

CREATIVE WELLNESS



EMPOWERING EMOTIONAL WELL-BEING THROUGH WRITING, SELF-CARE, AND COMMUNITY

www.L-inkwell.com IG: @LethaM.Francis



MY STORY



L-inkwell is more than a business—it's a reflection of my life, my healing, and my purpose. Wearing the hats of a mother, artist, and therapist, I've walked through life's complexities—and discovered healing through creativity at every turn. Through it all, writing became my anchor—a way to process, to breathe, to reclaim my voice. That lived experience is the heartbeat of L-inkwell: a wellness-centered company that blends the healing power of creative expression with intentional self-care. We offer guided journaling experiences, writing workshops, and hand-curated self-care kits filled with herbal teas, essential oils, candles, and journals—all designed to help others reconnect with themselves. Whether through in-person gatherings or digital offerings, L-inkwell creates space for people to explore their stories and find peace through creativity and connection.



The Challenge

In today's fast-paced world, stress, burpout, and emotional overwhelm have become a quiet epidemic—especially for women balancing careers, caregiving, and personal growth.

- Many feel disconnected from themselves, with little time or space for reflection and restoration.
- Traditional wellness tools can feel impersonal, expensive, or inaccessible.
- Creative expression—and its natural rhythm of slowing down, reconnecting to nature, and listening inward—is often overlooked in mainstream mental health and self-care practices.
- There's a growing need for safe, supportive, and soul-nourishing spaces where people can slow down, reconnect, and feel seen.

L-inkwell was born from this need—offering an authentic, creative path to healing, grounded in lived experience and therapeutic insight.



Out Solution

At L-inkwell, we believe healing can be creative, deeply personal, soul-nourishing, empowering, and so much more...

- We guide people through writing practices that feel like self-discovery—using prompts that encourage reflection, release, and resilience.
- Our curated self-care kits invite the senses to slow down: think warm herbal teas, calming essential oils, soft candlelight, and a journal that feels like a trusted friend.
- Our workshops—whether in-person or online—foster safe, soulful spaces where community and expression come together.
- We don't just offer tools—we offer a process that reconnects people to themselves, their stories, and the world around them. Play is encouraged.

This is wellness with heart, rooted in creativity, nature, and the power of story.



Self Care
Package





CORE Creative Writing Lab





WHY IT WORKS



Because writing is more than words on a page.

It's a way to breathe, to process, to release. When we write, we're not just telling stories — we're untangling emotions, finding clarity, and connecting with ourselves.

Science backs it up.

Journaling has been shown to reduce stress, improve mood, and even support physical health. Pair that with sensory self-care — like calming scents, warm tea, and soft candlelight — and you've got a full-body reset.

It's not therapy — but it's therapeutic.

No pressure. No judgment. Just a guided space to feel, create, and heal at your own pace.

Cheatige Vellnegg WHY IT MATTERS

Mental Health Support, Without the Stigma

Not everyone is ready or able to access therapy — but everyone deserves tools to cope. Our writing and self-care experiences offer a gentle, stigma-free entry point to emotional wellness.

Writing = Emotional Clarity

Studies show expressive writing helps reduce anxiety, improve mood, and process trauma. It's a powerful tool for reflection, healing, and growth — no prior writing experience needed.

Sensory Self-Care = Nervous System Reset

The calming rituals we include — like herbal tea, soothing scents, and candlelight — help regulate stress, activate the parasympathetic nervous system, and promote presence.

Accessible. Creative. Empowering.

L-inkwell makes products built for real life — for people with busy schedules, big emotions, and a need for stillness and reconnection. We don't just talk about self-care. We make it feel good, doable, and personal.







WHO WE SERVE

- Individuals seeking mindful, creative tools for wellness
- Teens & Young Adults
- Schools, nonprofits & community orgs
- Therapists & wellness practitioners
- Individuals and orgs who want to incorporate intentional expression and play for stress relief
- Corporate wellness programs
- Care for those who give care
- Creators who want to incorporate thoughtful wellnesscentered content



YOU ARE IMPORTANT



LETHAM.

Hancis

www.L-inkwell.com

LethaMFrancis@Gmail.com