

A person in a pink shirt and black leggings is performing a yoga pose on a rocky cliff edge. The background features a vast, scenic view of a fjord with steep, rocky mountainsides and patches of snow. The lighting is soft and golden, suggesting a sunrise or sunset.

*This month's  
Self-Care Toolkit*

Calendula  
Helichrysum  
Amethyst  
Aphrodite

*Embrace*  
your Potential

*The New Year is an opportunity to listen to your deepest desires. Is there a class you have always wanted to take? A trip you've been waiting to go on? Take hold of your passions this year and learn to love yourself on a whole new level. Your potential is full and infinite. The following essential wellbeing ingredients will light your soul's path this month:*



**HERB**

*Calendula*

**BENEFITS**

Repairs skin cells and boosts immunity



**ESSENTIAL OIL**

*Helichrysum*

**BENEFITS**

Heals surface and emotional wounds

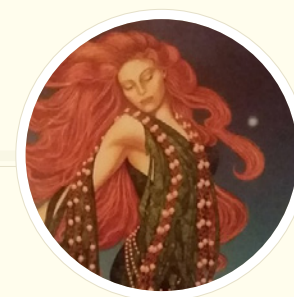


**CRYSTAL**

*Amethyst*

**BENEFITS**

Brings strength to change & grow



**GODDESS**

*Aphrodite*

**BENEFITS**

Brings comfort and connection

A beautiful addition to any garden, *Calendula* flowers are some of the most versatile flowers in the ground. Add the flowers to your winter stews or sprinkle the petals around your salads to brighten your day. Beauty products with Calendula help to repair your cells and treat skin wounds, scars, burns and bruises. In a tea, Calendula—a gentle lymphatic cleanser—helps fight infections and boosts your immune system.

*Helichrysum* essential oil heals both internal and external wounds by regenerating cells at a very rapid rate. Just a little of this oil goes a very long way! Dilute and use on the skin for wounds, scars, blemishes and burns. Helichrysum heals deep emotional wounds as well, so apply it energetically near your heart.

*Amethyst* helps your crown chakra connect to the divine so you can follow your soul's path consistently. We all have behaviors that can cause negativity in our lives, so carry Amethyst with you to gain the strength to change your patterns and feel more at "home" in your

skin. Place this beautiful purple stone by your bed when you sleep, or wear it around your neck for a constant reminder of your path.

The Greek goddess of inner beauty, love and passion, *Aphrodite* represents unabashed female sexual energy. If you ask for her assistance, she will help you feel comfortable in your body and connect to your inner beauty. Aphrodite's message to you is, "Awaken the goddess within you through dance, self-care and appreciating your divinity."

Use this toolkit to dig into your untapped potential and move beyond wishing and dreaming to living and doing. You deserve ease. You deserve love. You deserve a beautiful year.

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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 frequently at her website [greenharmonyaromatherapy.com](http://greenharmonyaromatherapy.com).