

WELCOME TO

The Element

We're so glad you're here!



CHAKRA INSIGHT



Ajna

- Associated intuition, wisdom, clarity, insight, and imagination
- Connected to the autonomic nervous system, eyes, brain, and pineal gland



Third Eye Chakra





CRYSTAL HIGHLIGHT



LABRADORITE

The Intuitive Stone

This mystical stone is known to enhance mental, spiritual, physical, and emotional growth.

Labradorite strengthens intuition, heightens creativity, and brings truth to light.

It's mesmerizing, changing colors raise the vibration, balance energy, and help calm the mind.



@essential.element.ha



Aromatherapy Recipe



Clary Sage
ESSENTIAL
OIL

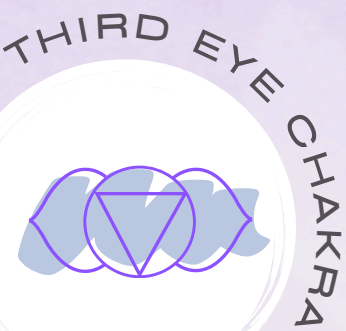


APPLICATION:

Dilute 5 drops of clary sage essential oil in 1 tablespoon of almond oil.

Massage the blend onto the third eye chakra area, located in the center of the forehead between the brows.

CARRIER
OIL:
Almond
Oil





Health Benefits Of BLACKBERRIES



- Rich in antioxidants
- High in fiber
- May help manage stress
- May reduce inflammation
- May improve brain function
- May help regulate blood pressure
- May lower the risk of diabetes
- May support oral health
- May help prevent heart disease



Indigo Spritzer

With Blackberries



2 servings



5 minutes

INGREDIENTS

12 blackberries
2 mint sprigs
2 oz lavender syrup
2 cups of gingerale
additional blackberries
& mint for garnish

DIRECTIONS

1. Prepare 2 8oz glasses
2. Add 6 berries, 1 mint sprig, and 1 oz lavender syrup to each glass and muddle
3. Fill each glass with ice
4. Top with gingerale
5. Garnish with additional mint and berries
6. Serve immediately

FEATURED SERVICE

Sound Bath

Experience the ultimate relaxation with a Sound Bath session. Immerse yourself in the soothing tones of music and meditation, while achieving chakra balance. Indulge in this wellness experience for complete rejuvenation.

Session Includes:
Grounding Meditation
Chakra Balance
Sound Bath



SOUND BATH

- Grounding Meditation
 - Chakra Balance
 - Sound Bath
- 1 hour session



Sound Healing:
An ancient meditative practice of calming the body and mind through the immersion of sound vibrations.

Schedule Now

UPCOMING EVENTS



10 wk Course

Saturdays

Aug 10 - Oct 12

11a-1p



Students will be provided required books and manual along with Level 2 attunement, attunement journal, and certification.

Students will also receive hands on practice with teachers and clients. Personal portfolio photos will be provided upon level completion.



Class will be held every week for 10 weeks on Saturdays 11am-1pm. Class begins Saturday August 10, 2024 and will run through October 12, 2024. \$200 deposit plus \$50 per class for 10 weeks = \$700 total.

Students must complete Level 1 with Essential Element Healing Arts before registering for Level 2, Level 3, and Level 4.

[DEPOSIT LINK](#)

UPCOMING EVENTS



Sound Bath & Chat

June 14th

6p-8p



This event provides a "Good Vibes Only" space to relax and unwind while immersing in the healing vibes of sound.

An opening and closing group sound bath is provided.

Chat Topic:
Soul Connections

Coffee, tea, and snacks provided.



RESERVE YOUR SPOT!

Featured Testimonial



*My Reading
was Fantastic*

My reading was fantastic. I learned so many fascinating and encouraging things about myself and my life's purpose. We laughed so much as I have very entertaining spirit guides and angels. She shared with me things that no one else could have known.

-S.S.



Book Your Session Today!

RELAX WITH THE HEALING ARTS OF VIBRANT ENERGY



Visit our website to learn more about our products and services and the benefits they provide.

LET'S CONNECT!



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