

EQUESEANTIAL WELLNESS & STABLES



EQUINE ART, GIFTS & EQUINESHARED EXPERIENCES
Sustainably-Conscious & Woman-Owned



SEA-SUN GREETINGS

Wishing you the happiest of holidays! Seas the day ~ Cherish magical moments ~ Indulge in a little horseplay ~ Be shore of yourself ~ Be a horse of a different color ~ Cheers!

- Raine & Doreen

HAPPY NEW YEAR!
LOOKING FORWARD TO A NEW YEAR OF
EQUESEANTIAL WELLNESS
EQUINE ~ SEA ~ ESSENTIALS TO LIFE ~ WELLNESS

ART

Paint ♥ Write ♥ Create

We are artists and authors. We will color imperfectly perfect. We will learn about sustainability, while using earth-friendly and ocean-friendly art supplies and materials to create in the company of horses.

SEA

Explore ♥ Sustain ♥ Conserve

We will explore the sea ~ water ~ lake ~ ocean. We will learn the importance of water, why it is vital to life, how essential it is to our environment and nature. We will discuss ways we can conserve our earth and oceans.

HORSES

Discover ♥ Encounter ♥ Learn

We will discover horses. We will explore and encounter their true authenticity and share space with them, while learning their anatomy, their nutrition, grooming and care, the many values they teach and more.

WELLNESS

Mindfulness ♥ Nutrition ♥ Exercise

We will take time to breathe and enjoy the outdoors. We will listen to nature, our inner self and observe horses while revealing our passion, gifts and good, better and best choices for nourishing and exercising our mind, body and soul.

WHAT'S RAINE BEEN UP TO?



VACATIONING



RELAXING



GETTING FIT



HANGING WITH FRIENDS



366 DAYS OF RAINE

Your daily dose of inspiration, positivity and creativity from a very special horse for 366 days

www.equeseantialwellness.com/
366-days-of-raine

WINTER 2024 EQUINE "SEA" THEMED EVENTS IN CHIPPEWA LAKE, OHIO

*INCLEMENT WEATHER WILL BE RESCHEDULED

A heartfelt thank you to Nanette Waite for hosting our winter painting events at her lovely cottage in Chippewa-on-the-Lake.

Winter Pricing Per Class

Non-Members \$30 ~ VIP Members \$25

Winter Monthly Package

(includes all 3 classes per month)

Non-Members \$75 ~ VIP Members \$60



FEBRUARY 2024

SATURDAY, FEBRUARY 3 ~ 10:30AM-12PM
EQUINEANTIAL WATERCOLOR WORKSHOP

TUESDAY, FEBRUARY 13 ~ 7-8:30PM
EQUINEANTIAL LADIES NIGHT ~ SPLASH OF COLOR

SATURDAY, FEBRUARY 17 ~ 12:30-2PM
EQUINEANTIAL CREATE-AT-THE-LAKE WORKSHOP

MARCH 2024

SATURDAY, MARCH 2 ~ 10:30AM-12PM
EQUINEANTIAL WATERCOLOR WORKSHOP

WEDNESDAY, MARCH 6 ~ 7-8:30PM
EQUINEANTIAL LADIES NIGHT ~ SPLASH OF COLOR

SATURDAY, MARCH 16 ~ 12:30-2PM
EQUINEANTIAL CREATE-AT-THE-LAKE WORKSHOP

JANUARY 2024

SATURDAY, JANUARY 6 ~ 10:30AM-12PM
EQUINEANTIAL WATERCOLOR WORKSHOP

WEDNESDAY, JANUARY 10 ~ 7-8:30PM
EQUINEANTIAL LADIES NIGHT ~ SPLASH OF COLOR

SATURDAY, JANUARY 20 ~ 12:30-2PM
EQUINEANTIAL CREATE-AT-THE-LAKE WORKSHOP

EQUINEANTIAL DESIGNS
by Doreen



Burning River Ranch Boutique

If you are in the area of our historic Medina, Ohio, be sure to stop and see Ashley at Burning River Ranch Boutique. Ashley carries beautiful western wear, boots, amazing gifts and jewelry, along with my exclusive Heartfelt Hoofprints Moonin' Around Series of cards and fine art prints that you will only find at Burning River Ranch Boutique.

Burning River Ranch Boutique
at The Common Ground
220 N State Rd, Medina, OH 44256
www.burningriverranch.com



Please consider donating to a great cause. Our member, Cindy Broth, at Wild Sunflower Equestrian Center and Sanctuary rehabilitates and cares for draft and senior horses. Check out her new website and ways to donate at www.wildsunflowereq1.org

For more information contact Cindy Broth
630.701.8347 or email WildsunflowerEQ1@gmail.com
www.wildsunflowereq1.org



Coming
February 14, 2024

Heartfelt Hoofprints HorseSeaColors of Raine Collection

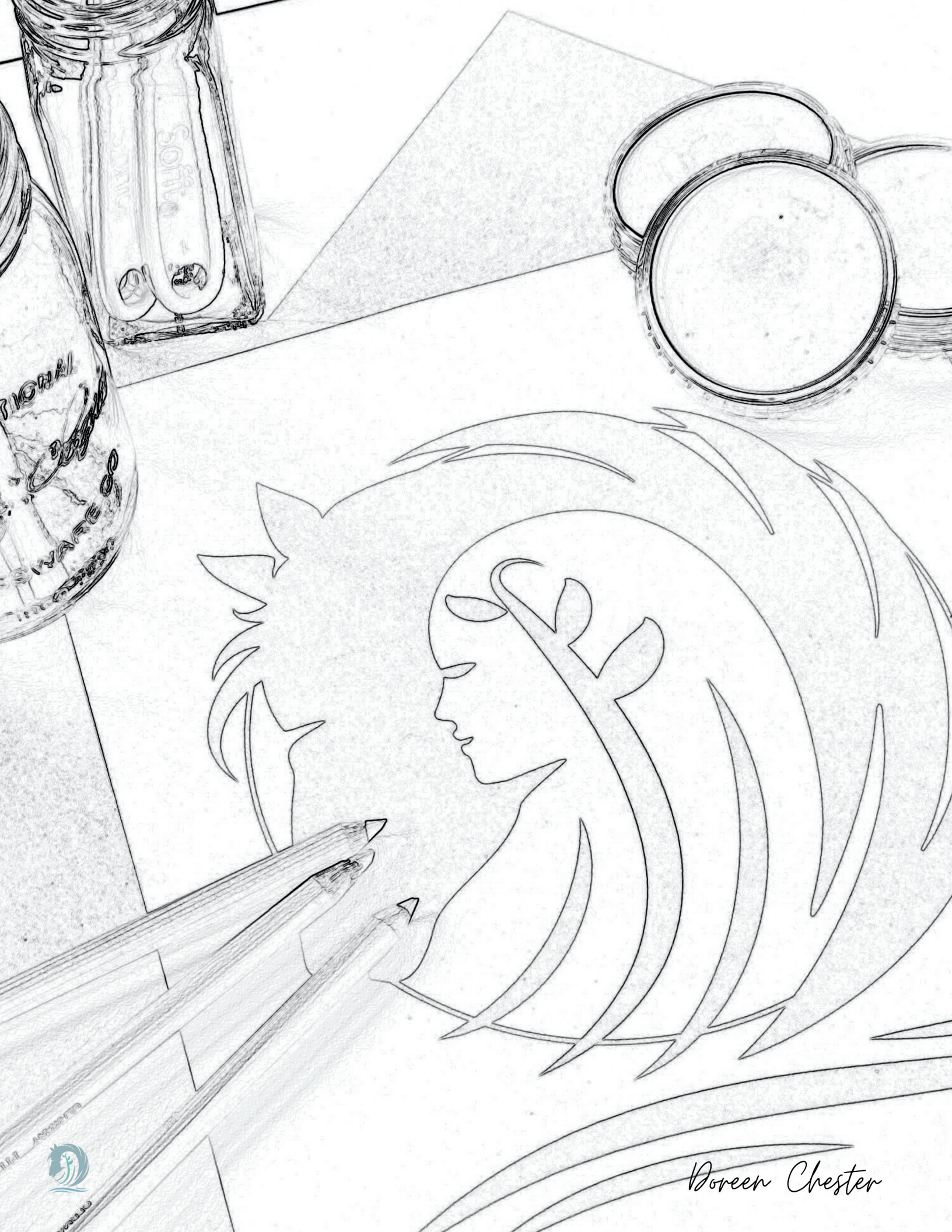


Colors ~
SandyHoofPrints
OceanAirGallop
HorseSeaGlass
RaineWashedSkye
AquaRaineSplash
StillWaterTrail
UnderSeaHorse

The HorseSeaColors of Raine
Collection includes ~

Coloring Activity Book
Natural Soaps
Natural Lip Balms
Natural Paints
(watercolor & acrylic)
Beeswax
(crayons & pencils)
Bracelets
Earrings
Necklaces
Fine Art Prints
Greeting Cards

www.heartfelthoofprints.com



Doreen Chester



EQUESEANTIAL WELLNESS

GINGERBREAD COOKIES



- 3 tbsp unsalted butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

In a large mixing bowl, beat the butter, sugar and applesauce until smooth.

Add the egg and molasses, mix well.

In another large bowl, combine flour, baking soda and spices.

Add to sugar and molasses mixture, stir well.

Divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for 2 hours.

Preheat oven to 350°F.

Dust your work area with flour before rolling out the dough. Work with one ball of dough at a time, keeping the other refrigerated.

Roll the dough out to 1/4 or 1/8 inch thickness; sprinkle flour on top of the dough if sticky.

Cut gingerbread with a cookie cutter.

Place cookies 1 to 2 inches apart on a lined baking sheet.

Bake 10-12 minutes.

Icing:

- 1 1/2 tbsp egg whites
- 1/4 tsp fresh lemon juice
- 1 cup powdered sugar
- pinch of cream of tartar

Mix the egg whites with lemon juice and combine with powdered sugar. Mix well. If icing is too thin, add additional powdered sugar, if too thick add a drop of lemon juice.

Add to a piping bag to decorate cookies when cookies are cooled.

The Studio & Boutique at
EqueSeantial Wellness & Stables
is open by appointment
call or text 330.416.7955

gift certificates also available

WINTER FEATURED ART "SPIRIT"

Inspired by both the vivacity and tranquility of the ocean, this creative fanciful pony's happy and exciting sparkle illuminates a cheerful splash to energize you to live your best healthy life.



available in 5" x 7" ~ 8" x 10" ~ 11" x 14"

Winter 2024 Coupon
20% Off One Item

Discount valid for one EqueSeantial Art or Gift Item

expires March 31, 2024

EQUESEANTIAL DESIGNS
by Doreen

EQUESEANTIAL DESIGNS
by Doreen

EQUESEANTIAL WELLNESS & STABLES

Doreen Chester
Horse-Sea Girl, Artist, Wellness Specialist
Medina, Ohio 44256
phone: 330.416.7955
doreen@equestantialwellness.com