



*This month's
Self-Care Toolkit*

Hibiscus
Ylang Ylang
Tiger's Eye
Aeracura

CHOOSE TO BE
Inspired

With spring all around us, we notice the little things that give meaning to our big lives—seedlings pushing through the ground, flowers bursting with their intoxicating aromas, baby animals rejoicing in the fresh weather. Indulge in the scents of the season, and you will find inspiration to pursue your purpose.



HERB

Hibiscus

BENEFITS

Nourishes and
revives energy



ESSENTIAL OIL

Ylang Ylang

BENEFITS

Restores and
strengthens vitality



CRYSTAL

Tiger's Eye

BENEFITS

Encourages confidence
& dedication



GODDESS

Aeracura

BENEFITS

Puts goals
into perspective

Ruby red **Hibiscus** brings energy into our lives. Packed with vitamin C, this nourishing herb has a sweet and tart taste. Make a tea with Hibiscus by steeping the flower calyxes in hot water for 15 minutes. Add to other tea blends for beautiful color therapy too.

These aromas of spring flowers calm us, ignite memories, and bring joy into our lives. **Ylang Ylang** is a favorite flower that restores and strengthens vitality and reduces blood pressure. Use 5 drops of Ylang Ylang essential oil in jojoba to create a perfume.

Tiger's Eye is the stone of balance, confidence, and protection. This stone connects us to our root chakra, helping to keep us grounded and stable. During times of discovery and moving towards your purpose, keep Tiger's Eye with you to stay dedicated and confident.

The Celtic goddess **Aeracura** is a multitasker, who helps us put our goals into perspective. Aeracura's message for you is, "You are like a flower bud ripe and ready to open. Don't try to rush this process, as it is part of your beautiful path."

Breathe in the natural aromatherapy of spring with every moment in the garden or afternoon in the park. Staying in tune with nature and being connected to your revitalized heart will bring clarity of purpose and, ultimately, joy.

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.