



WELCOME TO

The Element

We're so glad you're here!



CHAKRA INSIGHT



Earth Star Chakra

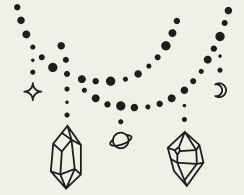
VASUNDHARA

- Associated with grounding and our connection to Mother Earth.
- Connected to Gaia and the non-physical body, anchors the entire chakra system.





CRYSTAL HIGHLIGHT



SMOKY QUARTZ

The Earth Stone

This mysterious stone brings balance, protection, and grounding and is known to dispel negative vibes.

Smoky Quartz connects to your Higher Self bringing peace and clarity in tough situations.

Other benefits of Smoky Quartz are its ability to reduce headaches and ease nerve pain.



Aromatherapy Recipe



Cinnamon and
Vetiver
**ESSENTIAL
OILS**



APPLICATION:

Dilute 3 drops each of cinnamon and vetiver essential oils in 1 tablespoon of sesame oil.

Massage the blend onto the legs, knees, and soles of the feet. Set the intention for the oil to seep down into the Earth Star Chakra, approximately 12 inches below the feet.



**CARRIER
OIL:**
Sesame
Oil





Health Benefits Of CINNAMON



- Rich in antioxidants
- Great breath freshener
- May aid in weight loss
- May reduce inflammation
- May strengthen focus
- May boost metabolism
- May lessen cold & Flu symptoms
- May improve sleep patterns
- May reduce cravings
- May enhance memory
- May lower blood sugar levels



Cinnamon Milk

with Honey & Vanilla



1 serving



5 minutes

INGREDIENTS

1 cup steamed milk
1 tbs raw local honey
1 tsp ground cinnamon
1/2 tsp pure vanilla extract

Garnish:

1/2 cup steamed milk
(frothed)
ground cinnamon

DIRECTIONS

1. Add ground cinnamon, honey, and vanilla into a 10 oz mug and mix.
2. Add 1 cup steamed milk and mix until fully incorporated.
3. Garnish with 1/2 cup frothed, steamed milk and additional ground cinnamon.
4. Serve immediately

FEATURED SERVICE

Couples Sound Bath

Escape into deep relaxation and harmony with our Couples Sound Bath, a serene in-person experience. Unwind together amidst soothing candlelight, floral accents, and transformative sound vibrations.

Session Includes:
Grounding Meditation
Chakra Balance
Sound Bath



**COUPLES
SOUND BATH**

- Grounding Meditation
- Chakra Balance
- Sound Bath

1 hour session

Essential Element
HEALING ARTS



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

[**Schedule Now**](#)

UPCOMING EVENTS



We are revamping our
Group Sound Bath experience.
Stay tuned for what's to come!



UPCOMING EVENTS



10 wk Course
Each Level

Classes scheduled
according to your
availability



Students will be provided required books and manual along with Level 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.

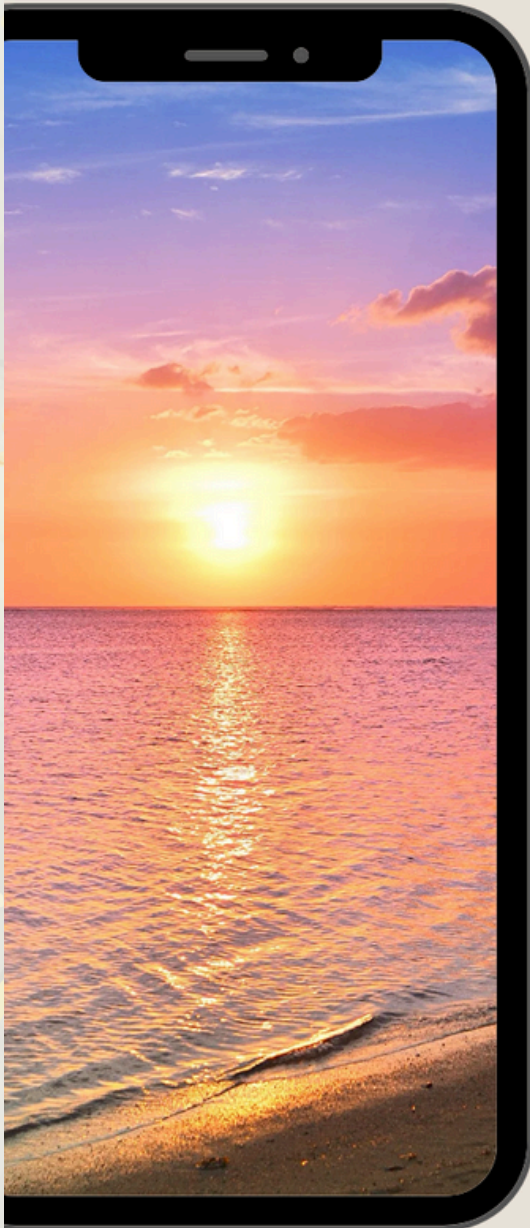


Each Level is a 10 week class. Each class is 2 hours per week. \$900 per Level. Split payments over 12 months with PayPal financing. Bundled Levels also available for more convenient payment plans.

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

[REGISTRATION LINK](#)

Featured Testimonial



*The Energy
was Amazing*

I had an Akashic Records Reading today. The energy was amazing. I learned so much about myself and my present journey. Khadijah was gentle, and honest, even if it was something difficult to hear. I have so much love and gratitude for her. My guides came through her with the messages I needed to hear which gave me the clarity I needed going forward. I recommend this for everyone needing a spiritual lift and some firm direction in their life.

-K.E.



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!



WWW.ESENTIAELEMENTHA.COM