

For Your Family & Home

WINTER 2018 GUIDE

You could give your people ulligan Water



A Water Softening Love Story
Emily Henderson is a lifestyle blogger
who writes primarily about home and
personal style. In a post entitled
"Softened Water...



dick here to read more.

You could give your people

Culligan Water

A wint er drink reape you'll want to sip all season long.

Holiday Spiced Tea 8 cups water

2teaspoons whole cloves

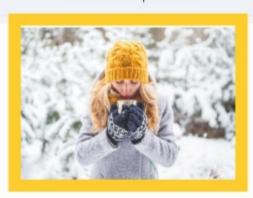


2 cinnamon sticks 8 black tea bags 1 cup orange juice ½ cup white sugar

1/2 cup pin eapple juice

2 tables poons lemon juice

Add water, cloves and cinnamon sticks to a pot. Bring to a boil and add black tea bags.
After steeping for 10 minutes, remove the tea bags, cloves and cinnamon sticks. In a separate saucepan, stir together orange juice, sugar, pineapple juice and lemon juice and stir until the sugar dissolves. Pour together the juice mixture and spiced tea.







Protect Your Skin

It may not seem like the sun is as strong in the winter, but surprisingly it still has UV rays and dehydrating effects. As many axid skiers and snowboarders know, you can even get sunburned in snowy weather. Sunburn leads to dehydration, which is why it's extra important to protect your skin in the wintertime. Keep your skin hydrated and moisturized by applying sunsareen and moisturizing lip bdm frequently if you're out in the cold.

Dry winter skin is also an indication of poor hydration.

Additionally, you can avoid drying out your skin by taking shorter showers using lukewarm water. Think of your skin as your number one barrier of protection. When it's cold out, it's important to keep it strong and hydrated in order to act as protection.

Whether you're sipping on tea, eating a bowl of soup, washing those hydrating fruits and veggies, or taking a shower, the quality of your water matters. Call on Culligan to check on your current water filtration system. We'll be able to get the quality of your drinking water up to top standards and help filter out hard minerals that could be negatively impacting your body. Say no to dehydration this season with these winter hydration tips using only the best water available.



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(800) 678-6203

We have always been very impressed with the customer service...from calling and ordering salt to the gentlemen who deliver. We've had very few issues with the product and when we do someone is out in no time to fix the issue. Top notch customer service.

> Tom & Lisa C. Frederick MD

Very professional and knowledgeable when describing the product services and process and prompt and efficient during scheduling and installation

Jignasu D . Frederick MD



I like how curteous the delivery guys are and prompt on their delivery times.

Allan K Berkeley Springs UW

Crockpot

Chicken Noodle Soup

- · 2 lbs. boneless skinless chicken breasts
- · 1large onion, chopped
- · 3 carrots, peeled and sliced
- · 2 stalks celery, sliced
- 1teaspoon dried oregano
- · Iteaspoon dried rosemary
- 5 cloves garlic, minced
- 1bay leaf
- · 6 cups chicken broth
- · 6 cups water
- 3 cups pasta spirals
- salt and pepper, to taste



Combine chicken, onion, carrots, celery, oregano, garlic, bay leaf, rosem ary, salt and pepper, all in a slow cooker. Top with water and chicken broth, cover and set on a low temperature for approximately seven hours. Then, remove the chicken from the crockpot and shred, discard the bay leaf and add pasta noodles and continue to cook on low for half an hour.



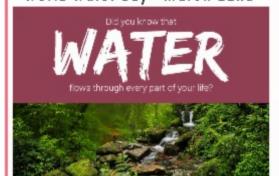
CULLIGAN

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AQUA SENSOR REVERSE OS MOSIS

BENEFITS S OFT
CULLIGAN S POT FREE
DRINKING WATER
FILTRATION WATER TEST
HIGH EFFICIENCY WHOLE HOUSE

World Water Day - March 22nd



Every year to raise awareness on the importance of water. Every year, the world's water...



H ow to P revent D ry Skin in Winter



I tchy, flaky, and downright irritating - meet the many common side effects of dry skin. As a result of moisture loss, the skin becomes rough, dull, and cracked. F rom your face to your feet, dry skin can sneak up on even the most skin-conscious people during the winter. To prevent dry skin this winter:

Click here for

additional

information

D rink plenty of water

- I nvest in a water softener
- Moisturize
- H umidify
- Shower in warm water