide](#), designed to provide you with inspiration and ideas that will make this Father's Day extra special. Explore our selection and make this Father's Day a memorable celebration of love and gratitude. Show your dad he's the best with a gift that truly speaks to his heart.



## Juice Bar Spotlight



Indulge in the delightful flavors of the season with our Juice Bar's featured drink of the month: the invigorating and refreshing Roadrunner Juice. Crafted with a carefully selected combination of nature's finest ingredients, this vibrant blend showcases the perfect harmony of flavors. Savor the crisp sweetness of apples, the earthy notes of carrots, and the nourishing green goodness of spinach and kale. The zing of lemon adds a citrusy twist, while the hint of ginger and the vibrant touch of turmeric create a harmonious balance that will leave your taste buds dancing with delight. Whether you're looking for a revitalizing boost or simply want to enjoy a delicious and nutritious treat, the Roadrunner Juice is the perfect companion for your summer

adventures. Visit our Juice Bar today and experience the refreshing burst of flavors in every sip.

Ask your juicer to add Sea Moss Gel for only \$1.00. Jars of Sea Moss Gel are also available for purchase. Call the Juice Bar to order in advance. (919) 782-0064

## New Website



Exciting news! We are thrilled to introduce our new website URL, [HarmonyFarmsNC.com](https://HarmonyFarmsNC.com). As we continue to enhance your online experience, we kindly request that you consider updating your bookmarks to ensure seamless access to our website. Please note that our previous URL will no longer be active, so it's important to visit [harmonyfarmsonc.com](https://harmonyfarmsonc.com) for all your future browsing needs. We appreciate your cooperation and look forward to serving you on our revamped digital platform. Explore our website today and discover the latest updates, products, and resources for your health and well-being journey.

## Symphony Natural Health Specials

Discover the power of Symphony Natural Health, a trusted brand dedicated to providing natural health solutions. This month, we are excited to feature their remarkable product, Herbatonin. Herbatonin is a unique plant extract derived from rice, alfalfa, and chlorella, offering a natural way to support healthy sleep patterns. Seize the opportunity to embrace a restful night's sleep and enhance your sleep routine with Herbatonin. They have two more exceptional products- Revolution Maca for men and Femmenessence for women. Revolution Maca is a premium supplement designed to support men's overall well-being, including energy, stamina, and hormonal balance. On the other hand, Femmenessence is a remarkable formula specifically tailored to promote women's hormonal health and balance throughout various stages of life. These cutting-edge products from Symphony Natural Health are thoughtfully crafted to help you thrive. Discover the natural path to vitality and optimal health with Symphony





Natural Health's revolutionary products.

We are delighted to offer a special promotion of **20% off** on all **Symphony Natural Health** products this month at **Harmony Farms**.

## OUR JUNE SALES

Visit us anytime this month and take advantage of our specials!



**20% OFF** [Badger](#)  
Sun & Bug only

**20% OFF** [Crystal](#)

**20% OFF** [CV Sciences CBD+](#)

**20% OFF** [Dynamic Health](#)

**20% OFF** [Emerald](#)

**20% OFF** [Goodlight Candles](#)

**15% OFF** [Ion Biome](#)  
(Previously Restore)

**20% OFF** [Life-Flo](#)

**20% OFF** [Mad Hippie](#) (Select items)

**20% OFF** [Symphony Natural Health](#)

## June Grocery Sales

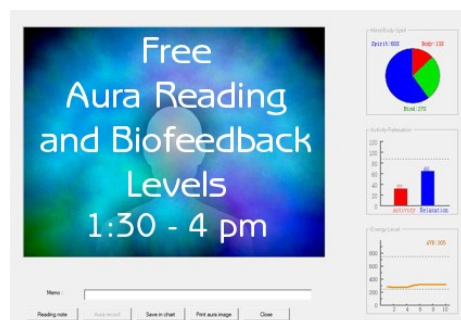


**15% OFF Smart Sweets**

[View INFRA Sale Flyer](#)

We will update our Website and Facebook if more events are scheduled.

This Sunday, June 4th, 1:30 - 4 pm Body & Brain Yoga Tai Chi owner/instructor, Susan, is offering free aura/energy readings using a biofeedback device. No appointment is necessary, but there may be a line. Only takes 5 minutes. Learn what your aura colors say about your energy balance between mind, body, and spirit. Check your stress versus relaxation levels. Bring your cell phone to take a photo of your results.



**\$20/person**



**6/30 Dr. Bronner's Magic Chocolate Demo**  
**11 am - 1:30 pm**

Join us at Harmony Farms on Friday, June 30th from 11 to 1:30 pm for an afternoon of sampling the rich and flavorful chocolate from Dr. Bronner's. You'll get a chance to discover the world of organic and fair trade chocolate while enjoying a unique tasting experience. So don't miss out on this opportunity to treat yourself to an afternoon of chocolate goodness!

or our Instagram [@harmonyfarmsNC](#)

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