

BATHING RITUAL

This is a course I designed to guide you through creating a Ceremonial Bathing Ritual.

Incorporating crystal for healing energy, epsom salts and Himalayan Rock Salts to ease aches and release tension, botanicals to provide relaxation and pure essential oils for therapeutic aromatherapy luxury.

This course will show you how to create the perfect healing space for you. It explains what a bathing ritual is and the powerful benefits to be gained by creating and practicing them.

You will learn how to create the perfect bathing ritual in a step by step guide.

How to set intentions that will allow you to manifest your goals. I have included clear instructions of what you will need for your ritual plus a video on making a crystal elixir and details about my Bathing Ritual Salt Packs.

I hope you enjoy this course

Vikki

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