



Many people in our community dedicate themselves to helping others to feel good. In this section we meet some of those individuals and get their perspectives or learn about their products.

mind
body

LOVIN' THE LOVEFRESH

BY SARAH DANN

My latest addiction started with a friend of mind sharing... nothing illicit, just hand lotion. "You've got to try this," she said offering up her Key-Lime Coconut Lotion - I was done for. It wasn't just the magical scent of lime and coconut that so perfectly captured one of our first spring days, but the rich, smooth lotion with a complete absence of grease, immediately made my skin smoother. I was in love.

"Key Lime Coconut was something new," says Stacey Davis, creator of my new love, "It's been a long winter so I wanted to do something that makes people think of vacation and summer." Clearly it worked as have her other products. Lovefresh only sells online and at high-end retailers who have embraced her products for their fabuous scents, and vitamin and natural oil rich contents.

Stacey trained as an aromatherapist nine years ago and for a long while made mostly soaps at home in her kitchen.

"It was like, what do you want for dinner, and unless you want lavender lotion, we'd better go to Licks," says Stacey speaking about the challenges of starting a home-based business. She started selling at the St. Lawrence Market and within six months was picked up by many loyal customers and a spa who wanted to feature Lovefresh exclusively.

A lot of love goes into her products. "You feel like you're making something special," Stacey says, "It's such a beautiful process." Stacey's process carries over into soaps, scrubs, washes, butters, lotions and lip balms - all with her signature special scents. Her essential oils come from one farmer and it is clear they are natural since the first time I apply the Pear Body Butter, bees buzz at my window screen.

We suggest you smell for your self. Kimberly Jackson on Queen carries Lovefresh products or you can find them online at www.lovefresh.com. Enjoy.

