

Dr. Bella's Botanicals

BREAST RADIANCE

COLLECTION

INTENSIVE BREAST SUPPORT PROTOCOL

For persistent tenderness, congestion, areas of thickening, or known fibrocystic breast changes that have already been evaluated by your healthcare provider.

Apply the Breast Radiance Balm directly over the area of concern.



Simple Schedule

Week 1	5 days on, 2 days off
Week 2	5 days on, 2 days off
Week 3	5 days on, 2 days off
Week 4	Rest

Do not continue the protocol during menstrual bleeding. Pause all Breast Radiance products and resume after bleeding has ended.

YOUR DAILY BREAST RADIANCE RITUAL



TAKE YOUR BREAST RADIANCE TONIC
Take 90 drops daily, using the schedule that works best for you.



APPLY BREAST RADIANCE SERUM
Apply 1–2 pumps every morning.



MESSAGE YOUR BREASTS
Massage for 3–5 minutes using slow, intentional upward strokes.



LISTEN TO THE BREAST RADIANCE MEDITATION
Use this time to connect with your body.



BREATHE DEEPLY
Relax your shoulders and soften your heart.



OFFER YOUR BREASTS GRATITUDE, COMPASSION, AND LOVE
Nurture a loving relationship with your body.

Daily consistency supports healthy lymphatic flow, circulation, tissue vitality, and deeper body awareness.

MENSTRUAL REST

Pause the Breast Radiance Serum, Tonic, Balm, castor oil packs, and other breast self-care practices during menstruation.

Allow this time to be devoted to rest, warmth, nourishment, and inward reflection.

Resume your Breast Radiance Ritual after menstrual bleeding has ended.

CASTOR OIL PACK DIRECTIONS

- 1 Apply a generous layer of Breast Radiance Balm directly over the area needing support.
- 2 Place clean cotton or wool flannel over the area.
- 3 Apply gentle warmth for 20–45 minutes while resting.
- 4 Remove the pack and wipe away any excess balm as needed.
- 5 Use the castor oil pack according to the weekly balm directions or the Intensive Breast Support Protocol.

- Do not use during menstruation.
- Do not apply over broken, irritated, or infected skin.

IMPORTANT BREAST AWARENESS

Become familiar with the normal appearance and texture of your breasts. Contact your healthcare provider promptly if you notice:

- A new or persistent lump
- Increasing or unexplained pain
- Redness, warmth, or swelling
- Skin dimpling or other skin changes
- Nipple changes
- Unusual nipple discharge
- A persistent area of thickening
- Any other new or concerning change

The Breast Radiance Collection is intended to support breast wellness, healthy lymphatic function, circulation, and skin nourishment. It is not intended to diagnose, treat, cure, or prevent disease and does not replace medical evaluation, imaging, diagnosis, or treatment.

BREAST HEALTH IS NOT ISOLATED.

It reflects the flow of the entire system.



LYMPHATIC
MOVEMENT



TISSUE
NOURISHMENT



OVERALL
BREAST VITALITY



HEALTHY
MOVEMENT



HEALTHY
NOURISHMENT

A simple botanical ritual to reconnect with your body.

AVAILABLE AT
AGAPE HEALING ARTS
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Tequesta, Florida