



Signature Scents

I AM CALM Roman Chamomile - Lavender - Peru of Balsam - Mandarin -
Aquamarine Crystals

- ♥ Help to ease times of stress and chaos.
- 🗨 I AM A SOURCE OF PEACE AND CALM
- 🌿 Throat / Vishuddha

I AM EARTH Sandalwood - Sweet Orange - Cinnamon Bark - Benzoin -
Smoky Quartz Crystals

- ♥ To reconnect with nature and ground the nervous system.
- 🗨 I AM A SOURCE OF STRENGTH AND STABILITY
- 🌿 Base / Muladhara

I AM LOVE Rose - Vanilla - Lavender - **Rose Quartz Crystals**

- ♥ When seeking new relationships within or with another, plus healing from grief.
- 🗨 I AM A SOURCE OF UNCONDITIONAL LOVE
- 🌿 Heart / Anahata

I AM VIBRANT Grapefruit - Bergamot - Lime - **Citrine Crystals**

- ♥ To inspire positive energy and a sunny disposition.
- 🗨 I AM A SOURCE OF LIGHT AND ABUNDANCE
- 🌿 Belly / Manipura

I AM YOGA Frankincense - Galangal - Vetiver - Lavender - Lemon -
Clear Quartz Crystals

- ♥ Initiating change and to help settle the mind.
- 🗨 I AM A SOURCE OF UNION AND ONENESS
- 🌿 Crown / Sahasrara

INSPIRATIONAL - PLANT BASED - SCENT RITUALS

♥ Level of support

🗨 Affirmation

🌿 Chakra alignment

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