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 scrubs, butters, bath bombs, meditation candles and much more! For full product descriptions, content and exclusive offers visit chaktherapy.com, like us on Facebook and follow us on Instagram.

Go Green! Save The JAR!

Reuse your 8 oz or 20 oz Signature Scrub jars to purchase refills at a reduced price. Some restrictions may apply. Contact us for details.

CHAKRA CHART

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.

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.

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.

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

5. Throat Chakra

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.

7. Crown Chakra
   The highest chakra represents our ability to be fully connected spiritually. Location: On top off the head. Emotional connection: Inner and outer beauty, our connection to spirituality and pure bliss.
**BEST USE**

**Signature Scents**

Chak Therapy Signature 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.
5. Rinse it all off with lukewarm water. **CLEAN SHOWER AFTER EVER USE.**

**Balance Butter**

Chak Therapy Balance 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 remove dead skin, pat dry body with towel to apply desired amount of Balance Butter with your fingers, and apply all over – pay extra attention to really dry areas, like elbows, knees, and feet.
2. This process will ensure your body retains its moisture from previous steps.

**SIGNATURE SCENTS**

**Current Selection**

- Lavender
- Lavender + Sandalwood
- Clary Sage + Lavender
- Orange + Peppermint
- Eucalyptus + Spearmint
- Lemongrass
- Zenergy (Lemongrass + Vetiver + Spearmint)
- Bergamot
- Love Guru (Bergamot + Cedarwood)
- Patchouli + Lime
- Sandalwood

**MEDITATION CANDLES WITH AFFIRMATION CARD**

- **ROOT CHAKRA**
- **SACRAL CHAKRA**
- **SOLAR PLEXUS CHAKRA**
- **HEART CHAKRA**
- **THROAT CHAKRA**
- **THIRD EYE CHAKRA**
- **CROWN CHAKRA**

**COLOR**

- Red
- Orange
- Yellow
- Green
- Light Blue
- Blue
- Lavender

**REVIEW**

**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 they are 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