

This month's
Self-Care Toolkit

Comfrey
Ginger
Hematite
Pele



Unleash
the Fire Inside

For months, you have reflected inward, working alone with your thoughts. March is the time to nourish your soul and reignite your passion, to stoke the fire inside and stir the creative pot...where you go next is up to you.



HERB

Comfrey

BENEFITS

Strengthens and repairs bones and tissue



ESSENTIAL OIL

Ginger

BENEFITS

Relieves muscular or mental stress

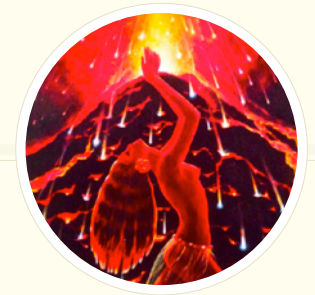


CRYSTAL

Hematite

BENEFITS

Grounds your mind and body



GODDESS

Pele

BENEFITS

Ignites the true desires of your heart

Once called “knit bone,” **Comfrey** is a healing herb used both internally and externally to strengthen your bones and repair tissue, ligaments, tendons, and bruises. Use comfrey salves and lotions on sore areas. Or make a tea by pouring boiling water over the herb; covering and steeping for an hour; straining; and enjoying.

Ginger Oil warms you in the cold months, improving circulation and relaxing muscular and mental stress. Create a massage oil by adding 5 drops ginger oil to each ounce of a carrier oil such as jojoba, or combine with eucalyptus to make a chest rub for relief from cold symptoms.

Hematite is the core of the earth. By activating the root chakra, Hematite helps you stay grounded in your body and connected to the earth. Keep this stone with you when you need help with concentrating, moving

forward, and differentiating between true vision and fantasy.

The Hawaiian goddess of volcanoes, **Pele**, reminds us that fire is the ultimate source of change; once an element is heated, it will not return to its old form. Burning old ideas and igniting the fire for new passions will help us move forward. Pele asks us, “What is your heart’s true desire?”

The future is now. Use this month’s toolkit to make amends and start anew. During this final cold month, focus your energy, renew your passions, and awaken your dreams.

Ashley Dees frolics around Saint Augustine Florida, picking herbs, finding herbal remedies, and playing with aromatherapy, tarot cards and crystals. Learn more about her, and how she teaches and gathers goddesses together at her website greenharmonyaromatherapy.com.