

Ask Yourself.....

Do you consider yourself high maintenance, low maintenance, or are you currently in a 'no maintenance' mode?

What daily self-care rituals or means of adornment do you currently use for enhancing

- Your Intentions:
- Your Protection:
- Your Identity:
- Your Empowerment:

What Talisman or Objects do you wear or carry that you feel empower you?

How do you store or honor these sacred objects?

What is your current routine and tools used each day for caring for your body?

Dry Brush / Loofah:

Bathing/Showering Soap:

Skin Lotions:

Facial skin care:

Shampoo and Hair products:

Hair Brushing:

Hair Styling:

Hair accessories:

Nail Care:

Nail Adornment:

Daily jewelry:

Special Crystals or Jewelry:

Additional: