

Be Fabulous

- **Bergamot** - Promotes Self-acceptance, Confidence, Hope, and the ability to *Be Fabulous*
- **Grapefruit** - Reminds us to take care of ourselves and prioritize our self-care
- **Cinnamon** - Connects you with your inner strength regardless of obstacles
- **Siberian Fir** - Breaks harmful patterns such as "AM I good enough?"



Be Fabulous Affirmation

I create my own HAPPINESS ~ I LOVE and accept myself, I am Free to be ME ~ I am Enough ~ I TRUST myself, I choose to enjoy LIFE. I AM *Fabulous!*

Crystals:

- Rose Quartz - promotes self-love and assists in self-acceptance. Rose Quartz reminds us of the value you can bring to others.
- Sunstone - is the master for instilling self-confidence and inner strength. Use sunstone to nurture your leadership qualities, boosting self-empowerment and reversing feelings of failure.

PUREfume

- In a 10 mL roller bottle, add the following essential oils and crystals (for extra magic), then top off with fractionated coconut oil. Apply over solar plexus and wrists. Then repeat the affirmation out loud 3 times while looking in the mirror. Now be Fabulous!

6 drops Bergamot
10 drops Grapefruit
3 drops Cinnamon
5 drops Siberian Fir