



# CHAKRA CHART



**7. Crown Chakra**  
The highest chakra represents our ability to be fully connected spiritually.  
Emotional connection: Inner and outer beauty, our connection to spirituality and pure bliss.



**6. Third Eye Chakra**  
Our ability to focus on and see the big picture.  
Location: Forehead between the eyes  
Emotional connection: Intuition, imagination, wisdom and the ability to think and make decisions.



**5. Throat Chakra**  
Our ability to communicate.  
Location: Throat.  
Emotional connection: Communication, self-expression of feelings and the truth.



**4. Heart Chakra**  
Our ability to love.  
Location: Center of chest just above the heart.  
Emotional connection: Love, joy and inner peace.



**3. Solar Plexus Chakra**  
Our ability to be confident and in control of our lives.  
Location: Upper abdomen in the stomach area.  
Emotional connection: Self-worth, self-confidence and self-esteem.



**2. Sacral Chakra**  
Our connection and ability to accept others and new experiences.  
Location: Lower abdomen,  
Emotional connection: Sense of abundance, well-being, pleasure and sexuality.



**1. Root Chakra**  
Represents our foundation and feeling of being grounded.  
Location: Base of spine in tailbone area.  
Emotional connection: Survival issues such as financial independence, safety and food.

# ABOUT

## "BALANCE THE ZEN WITHIN"

Chak Therapy is an exclusive product line designed to honor the seven chakras while practicing self-care and intentionality in our daily routine. Chak Therapy's product line features a variety of organic, vegan body scrubs, body butters, bath bombs, meditation candles and much more! For full product descriptions, content and exclusive offers visit [chaktherapy.com](http://chaktherapy.com), like us on Facebook and follow us on Instagram.

Go Green! Save The

# JAR!

Reuse your 8 oz or 16 oz Body Scrub jars to purchase refills at a reduced price. Some restrictions may apply, contact us for details.



## CHAK THERAPY

EST. 2018

CONTACT US

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# BEST USE

## Signature Body Scrub

**Chak Therapy Body Scrub** is an all natural spa treatment which exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft

### Instructions

1. Begin with wet skin in the shower—warm-to-hot water is ideal
2. Allow the shower to run for 5-10 minutes and let the warm water soften the skin and prepare for exfoliation .
3. Pause the running water while you exfoliate.
4. Apply the scrub in a circular motion. Maintain a gentle pressure not to damage the skin. Start wherever is most convenient and comfortable. **\*Note: Please apply scrub to feet while seated to prevent slips and falls.**
5. Rinse it all off with lukewarm water.

## Body Butter

### Chak Therapy Balance Body Butter

is a skin moisturizer that typically contains shea butter, coconut oil and another organic (fruit/nut) oils. It's thicker than lotions and is extremely effective at rejuvenating dry skin.

### Instructions

1. After showering and exfoliating with **Chak Therapy Body Scrub** to remove dead skin cells.
2. When you are dry, scoop out the desired amount of **Balance Body Butter** with your fingers, and apply all over – pay extra attention to really dry areas, like elbows, knees, and feet.

# SIGNATURE SCENTS

## Current Selection

Body Scrubs + Body Butters + Bath Bombs

MEDITATION CANDLES WITH AFFIRMATION CARD	COLOR
Root Chakra	Red
Sacral Chakra	Orange
Solar Plexus Chakra	Yellow
Heart Chakra	Green
Throat Chakra	Light Blue
Third Eye Chakra	Blue
Crown Chakra	Lavender

## Available In Most Signature Scents

**ZENGANG BEARD OIL**

Scent Selection  
 LOVE GURU (Bergamot + Cedarwood)  
 WARRIOR SPIRIT (Lavender + Sandalwood + Tea Tree)  
 Ingredients: (JBC oil, Sweet Almond oil, Shea Nut oil, Vitamin E, Essential oils)

# REVIEWS

## Chak Therapy Customer Reviews

"Amazing product. My hands literally feel like a baby's bottom afterwards. And the smell is amazing!" - B.W. 11/20/17

"Wow... y'all. I tried the lemongrass body scrub, and in just a few minutes, I felt relaxed, my skin like a baby, my cuticles all cleaned up... the quickest, most therapeutic manicure I ever had....All around a great buy!" - K.S. 11./27/17

"I received my order from Chak Therapy this week and I loved it. The jars are so cute, the scents are delicious, and they leave your skin super-soft. I love that shes local and I would definitely recommend her products." - E.D. 11/28/17

## THANK YOU!!!!

Special message from Chak Therapy's Creator



To The Zen Gang,  
 I would like to take this opportunity to thank you all for your unwavering love and support of Chak Therapy. It is because of you I am able to share my messages of self-care and ancestral wisdom and I am forever grateful for the abundance of enlightenment . Always remember remain humble on your journey, maintain an open mind and put Self-care Over Everything!

Namaste Ase,

*Mycheryl Russ*

MBA, Owner, Chief Creative Officer