

The Hendersonville Community Co-op Co-op Connection



A Co-op Owner Advantage

Discounts offers are subject to change with out notice.

Alternative Health

Hendersonville Acupuncture Center: Amanda Stierwalt. 828 Fleming St., Hendersonville, NC. 828-692-9090, *20% discount.*

Saluda Healing Center: Bonnie L. Williamson, DC. Chiropractic, ChiroYoga, acupuncture, neuromuscular re-education, colonics, detoxification, psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 828-749-3875. *10% off initial visit for co-op owners.*

Henderson Chiropractic: Joseph Silva 1630B Spartanburg Hwy, Hendersonville. 828-696-2455. *20% discount on all services.* Regular fees for individual services range from \$18 up to \$250.

StayWell: Joan Kennedy. 418 Village Greenway, Flat Rock 28731. 692-7282, www.saluda/staywell.com. *10% off any self-pay service.*

Center for Natural Healing, 1185 Ecusta Road, Brevard. Kevin Richard and Sierra Lamanna 862-8806. *10% off first consultation. Consultations \$70/hr*

Healing Therapies, Inc, BEYOND SURGERY: Judy Lynne Ray offers Guided Imagery + Healing Touch sessions for pre and post surgical clients. 828 553 -8146. \$70 fee includes book and tape. *10% discount on initial session.*

WNC Functional Health, Frank Trombetta D.Sc. Rowan Farrell Trombetta, NMT. Integrative Health Care for all conditions with 25 years experience in private practice. Complete holistic services for chronic illness as well as Hakomi Therapy and Homeopathics. *For Co-op Members: 50% off first Detox Therapy; 25% off first Microcurrent and Laser Therapies; 25% off first Cranial Sacral Therapy.* www.wncfunctionalhealth.com

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 Far Infrared Sauna *free 20 min. sauna visit w/ first 1 hr therapeutic massage session for Co-op owners by appointment only.*

Trinity Healing Arts - Sierra Lamanna. BioEnergetic (how the biology is affected by energy) Intuitive. Specializing in matching supplements to your specific energy, therefore addressing core imbalances. Also specializing in streamlining your current supplement program, allowing it to be more affective. Work over the phone or in person. 828-862-8806 www.trinityhealingarts.com. *Free 20 minute consultation to co-op members.*

Living Points Community Acupuncture Clinic - sliding scale acupuncture \$20-\$40 per treatment w/ \$15 one-time first treatment paperwork fee - 5 Allen Ave, Suite B South Asheville, NC 28803 828-687-8747 www.living-points.net *We will waive the first treatment paperwork fee for co-op members - \$15 savings*

Acu-Na Wellness Center, 330 E. 1st Avenue (1st Ave. & Grove), Downtown Hendersonville. (828) 692-2440. Mary Houge, L.Ac., LMBT. Using a new ground breaking system we help women with menopause symptoms naturally. We help you feel better— without drugs. We also offer acupuncture, massage, facial rejuvenation, lymphatic

treatments, Chinese herbal remedies, and natural supplements...www.Acu-Na.com. *15% discount on Co-op members first visit.*

Iridology - special offer - Do you want to discover the underlying cause of imbalances and deal with them naturally. Prevention and balancing your body will save you money & suffering using aggressive therapies that suppress symptoms & create a cycle of disease. Your eyes are the WINDOWS TO YOUR BODY, MIND & SOUL. *Save 50% on an Iris Analysis, i.e. \$40 an hour To take charge of your health.* Call Kashmyra for an appointment (828) 891 1602

EFT - Emotional Freedom Technique is like acupuncture for the mind only without the needles. Works when almost nothing else will. Freedom from fears, sadness, grief, uncontrollable cravings, low self esteem & more. 2 hour session \$20.00 off to Coop members. Carol S. Rios BCH MH EFT-Crt. 828-698-4936 www.EFTmiracles.com

Healing Path with Alice McCall - Transformational Energy Healer, Counselor, and Author of 'Wellness Wisdom' inspired by her journey with cancer. Alice works at the cellular level to source and heal the root cause of your health issues, disease, unwanted patterns. *25% discount off first session and 15% off ongoing to Coop Owners.* www.healing-path.info Cell 850-585-5496 / 828-692-5423.

Max Lowd - Vibrational Energy Work, Utilizing state of the art 'Life System' technology. Feel the difference that vibrational release can bring to you and your body. Call 850-375-0296 (cell); 828-692-5423; email tudmax@gmail.com. *50% off first session; 20% off ongoing sessions to Coop Owners.*

Counseling Services

Conscious Choices: Roberta A. Moore, Psychotherapy Services, Downtown 828-329-0431. *15% discount on 1st five sessions.*

Janice Mewborne, ACSW: Private Psychotherapy Services. 714 Oakland St. 828-692-0029, *10% off private pay*

Joseph Howard, MSW: Personal Growth Coaching & Emotional Release. (828) 651-8646 *25% off first session*

Lella Holland, LPC: Psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 749-3875. *10% off initial visit for co-op owners.*

Terri Morgan, LPC, LCAS; Psychotherapy & Substance Abuse Services, Downtown 828-458-1188. *25% off first session / 10% off ongoing sessions.*

Confidential Counseling: Shirley M. Nicholson, Psychotherapy & Hypnotherapy Services. Downtown office. 828-242-7806. *15% discount for co-op owners.*

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 training amateur and professional athletes how to access their peak performances, Flat Rock, 828-696-2547, www.pmi4.com. *For co-op owners 25% discount on first session, 10% discount for ongoing sessions.*

Fitness & Spiritual Well-being

The Yoga Studio at Highland Lake Inn: Fred Brown, Highland Lake, Flat Rock. 828-891-4313. www.highland-lakeyoga.com. *10% off to co-op owners*

Brightwater Yoga: 506 1/2 N. Main Street, Hendersonville. (828) 698-5557, www.brightwateryoga.com *10% off Yoga classes.*

Kashmyra Asnani, C.P., C.Y., C.M.T., offers 20 minutes private postural, alignment & gait instruction free with purchase of 1 session of yoga or Pilates. Or 40 minutes private body sculpting free with purchase of 1 session of both yoga & Pilates. Call (828) 891-1602.

Kathleen Wallace - Integrative Yoga classes at: Brightwater Yoga Studio, 506 1/2 N. Main Street, Hendersonville,

Tuesdays from 4:30 – 6:00 p.m. and Wednesdays from 9:30 – 11:00 a.m.; Kenmure Fitness Center, Mondays and Thursdays from 9:00 – 10:30 a.m.; and at her home studio, Tuesdays 9:30 – 10:30 a.m. and Thursdays 5:00 – 6:30 p.m. In her home studio she also offers private sessions. For information or to schedule a private class, call Kathleen at 696-0808. *First class free.*

Graceful Hearts Physical Therapy offers Turbo Sonic Whole Body Vibration Training. Using the Science of Sound to benefit all types of conditions from Asthma to Fibromyalgia, Autism to Parkinsons. Antiaging and fat/cellulite reduction programs also available. Call Grace for more information (828) 545-2948. *\$5 off each session for co-op owners.*

Steve Westin, DC, gentle adjustments, nutritional counseling, no x-rays req.d. 828-551-8012 *\$25/visit for co-op owners, \$35/visit for non-owners.*

Spiritus Studio, yoga and wellness center: Arlene Riley, 720 Spartanburg Highway, Hendersonville. (828) 551-8545, www.spiritusstudio.com. *10% discount given to co-op owners for yoga classes.*

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 specializing in mind-body-spirit training for golfers & others to move into “the zone” for peak performances, Flat Rock, 828-696-2547, www.pmi4.com. *For co-op owners 25% discount on first session, 10% discount for ongoing sessions.*

Massage & Bodywork

David Henry: Nationally Board Certified Reflexologist, Certified Quantum Energy Practitioner, Comprehensive Reflexology Inc. 580 Upward Road, Suite 1, Flat Rock 828-778-9985. Email: david_henry@bellsouth.net *\$10 off first session* <http://davehenry.reflexology-usa.org>

Fountain of Youth Day Spa Hot stone massage, Swedish massage, reiki., neuromuscular massage. 516 Kanuga St. Hendersonville. 698-2954. *10% off for co-op owners on each & every visit*

Polarity Therapy -- Energy Healing: Joseph Howard, MSW; Certified Polarity Practitioner. Hendersonville. (828) 651-8646 *25% off first session*

Judy Lynne Ray, LMBT, CHTP/I: Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. *10% discount on initial session.*

Jennifer Smith LMBT#1232 massage therapist specializing in pain management using cranio-sacral, lymphatic drainage and deep tissue techniques. H'ville office 243-4942. *25% off first visit.*

Angel's Touch Spa Duncan Hill Commerce Center Suite 211 Duncan Hill Rd, Hendersonville, NC 28792 A private, serene, tranquil & comforting atmosphere dedicated to your well-being. By Aptmnt Only

Deborah Angel, LMBT/Nail Tech

non-surgical face lift, ear candling, en vogue gel nails. 828-698-6634 *\$10 off one hour massage for first time clients.*

Karen Toledo, Detox Diva LMBT/nail Tech, hydrotherapist, detoxification, weight loss. 828-215-6565 *10% off initial service for co-op owners.*

All three offer 10% off spa manicures and pedicures for co-op owners always.

Stoney Mountain Healing Center: Meg Reim, Hendersonville. Home-828-274-0429. Cell- 757-274-1240 or e-mail at mreim@rocketmail.com. Wonderful healing sessions in a octagonal dome-like structure. 25 years of experience in medicine and alternative health. Sliding scale fees, love donations, bartering, etc.

Jill Johnson, LMBT, NMT NC#4924, #56162 Therapeutic Swedish Massage, Certified Neuromuscular Therapist. 10 years experience combining various modalities for a unique healing experience. *\$5 off for Co-Op owners-ALWAYS.* 244 Fifth Ave. W. #103 828-553-4605

Grace Shen, PT offers Total Motion Release, Craniosacral Therapy, deep tissue/fascia work, and Holographic Memory Release. Offices in Fletcher and now at Asheville Healing Arts. (828) 545-2948 by appointment. *10% off initial visit*

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-243-3139 692-3003, *\$10.00 off first therapeutic massage for co-op owners by appointment only*

BodyHarmony Massage - Karen Cash LMBT I am 20 years experienced and trained in a multitude of Therapeutic Techniques. I have also studied holistic nutrition and inner awareness health. I most frequently work integrating Swedish, Neuromuscular Therapy, Trigger Point Therapy, Craniosacral Therapy, and Matrix Energetics; but it's great to have the ability to integrate other techniques to help meet your needs. Whether it's stress relief, pain management, or wellness maintenance, my goal is for you to receive the best bodywork for your ultimate health. *25% off your first Session for coop members.* 828-890-5996 or 828-329-4858 BodyHarmony@bellsouth.net Karen-Cash.com

Margaret Ellis:Licensed Aesthetician specializing in Holistic Skin Care, Body Detox therapies, Natural Nail Care, Reflexology and the benefits of drinking Kangen Water. ACU-NA Wellness Center, 330 E. 1st Ave., Hendersonville. 828-692-2440

Harmonic Acupuncture: Françoise Hesselink LAC uses sound vibration and Oriental medicine to balance body, mind and spirit. Gentle yet effective; no needles. 30 years experience; now in Hendersonville on Wednesdays. (828) 255-0896 www.harmonicacupuncture.com *10% discount for co-op members.*

Skin Care Traditions-Deborah Tomchuk, Licensed Esthetician, Registered Nurse; Facials, Back Treatments, Skin Treatments, Herbal Green Peel by Dr. Schrammek, for natural plant based skin care as well as other treatments, www.skincaretraditions.com, 828-890-9018, 3754 Brevard Rd., The Plaza at Horse Shoe. *10% off 1st treatment for coop members*

Retail

Crystal Visions: 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, metaphysical & spiritual books, gifts, classes and events, www.crystalvisionsbooks.com. *15% off regularly priced jewelry.*

The Red Arbor - Holistic Family Hair Care Clipper cuts, women and children's styles, peaceful atmosphere, Organic products used, Reiki sessions by appt. 551 Israel St. off Kanuga Rd.(behind Blue Water Seafood) *\$1.00 off any service to Co-op members.* Call: 828-329-8921 for hours

Eco-Conscious, one-of-a-kind, hand sculpted sweaters! Shop at MONA! Eclectic Artwear For You and Your Home. 308 Davis Street, Hendersonville. 828-693-1611 www.monapaints.com *10% discount with your Co-op Owners card.*

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 100% soy candles, relaxation cd's, gems and minerals, NATural Bath and Body Products, Wind chimes and more. *10% discount with Co-op owner card on any regular priced item.*

Advanced Thermal Solutions: Skip Skeele and Tomas Koenig, 1630-C Spartanburg Hwy., Hendersonville, NC 28792. 828-693-3334. Over 10 years experience with solar hot water & electricity, daylighting, and solar attic fans to help with cooling. Radiant heat, in-floor or with radiators, for comfortable dust free heat. *5% off any installed system for Co-op owners.*

Services & Classes

Connie Knight, Studio Artist: The Arts Council, 538-A No. Main St., Hendersonville. 828-243-0084, *10% off monthly fee for four "Juicy Art" art classes - ages 6-HighSchool.*

Compassionate Home Care, Inc., licensed thru N.C. bonded, insured, (C.N.A., LPN, RN) 696-0946, 877-5906 or www.compassionatehc.com *\$1.00 off per hour for co-op owners.*

Earth School -- Nature Awareness & Self Reliance. Lovetheearth.com. Richard Cleveland. (828) 507-1920 *15% discount to co-op owners.*

MAC 2 YOU, specializing in computer help for beginners, women, and seniors. Mac only. Call Elizabeth Shore @ 828-290-7723 or visit Mac2You.biz for more info. *10% discount to co-op owners.*

All Seasons Errand Service LLC Grocery and personal shopping, pet and house sitting, meal pick-up and delivery. M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 www.AllSeasonsErrandService.com *10 % off for Co-op Owners.*

Persimmons Design Home Redesign, Restoration and Repair. Green Alternatives and Consultation. 828.697.8713 Co-op owners receive 15% discount.

WEGO-4U, Errands and Business Services Bonded, Insured and Registered in Henderson County Please visit www.wego-4u.com for complete list of services. Gary and Linda Prichard 674-9940 or 674-9943 *\$5 OFF 1st service for Co-op members.*

1Site1Day Website Design- 864-335-8672 - www.1Site1Day.com Custom web design for your small business or organization. See site for details. *\$50 off package for Coop members.*

Carol Shimberg, MHS, RD, LDN, registered dietitian, licensed nutritionist available for nutritional counseling for disease management, weight loss and healthy lifestyle coaching. Blue Cross Blue Shield insurance accepted. Call Carol at 828-329-3855 or email at cshimberg@aol.com *10% off to all Coop members.*

