



Happy New Beautiful Souls!

I hope that you've all had a safe, fun and enjoyable holiday season! I certainly did and am looking forward to what is to come this year--I hope that you are too!

I'm super excited about traveling to Guatemala in April during Holy Week! Just the thought of it fills me with so much joy. I look forward to sharing the experience with you in a Blog posting. I'm certain, that like all of my previous trips there, it will truly be special, magical and unforgettable.

I hope that you all have something fun and exciting planned this year as well! It's so important for us to balance our lives by doing things that we love and enjoy! What intentions have you set for your life this year? How do you plan to bring on making them reality? I challenge you to ask yourselves this daily.

Peace, Love and Blessings,

-Rose



December Self-Care Workshop

Last month, I had the honor of facilitating a self-care workshop for some of the employees at American Student Assistance here in Boston. It was right before the Christmas break which was the perfect time to focus on prioritizing self-care. The staff was very open, engaging and a joy to spend time with. The picture above was taken when they were working out a breakout activity of completing the self-care commitment and accountability plan which you all have access to here: [Free Tools](#)

As the winter months progress, be sure to prioritize your health and wellness; that includes mental health. Make sure that you are physically active and getting enough sunlight as well. If you need to take a day off, take one. Get into the habit of not negotiating your health for anyone or anything; under any circumstances.



If you've never tried making hot chocolate with coconut milk, now is the time. Coconut milk takes hot chocolate to the next level by making it the creamiest lactose-free drink you will ever have the pleasure of tasting.

Ingredients

Hot Chocolate

1 cup coconut milk

2–3 scoops of unsweetened cocoa powder or your favorite cocoa mix.

1–2 toothpicks Cinnamon Bark oil

2–3 tablespoons of sugar or agave

Coconut Whipped Cream

1 13-ounce can of coconut milk

1 tablespoon sugar or agave (optional)

Instructions

Start the whipped cream by refrigerating the can of coconut milk overnight. Open can and put the thick chunks in a bowl. Set aside the remaining milky liquid substance for making hot chocolate.

Add optional sweetener to the coconut cream chunks. Using a hand mixer, beat until you get a light, whipped texture. Set aside.

In a saucepan, put the remaining liquid coconut milk from the can, or coconut milk from a carton. Warm to desired temperature. If you use milk from the can it will be a more creamy hot chocolate.

Once warm add in cocoa powder and sweetener.

Dip a toothpick in the Cinnamon Bark bottle and swirl in mixture.

Place a dollop of fresh coconut whipped cream onto your hot cocoa, and enjoy!

Tip: Freeze the whipped cream into silicone heart shaped molds.



January Specials

When you place an **LRP order of 125 PV** or greater before January 15, you will receive **Grapefruit 15 mL FREE!** You can also purchase **Slim & Sassy® 15 mL** all month long at a discount of 10% off.

The King of Oils promotion has been extended until January 15th! If you place a **200 PV order between now and January 15, you will receive a FREE Frankincense!**

You can purchase your oils here: [Get Your Oils](#)

If you're interested in learning more about essential oils, email me at roselightandlove@gmail.com or sign up for a **FREE Essential Oils Consultation** at [Essential Oils Consultation](#) to book an appointment.

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