

Pink Himalayan Salt with Yarrow and QingPi

Description

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Feel like youâ??re taking on other peopleâ??s stuff? Getting drained from giving too much of yourself away?
Yarrow builds strong boundaries and protects you from toxic or negative energy. Yarrow helps you to remain sensitive and open, yet maintain the integrity of putting your own needs first.
QingPi (Pericarpium Citri reticulatae Viride) with its citrus scent, crisply awakens the senses, freeing up feelings of constraint, anger, or pent up emotion.
We think of this lovely salt soak as a way to clear things that may feel stuck so you can start your day fresh, open, and energetically protected.

2 doses
Pour half the bottle of pink salt into drawn bath. Get in and set an intention for the day. Remember, you donâ??t have to carry what is not yours. Think of ways you might want to protect and care for yourself today.
Stay in the bath as it drains. Imagine all the things that you do not want to take into your day are draining away thru the drain and soaking all the way down into the Earth to be composted into something beautiful. In the last minute watch the water (and your s@$%) swirl all the way down the drain. Rinse off with cool water for no longer than 1 minute and enjoy your day!

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