Moon Rituals

When we get up in the morning we Shower, brush our hair and teeth, get dressed these are all Rituals. For Moon rituals, we cleanse our mind, body and soul. We get rid of unwanted clutter and start afresh.

New Moon Rituals

Set worthwhile / good intentions

Light a candle

Begin something new

Create yourself a special place

Give new intentions to your crystals

Let new people into your life

Get out, accept invitations

Keep positive

Make a to do list

Buy something new

Cleansing bath – Meditate good intentions, new beginnings (in shop 200ml bath cleans – Salt Minerals, Marshmallow, Rose petals aromatherapy oil)

Full Moon Rituals

Have a luxurious bath with Minerals; Rose petals, plus Aromatherapy oil (buy in store)

Meditate - let go of clutter in your brain and make way for new ideas, letting go of all negative thoughts. You can do this in the bath if you like.

Put on your PJ’s and Dance around your house and Smudge your home with White Sage (cleanses home of bad vibes)

Charge any crystals with new energy (leave in the rays of the full moon)

Light a candle and Relax

If you have a to do list make a plan to accomplish more.

DO NOT start anything new or make rash decisions, sleep on it.