



*Elements of Wellness*

One of the wonderful things about *Raw Passion* Chakra Kit is that it doesn't come with a set of rules of how it needs to be used. Due to the ingredients and composition of the products they can be used for many differing reasons and needs!

I am going to write a short piece on how I use my chakra blends, more as a guide to suggest ways in which you can use your products and discover how you can really enjoy and get the most out of your kit!

I use these organic and botanical ingredients which have been lovingly created to nurture and support my skin-health. I care for my skin twice daily and I believe that by giving myself this time to look after my skin, I am able to keep it feeling and looking its best.

Below are my steps to chakra inspired skin-health which contributes to my overall sense of well-being.

**To begin:** Cleanse

Cleaning my skin is one of my favourite steps and I do this day and night. I use the Cleansing Liquid Soap which gently removes any makeup or dirt which builds up on the skins surface. This leaves my skin feeling refreshed and clean without feeling dehydrated.

After I cleanse, I apply my balancing re-hydrating Skin Drink which acts as a toner. I gently spritz this over my face and neck and use both my hands (rather than cotton wool) to gently press the product into my skin.

**To follow:** Treat time! This is my favourite part! It feels like a heavenly ritual just for myself and my skin, hair and body.

I begin with using my Hair, Scalp, Body Oil. This was a ritual I witnessed when in India and it left me thinking that perhaps my friend's beautiful hair was to do with the love and nourishment, they gave it! It was quite normal on an evening that friends would visit and massage oils into each other's hair and scalps. I personally think it beats getting drunk down the pub! I place 4-5 drops of my oil on to my scalp, evenly dispersing the oil on the front, back and sides of my head. With firm, but gentle fingertips I massage the oil into your scalp for about five minutes and work the excess oil down the hair shaft. Paying particular attention to the ends of my hair. I do tend to do this on an evening, sleep with it on my hair and then remove the oil by shampooing my hair in the morning. I do this as a treatment once a week. As a more regular practice I apply my oil just the ends after shampooing to make split ends look healthier and feel conditioned.

Time to treat my face! (Which by this point is feeling pretty happy!). I apply my Facial Skin Food all over my face and neck, because of its more balm type feel I make the most of massaging my face, paying particular attention around my eyes. This helps reduce the appearance of puffiness, fine lines, and dark circles, leaving me with a youthful looking glow.

**Last, but not least:** I apply my cream deodorant after my morning shower and before I go to bed as I find it leaves me with a cleansing feeling and as it doesn't restrict my body's natural and healthy role of perspiration! However, what the active ingredients do is help eliminate any odours. If I am away on holiday or feeling hot, I do spritz my re-hydrating skin drink on clean underarms for a quick freshen up! This deodorant can also be massaged into feet! If my heels are dry, I will often apply it and wear it to bed on my feet with socks!

So that's me done! It doesn't have to take long, the products last for a long time, you can use them sparingly! It can last you for the whole season! Give this routine a try for 30 days! I would love to hear how you get on and also how you have adapted your own routine! I like trying different things too! Perhaps you light a candle, play some music whilst massaging yourself, or perhaps like me you get your dog into the pamper session and share the massaging to include snouts and paws!

Whatever you do, enjoy yourself!

With my kindest regards and wishes to you for long lasting health to your body, mind and soul!

Amy x