

# Hello Mamma

Here is your reminder to 'Love Yourself' while 'Loving your Baby'.

Using your 'Mantra' daily will heighten self love, self worth, self acceptance, and will strengthen your connection creating a beautiful bond that benefits you both.

SIMPLY: Print this page, cut out and place in your nursery  
When applying Earth Bubba, take some breaths and repeat Mantra several times, silently or out loud.

When you take the time everyday, to allow beauty in your life,  
your baby will feel calm, held and nurtured.

Happy Mantras

Love MEA x

## MANTRA *Precious Baby*

I welcome my baby with  
unconditional love.

I embrace the challenges and  
joys of motherhood with  
an open heart.

My baby feels safe, nurtured  
healthy and happy.

I give myself permission to take  
care of me,

I am worthy of rest  
and selfcare.

**We are deeply loved and cherished**

*Mother Earth*  
AROMATHERAPY

