

PRESS RELEASE

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For Immediate Release:

***Bee Mindful – A Meditation Collection* by Down the Lane Farm Offers Mindfulness as Meditation Sensory Experience**

Any skill level - easy to use. A delight to your senses.

Bee Mindful – A Meditation Collection is now available from Down the Lane Farm. Four hand rolled beeswax candles (4" x 3/4"), 10 ml essential oil, and a thoughtfully matched gemstone offers a unique full-sensory meditation experience. Also included is a velvet drawstring carrying pouch, silver honey bee scent charm with adjustable chain, and storage box. Choose from three meditation experiences: Rosemary Oil & Rose Quartz – loving energy; Lavender Oil & Amethyst - calm energy; and Lemon Oil & Citrine - happy energy.

Maureen Alfiero, owner and product designer at Down the Lane Farm, LLC shares, "There is a lot of negative energy in the world, and we can unknowingly carry it around. If we don't take time to unload this destructive energy and recharge our positive energy, we can be left with feelings of self-doubt, anxiety, and uselessness. We need to take care of ourselves." She goes on to say, "By being mindful – fully present in the moment and aware of oneself and surroundings can help boost self-confidence, give a more positive outlook on life, and even improve sleep. If practiced regularly, studies suggest that mindfulness through meditation can have both physical and mental health benefits."

All skill levels are invited to begin and experience their own meditation journey. The contents of each meditation box are presented in an easy and inviting manner. Great care was taken to pair each sensory item with positive, loving, and healing energies.

That's it. The rest is up to you. You'll find some meditation times are long and others are short and that's ok. This is self-care time.

A customer writes: "I love it! The little added features like the charm with the little cotton inside to hold the scent, and the little bag! The stone is generous in size and has more energy than something small. The fact that the candle fits into a standard candle holder is perfect. I meditate more consistently now."

Anyone who would like to improve self-awareness, enhance their mental health, and/or lead a more mindful life can easily get started here (<https://downthelanefarm.com/bee-mindful>).

Down the Lane Farm, LLC is located in Killingworth, CT and has been keeping honey bees since 1993. Their seasonal shop, May – November, opened in 2015 and serves the community in honey and beeswax products including farm fresh soaps and beeswax candles. Their honey has been shipped all over the world. Customers can find Down the Lane Farm products online at www.DowntheLaneFarm.com, through their catalog or Etsy shop.

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Meditation Collection

No Toxins

100%
Beeswax



No Artificial
Ingredients

Down the Lane Farm
KILLINGWORTH, CONN.

Choose from 3 meditation experiences:

We paired our pure beeswax meditation candles with a carefully chosen fragrance (essential oil—EO) and raw gemstone to help achieve an overall healthier and balanced, meditative experience.

Lavender EO —Calm, mental focus, restful sleep
Amethyst—stress relief, inner peace and healing
spiritual awareness, psychic abilities

Lemon EO — Fight exhaustion, depression
Citrine—Energy, happiness, success,
strength, creativity, truth

Rosemary EO —Stress, overall well being
Rose Quartz—Universal love, harmony,
self-love, inner peace

