



WELCOME TO OUR  
**MONTHLY NEWSLETTER**



## A Holiday Update!



As the year winds down and the magic of winter unfolds, this is a time for reflection, renewal, and self-care. At Sacred Flower Holistic Spa, we've designed December to help you embrace the season's calming energy.

Discover the soothing benefits of our Blue Majik product line, learn the importance of oxygenated products, join us for the Winter Solstice celebration, and prepare for our upcoming Women's Wellness Circle.

This month, let's focus on healing from within and finding balance as we step into the light of a new year.



**In this newsletter you will find:**

Latest offerings, workshops, wellness tips, and more. Keep Reading!



## Holiday Season: Herbal Spotlight

FRANKINCENSE, MYRRH, SANDALWOOD

Frankincense, Myrrh, and Sandalwood are treasured for their dual benefits to skincare and spirituality. In skincare, they work to rejuvenate, soothe, and hydrate the skin, with Frankincense promoting cell regeneration, Myrrh aiding in healing, and Sandalwood calming and hydrating. Spiritually, they are known for grounding and uplifting properties, enhancing meditation and rituals.

These sacred ingredients hold special significance during the holidays, symbolizing wisdom, healing, and renewal. Incorporating them into skincare or seasonal rituals fosters a deeper connection to tradition and the sacred energy of the season.

**HOLISTIC WORKSHOP**

Celebrate the Winter Solstice with a cozy, heartwarming workshop filled with crafting and community connection. Together, we'll embrace the energy of the Solstice and bring warmth and light into the longest night of the year.

**WORKSHOP HIGHLIGHTS:**

- **PEACEFUL GUIDED MEDITATION:** Enjoy a calming meditation with sound healing to bring you back into balance.
- **HEALING & CREATIVE EXPRESSION:** Create your own bottle of Mulling Spices customized with traditional Solstice spices to make your own Mulled Cider or Wassail.
- **MEDITATION & CANDLE LIGHTING:** Together, we will light our candles in meditation as a symbolic act of welcoming light & new possibilities.

**DATE & TIME:**  
15 DECEMBER 2024  
04:00 PM - 06:00 PM

**RESERVE YOUR \$30 SPOT BY ZELLE OR CALL**

## Upcoming Events

### 12/15 HOLISTIC WORKSHOP

Join us for a peaceful guided meditation with sound healing, DIY Mulling Spices, & curate a Sacred Flower Gift Basket on December 15 from 4-6PM for \$30.



## Blue Majik Collection

### BLUE MAJIK BEAUTY BALM & MASK

This first product was created during the pandemic to meet a deep need for healing. Crafted with care and purpose, it harnesses the power of activated oxygen to calm inflammation, heal blemishes, and improve overall skin texture. From there, the line expanded to include products that focus on holistic healing, always with oxygen as the cornerstone.



## Therapeutic Benefits of Oxygenated Skincare Products

### SOPHIA'S ELEMENTS PRODUCTS

During the COVID-19 pandemic, the world faced a collective need for healing –physically, emotionally, and spiritually. It was in this moment of crisis that the idea for Sophia's Elements was born. Infused with purpose and intention, each product was crafted to promote wellness and healing. A defining feature of the line is the infusion of oxygenated skincare, a therapeutic ingredient that has transformed skincare with its powerful benefits.

Activated oxygen is celebrated for its ability to stimulate the skin's natural healing processes. It works by delivering oxygen deep into the skin layers, enhancing cellular regeneration, reducing inflammation, and neutralizing harmful toxins. For those struggling with their skin, oxygenated products help to purify, detoxify, and promote balance, making it ideal for restoring a healthy complexion.

Additionally, this remarkable ingredient boosts the production of collagen and elastin, essential proteins that maintain skin's firmness and elasticity. The result? Skin that feels rejuvenated, hydrated, and radiant. Activated oxygen also has antibacterial and antifungal properties, making it particularly effective for soothing irritation, clearing blemishes, and supporting overall skin health.

At Sophia's Elements, activated oxygen isn't just an ingredient—it's the heart of the brand's philosophy. Each product is carefully infused with this therapeutic oxygen to work synergistically with herbs, essential oils, and other natural ingredients. This harmonious blend ensures that every formula nurtures the skin while delivering real, visible results.

Sophia's Elements was founded on the belief that skincare can go beyond the surface to support deep healing. Infusing activated oxygen into every product allows the line to deliver transformative benefits, helping people feel more confident, radiant, and connected to their own well-being. Born from a desire to make a difference during challenging times, Sophia's Elements continues to offer products designed to heal, inspire, and empower.

Whether you're seeking relief for irritated skin, a boost of hydration, or simply a moment of self-care, Sophia's Elements offers a line of products infused with the healing power of oxygen—designed to make a difference, one drop at a time.

## Wellness Tips

AS WINTER'S CHILL SETTLES IN, HERE ARE SOME WAYS TO STAY BALANCED AND ALIGNED:

- Hydrate Inside and Out: Drink herbal teas like chamomile or peppermint, and use hydrating products like our Blue Majik Beauty Balm.
- Warm Up Naturally: Indulge in warming foods like soups, stews, and spiced drinks to keep your energy flowing.
- Create a Cozy Space: Light candles, diffuse essential oils like cinnamon or clove, and embrace the art of hygge for a comforting environment. Hygge is a word in Danish and Norwegian that describes a cozy, contented mood evoked by comfort and conviviality.



## Sacred Flower Gift Baskets

CURATE THE PERFECT PRESENT

Looking for a unique gift to show someone how much you care? Our curated Sacred Flower Gift Baskets make the perfect treat for friends, family, or even yourself. Available for purchase in-spa, each basket is filled with natural products, seasonal blends, & thoughtful touches.

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