

SPRING SELF CARE RITUAL

Essential starters checklist

Dilute, diffuse and/or de-stress

Mix 3 drops of lavender, 2 drops of tea tree and 1 drop of peppermint essential oil for adding in bath salts, in diffuser or in 2 tbsp of carrier oil to apply the blend for congestion relief

Spring 'self and space' cleaning

Keep a blend of equal parts of tea tree oil and lavender oil in 1/2 cup of water handy to spray on or around your space to prevent air borne allergies

Set the right intentions

Spring brings in new things in your life, wish creatively

Practice clear seeing

Watch out for what is coming your way without any judgements or giving it more attention than it actually needs

Mental declutter

Disengage yourself from different media platforms or in person gossip conversations you find yourself in

Eliminate visual clutter

Declutter excess things around you or things that fornsot belong wherever you see it