

Hello Gorgeous

Here is your reminder to 'Love Yourself'
Using your 'Mirror Mantra' daily, will heighten self love, self worth,
self acceptance and will create positive body image.

SIMPLY: Print this page, cut out and place on your bathroom mirror.
When applying MEA products, look at your beautiful self, take 3 deep
breaths and repeat Mantra several times, silently or out loud.

Take the time everyday to allow beauty in your life.
Embrace the divine being that you truly are...
Happy Mantras

Love MEA x



MANTRA Crystal Infused

LOVE YOURSELF

I matter,
I am gentle & kind to me,
I acknowledge my
inner beauty
& accept all of
who I am.

I love & approve of myself

Mother Earth
AROMATHERAPY