



3 & Me

## Sacred Smokes & Mists

Step into an intimate, sensory experience where ancient plant wisdom meets modern ritual. In this hands-on 3 & Me session, you'll explore herbs traditionally used for cleansing, grounding, and protection — learning how to craft your own smoke bundles and botanical mists with intention and respect for the plants' sacred nature.

Together, we'll discuss the energetic qualities of herbs like mugwort, rosemary, cedar, lavender, and sage alternatives such as juniper or garden-grown cleansing plants. You'll be guided to choose the plants that resonate most with your own energy, intuition, and season of life.

Then, you'll handcraft your own smoke wand or cleansing mist (or both, time permitting), infusing them with purpose, breath, and gentle Reiki energy. We'll close with a mindful ritual — learning how to cleanse your space, your energy, and your mind using plant allies and intention.

1 person - \$95  
2 people - \$140  
3 people - \$165