



# 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

Mystic Collection

### FREE SPIRIT

I awaken  
my inner spirit  
&  
set myself  
free.



Mother Earth  
AROMATHERAPY