

# Local Resources

## Customer Service Excellence




These local gems are businesses that we feel provide excellent services that we have experienced first-hand.

Allavare: A nurturing center  
Sauna, Reiki, Massage  
670 Moultonboro Neck Road  
Moultonboro, NH 03254  
603.253.8816

Crossroads Chiropractic Lakeside  
Dr. Graham Moneysmith  
71 NH Route 104  
Olde Province Common  
Meredith, NH 03253  
603.677.1444

Human Nature Natural Health  
Individualized Constitutional Medicine  
Ian Bier, N.D., Ph.D., L.Ac  
155 Borthwick Ave. West Suite 102  
Portsmouth, NH 03801  
603.610.7787

Peace of Mind Reiki  
Leslie Jose, Karuna & Usui/Tibetan Advanced Reiki  
Master Teacher   
180 Chase Road  
North Sandwich, NH 03259  
603.284.7124

Personal Days Boutique  
Organic Facials, Makeup  
48 Main Street  
Meredith, NH 03253  
603.279.4855

Poco Day Spa...for a natural calm  
12 Yeaton Road  
Building B Suite 4 Route 25  
Plymouth, NH 03264  
603.238.3260

### Lakes Region Nutrition Center

## Think Local First!

*Do you want to see your business on our list of local resources? If so, please contact Laura at 603.279.5165 and tell her about what you do locally!*



## Local Resources

Sacred Waters Yoga at Mill Falls

285 Daniel Webster Highway

Meredith, NH 03253

603.279.3243

Relief Bodyworks & Massage

Dave de Sousa, LMT

Meredith, NH

603.397.0950

Christine Walsh, LMT

Massage Therapy, Kripalu Yoga, Reiki, Raindrop Technique

P.O. Box 494

Moultonboro, NH 03254

603.476.5482

Whole Heart Healing Arts

Katherine Cranford, N.D., NHCM

203 Pickerel Pond Road

Laconia, NH 03246

603.279.8860

We will add names to this list as we experience unmatched customer service!



*View from Red Hill, Moultonboro, NH*

***Put your money where your house is!***

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