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Weather



TODAY:
SCATTERED
FLURRIES

HIGH OF 1
LOW OF -7



WEDNESDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF 2
LOW OF -1



THURSDAY:
FLURRIES

HIGH OF 3
LOW OF -6



FRIDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF 0
LOW OF -2



SATURDAY:
FLURRIES

HIGH OF 3
LOW OF -14

A must-visit local gem: The Loom located in the heart of Lac-Brome

By Abbigail Whitcher
Special to The Record

The Loom is a colourful and one-of-a-kind boutique. It is one of the younger businesses in town, with its one-year anniversary coming up this April, and the products in the store reach people from all walks of life and all age groups. The boutique's goal is to diffuse products that increase the wellbeing of the clients, but most importantly, to spread good vibrations. The store products include all things spiritual: tarot cards, crystals, New Age books, incense and sage to burn. It's a sweet spot to get your hands on some very beautiful and locally-made products, including goods that everyone in the household can enjoy: soaps, candles, and essential oils - to name a few. If another incentive is at all needed to sell you on checking out The Loom; they have a plethora of tropical plants that are worthy of adding to anyone's plant collection.

The boutique represents a dream come true for the store owner, Laura McConnell. She worked for years in the health care system as a caregiver and views this new path as an extension of that work. It is a way for her to continue helping others heal, but this time around, with different practices such as through crystal healing and offering Reiki services by Isabel Giasson. The boutique owner was drawn to Lithotherapy and Reiki because of the current looming uncertainty.

"Many of us, including myself, are looking for ways to be more mindful, to calm anxiety, and stress - so alternative therapies like crystal healing are coming to the forefront," McConnell said.

Lithotherapy is the technical term to describe the use of crystals for healing, that minerals act as a means to harmonize the body.

McConnell is grateful to several people for helping to make her store a reality including her dear friend Jaime Moore, in particular. The store owner said she is very grateful for the Human Design program offered by Moore, that she followed.

A dream-chaser and mother of a 10-year-old daughter, McConnell said she wanted to share an inspirational



COURTESY ABBIGAIL WHITCHER

message to the youth; that believing in oneself is the most essential ingredient to achieving one's dreams.

"There are no stupid ideas in life," she said, expressing a feeling that everyone has the power to reach their dreams, but that it takes a combination of believing in oneself and overcoming one's fears.

If you're unsure of where to start when purchasing crystals, Laura encourages anyone and everyone to get their hands on Selenite. This crystal has a long-standing reputation

for protection, cleansing unwanted energies, and acting as a tool to improve overall wellbeing.

"Do we not all need that? And, on top of it, it's very pretty!" She said with a laugh.

If Selenite isn't for you, the boutique owner mentioned a famous historical figure that was believed to dabble in Lithotherapy herself, as a beauty hack. Who is this you ask? Cleopatra, whose beauty was attributed to the fact that she would bathe in Rose Quartz to harness its anti-aging properties.

Correction

Mable Hastings' Scoop published on Monday about the Potton Festive Hearts activities mistakenly drew from information about last year's event.

While the snowman contest will continue as planned, due to Covid, the other activities mentioned in the article were suspended this year.

The Record regrets this error and any confusion it may have caused.

Ben by Daniel Shelton

