

Mid-Winter Milling in Almonte **A Spiritual and Self-Awareness Day for Conscious Living**

February is probably not the easiest month in which to open a new retail shop in a small town, but Sara Bazett is happily taking on the challenge — by organizing a day-long event that is likely to benefit the whole street!

On Saturday, February 27, visit Mill Street in beautiful downtown Almonte for “Mid-Winter Milling.” From 10AM–5PM, you can explore the many delightful shops and cafés along the street, and in each of the participating businesses you will find new ways to care for your body and soul. Treat yourself to mini-sessions of reiki, reflexology, yoga or astrology, meet with spiritual intuitives and psychics, and even discover how to create your own labyrinth. Stay for lunch (and dinner!) and make a day of it...

Sara Bazett describes her concept as “a spiritual and self-awareness day for conscious living”. Both her background (as Supplements/Bodycare Manager at Foodsmiths in Perth) and her current business (**Soul Scents, now located at 42 Mill Street in Almonte**) have kindled her interest in this area. She purchased Soul Scents back in 2005 from owners Allan and Susan Brown of Elphin (who also manufacture Noble Bean Tempeh), and for years ran it as an exclusively wholesale operation, importing and distributing products to over 100 stores across Canada. By expanding the business to include a retail storefront, she is looking to become more involved and connected locally. As she explains, “I decided after five years of working from home that even though putting a load of laundry in whilst taking orders does have its merits, I missed being a part of the community. I will continue to run the wholesale part of the business in the back, and have a retail location in the front. It will be a spiritual, metaphysical store full of joyful, inspirational items helping people to reconnect.”

The products Sara carries at **Soul Scents** range from Shoyeido Japanese Incense, Triloka's Incense and Aromatherapy oils, Native Scents' Smudges and Badger's Organic Body Balms to handcrafted items such as tree-free diaries, handpainted incense holders and diffusers. “My suppliers are sincere in their encouragement for eco-friendly, simple and inspirational products, supporting worthy projects, foundations or individual families. They work with partners who are environmentally conscious, using recycled materials and sustainable practices,” she explains.

You'll have a chance to explore **Soul Scents**, along with several other businesses and cafés in Almonte, and at the same time benefit from the skills of local practitioners at **Mid-Winter Milling on February 27**.

See you on Mill Street!

(Adapted from Kris Riendeau in [The Humm](#))