

# Ladies Day Out

## .... Lima Style!



Looking for something fun to do with friends during your stay?  
Check out our suggestions to create the perfect “Ladies Day Out .... Lima Style!”

## Eats & Treats

All conveniently located at 435 S. Eastown Road, Lima!

### Coffe Amor Espresso Bar

We love coffee and helping people. When you buy Coffe Amor coffee, 10% goes back to work helping those in need locally and abroad.

419-604-8136 [www.coffeamor.com](http://www.coffeamor.com)



### Sara's Sweets

Sara's Sweets specializes in gourmet cupcakes, to-die-for cookies, and small celebration cakes. They prepare a rotation of 40 different flavors to tickle your tastebuds!

419-371-4745 [www.sarassweetlima.com](http://www.sarassweetlima.com)



### Dash & Joey's

Fresh squeezed gourmet smoothies and juices. No secret powders or additives here .... With natural, local ingredients prepared in a way that ensures that eating healthier can also be delicious.

567-940-9457 [www.dashandjoey.com](http://www.dashandjoey.com)

### Shirley's Gourmet Popcorn

It's more than just popcorn .... It's pure happiness! A variety of flavors including Buckeye, Windy City, and Jellybean! Made in small batches by hand with the finest ingredients available.

567-371-5181 [www.shirleypopcorn.com/](http://www.shirleypopcorn.com/)



[www.VisitGreaterLima.com](http://www.VisitGreaterLima.com)

# Retail Therapy and Relaxation .... Lima Style!



**All conveniently located at 2323 Allentown Road, Lima!**

(Located between Kewpee Restaurant and Tom Ahl Family of Dealerships)

## Yazel's Flower's & Gifts

All kinds of gifts and décor from candles to chocolate pizzas to aromatherapy oils and everything in between! You'll know you're somewhere special by the relaxing aroma as soon as you walk in the door! You will find jewelry, newborn baby gifts, sympathy gifts, balloons, candy bouquets, and of course, plenty of fresh and silk flower arrangements! Schedule a "Wine & Design" class with a group of your friends! Call **419-224-1771** to schedule a class. [www.yazelsflowers.com](http://www.yazelsflowers.com)



## The Healing Cowgirl & The Studios

Take the time to take care of yourself. Call **419-224-1771** to schedule a session in our Infrared Sauna or The Salt Booth. We also have products for detoxification, gut health, mental clarity and focus, and CBD products. [www.thehealingcowgirl.com](http://www.thehealingcowgirl.com) [www.thestudiosoflima.com](http://www.thestudiosoflima.com)

## INFRARED SAUNA

### *Benefits may include:*

- ✓ Detoxification
- ✓ Immune system boost
- ✓ Increased metabolism & weight loss
- ✓ Regenerates cells & speeds healing
- ✓ Mental clarity
- ✓ Muscle pain relief
- ✓ Reduced stress & fatigue
- ✓ Improved skin health
- ✓ Increased collagen & elastin production
- ✓ Lowers blood pressure
- ✓ Increased HGH levels



## THE SALT BOOTH

### *Benefits may include:*

- ✓ Supports immune, nervous & lymphatic systems
- ✓ Reduced stress/headaches
- ✓ Increased energy & better sleep
- ✓ Prevention & treatment of common cold & flu
- ✓ Improved skin health (acne, dermatitis, psoriasis, rashes, eczema)
- ✓ Detoxification
- ✓ Improved mood
- ✓ Reduced inflammation
- ✓ Helps with allergies, COPD, Asthma



## Oasis Massage Studio

(entrance in the back of Yazel's Flowers & Gifts building)

You can't buy happiness, but you can buy a massage... and that's kind of the same thing! Call Annette at **419-649-9337**

## The Yoga Studio (entrance in the back of Yazel's Flowers & Gifts building)

Grab your bestie and join us for a stress free class of yoga or cardio exercise. To check the schedule of yoga classes, give Diane Seech a call at **419-303-0766**. For a cardio class, please contact Freestyle Fitness Xtreme HipHop with Shea at **419-236-1304**.

## Brittney's Hair Design (entrance in the back of Yazel's Flowers & Gifts building)

Pamper yourself with a new style, or a cut and color! If you really want to impress, schedule an appointment for an "updo" that will turn heads! Just give Brittney a call at **419-234-7939**.