

# **Jordan Essentials Marvelous Magnesium July Training POD (Power On Demand)**

## **Flyers**

Enjoy informative flyers and flyers that promote the month's specials. Print them off and frame them to have at Wellness Workshops, Spa Shows, and Events. You can also use them as an attachment to an email for a Hostess or Customer and post on a Facebook page.

You will find your monthly POD theme flyers in the Monthly Folder in the Jordan Essentials Training University.

## **Pre-Show Checklist – Spa Show Card #9**

Your Spa Show Cards provide a Pre-Show Checklist. Make sure you have everything you need for a successful Spa Show Party.

## **Spa Party Outline**

Use your Spa Show Cards to help keep you on track throughout the party.

## **Welcome and Meet & Eat**

Once guests begin arriving, welcome each one and encourage them to mingle, eat, and drink as other guests arrive. Choose foods that go with your theme. Take this time to get to know your guests. Listen for clues on skin care related issues they need solutions to.

## **Hand Spa – Spa Show Card #12**

One at a time begin the Hand Spas. Your Spa Show Cards will walk you right through this step.

## **Game**

### **JE Beach Ball Toss**

After your Hand Spa has been completed take a beach ball and toss it to one person and have them say which Jordan Essentials product(s) they are most interested in. Keep tossing the ball until everyone has had a turn to announce their product. Keep it light and fun!!

## **Share why we are here tonight – Spa Show Card #15**

Your Spa Show Cards will walk you right through this step. Ask them how their hands feel.

## **Monthly Theme Review**

Review our theme this month – Marvelous Magnesium! Use your hot sheets to review the amazing benefits of Magnesium. Relieves pain from exercise, combats fatigue, relieves joint pain, promotes healthy sleep, etc....

Have you ever had a leg cramp, eye twitch, muscle strain, or just felt sore all over? Magnesium is a key nutrient and 55% of the population is deficient.

To get more Magnesium you can take a supplement, which is not absorbed as well as eating it or topical application. There are a lot of foods rich in Magnesium. We have a list and recipe today to help you get more Magnesium into your diet through food!

## **Magnesium Rich Foods**

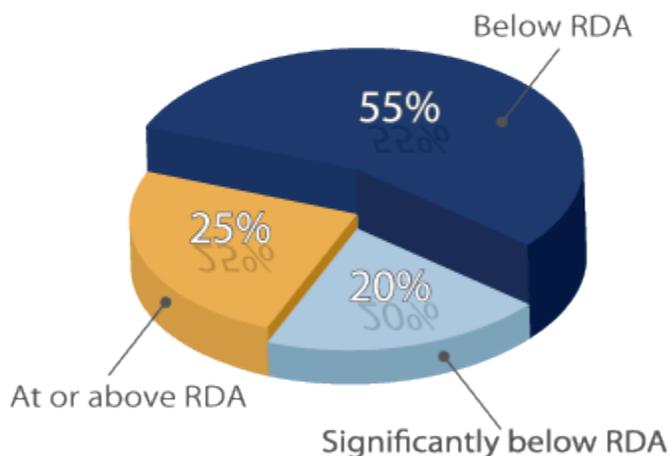
- Raw Spinach
- Fish
- Nuts & Seeds
- Avocado
- Wheat Grains

- Bananas
- Dried Fruit
- Beans & Peas
- Non-fat Yogurt
- Dark Chocolate

The BEST way and easiest way to get more Magnesium is through topical skin care. Amazing fact isn't it? You can moisturize and add a valuable nutrient which can help you sleep better, relieve muscle strain and more!

## U.S. Intake of Magnesium

Percent of U.S. population meeting Recommended Daily Allowance (RDA)



*Estimated U.S. Intake of Magnesium Recommended Daily Allowance*

Symptoms of poor Magnesium intake can include muscle cramps, facial tics, poor sleep, and chronic pain. Among researchers, Magnesium deficiency is known as the silent epidemic of our times, and it is widely acknowledged that definitive testing for deficiency remains elusive. Judy Driskell, Professor, Nutrition and Health Sciences at the University of Nebraska, refers to this "invisible deficiency" as chronic latent Magnesium deficiency.

We often get asked the difference in Magnesium and Epsom Salts. Magnesium is Magnesium Chloride and is blended with our Dead Sea Salts for a mineral rich skin care treat. Magnesium Sulfate is what is in Epsom Salts. It is beneficial as a mineral but comparing Epsom Salts to Dead Sea Salts is like comparing a Yugo to a Cadillac. Use of Magnesium Dead Sea Salt is just a better experience with effective results.

### Testimonies

Edie W. "I can't live without MAGNESIUM LOTION. As I am trying to avoid OTC and Rx pain meds, I am loving the lotion for nighttime; for sleep, for keeping leg cramps and RA related pain away!"

Julie J. "Magnesium Lotion came to my rescue. I fought off a headache with it! Love how you just rub it on the back of your neck and suddenly you realize there's no more pain!"

Lori H. "I have plantar fasciitis that fares up from time...usually in the summer. Soaking my feet in the Pep Mag Dead Sea Salts & applying the lotion 2-3 times a day has cut the pain down immensely. I honestly don't know where I'd be without it!! It is magic in a bottle!"

**Use your Hostess & Customer Specials Flyer and the Product hotsheets here.**

This month's Hostess Special is our 17 oz. Peppermint Magnesium Lotion! Review the product hotsheet referring to the key uses and benefits. When you host a \$300 show with me, you can get your very own 17 oz. Peppermint Magnesium Lotion for only \$5.

This month's Customer Special is our 8 oz. Unscented Magnesium Dead Sea Salts for only \$5 with any \$50 purchase. Review the product hotsheet referring to the key uses, benefits, and the key ingredients.

**Banana Pudding Recipe (handout)**

Bananas are rich in magnesium and what a great treat for any summer party!

**Share the Opportunity – Spa Show Card #28**

Your Spa Show Cards will walk you right through this step.

Follow up at the end of the event with samples, treatments, visiting with guests about booking shows and joining JE.