



Beauty Smudging: 6 Products to Clear Your Mind & Purify Your Body

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This smokeless mist, containing sacred healing plants like white sage, desert sage and red cedar, is the next closest thing to smudging your space with sage. "To banish negative energies in a physical space," says Tabe, spritz it 12 inches away from your body and around the perimeter of a room, or in certain areas that feel off balance in any way, "then call in healing streams of grace, love and positive energy."

Trimaran Botanicals Sacred Smudge Mist, \$35, trimaranbotanicals.com.



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A few drops of this Ayurvedic blend of chamomile, lavender and vetiver—all the heavy hitters—on the soles of your feet and temples, behind the ears and added into the bath will holistically soothe nerves and ease anxiety after a long day. Plus, its loyal fans swear the stuff can put you to asleep better than melatonin.

Uma Pure Calm Wellness Oil, \$85, umaoils.com.



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Love Drug

Founder Miranda Kerr credits this, her personal blend of essential oils designed to nurture the heart chakra, for giving her a sense of calm and helping her heal post-divorce. "The pure essence of rose, besides directly benefitting the skin with its powerful regenerative properties, connects at the heart chakra to relieve tensions and instill a sense of wide, peaceful abundance, while the sandalwood relates to the root chakra to grant a sense of groundedness," says Tammy Fender. Roll it over your pulse points whenever you need some spiritual love.

Kora Organics Heart Chakra Essence, \$65, koraorganics.com.



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Fender refers to the orange essence found in this mist as "the happy oil," adding that it's "a head-clearing mood-brightener." Combine that with rose, frankincense, white sage and the crystal essences (just go with it) of rose quartz, aqua and amethyst and you've got yourself the most restorative keep-at-your-desk product for use in the afternoon slump.

Therapie Roques O'Neil Restore Aura Spray, \$44, shen-beauty.com.



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100% steam-distilled sage from the Topa Topa mountains of Ojai, CA helps to balance the pH level of your skin, deodorize and sanitize the all-natural way. Use it after cleanser as a toner, rub it between your palms after a subway ride, cleanse your space with it, whatever—it's even safe for babies and pets.

Wildcare Ojai White Sage Hydrosol, \$18, hellowildcare.com.



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Good for minor head pain to pounding migraines, this crystal-infused blend of pure almond and essential oils comes in a rollerball that'll fit in the tiniest clutch. Tabé recommends placing healing oils like this on "wrists, the back of the neck and the palm of your hands, then following up with a deep breath in and the intention to reset energy."

Aquarian Soul Headache Magic, \$12, aquariansoul.com.