

Dr. Bella's Botanicals

Plant Medicine. Feminine Wisdom. Whole Body Healing.

BREAST RADIANCE COLLECTION

Your Daily Breast Radiance Ritual

The Breast Radiance Collection was thoughtfully created to support healthy lymphatic flow, circulation, tissue vitality, skin nourishment, and a deeper connection with your body.



BREAST RADIANCE SERUM

Daily Breast Ritual

Apply 1–2 pumps every morning to clean breasts.

Massage the serum over the breasts, chest, and underarm lymphatic pathways for 3–5 minutes using slow, intentional strokes directed upward toward the collarbone and outward toward the underarms.

As you massage:

- Breathe deeply
- Relax your shoulders
- Bring loving awareness to your breasts
- Offer gratitude and compassion to your body
- Listen to the Breast Radiance Meditation to deepen your practice

Use every morning.

BREAST RADIANCE TONIC

Daily Herbal Lymphatic Support

Take 90 drops daily. One full dropper equals approximately 30 drops. Choose the schedule that best fits your routine:

OPTION ONE

30 drops in the morning
30 drops in the afternoon
30 drops in the evening

OR

OPTION TWO

Take all 90 drops, or 3 full droppers, together in the morning.

The tonic may be taken directly by mouth or added to a small amount of water.

*Use every day,
except during menstrual rest.*

BREAST RADIANCE BALM

Targeted Botanical Breast Support

The Breast Radiance Balm is intended for focused spot treatment rather than daily use.

Massage a generous amount directly over the area needing additional support until absorbed.

Use:

- Once weekly as part of your breast wellness ritual
- As needed for localized tenderness, fullness, congestion, or fibrocystic breast changes
- As directed during the Intensive Breast Support Protocol

For enhanced support, apply the balm beneath a warm castor oil pack for 20–45 minutes while resting.

Pause during menstruation.

BREAST RADIANCE TEA

Nourishing Herbal Tea

A daily tea blend to support healthy lymphatic flow, circulation, tissue vitality, and overall breast health.

Ingredients:

Red Clover Herb*, Rose Petals*,
Oat Straw*, Lemon Balm Leaf*,
Calendula Flowers*
*Certified Organic

Suggested Use:

Steep 1–2 teaspoons in hot water
for 10–15 minutes.
Drink 1–3 cups daily.

*A gentle daily ritual
to nourish, hydrate, and
reconnect with your body.*

BREAST HEALTH IS NOT ISOLATED.

It reflects the flow of the entire system.

LYMPHATIC MOVEMENT • TISSUE NOURISHMENT • OVERALL BREAST VITALITY

A simple botanical ritual to reconnect with your body.

Dr. Bella's Botanicals



Crafted with Intention. Rooted in Nature.

drbellasbotanicals.com