

# 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

### Age Gracefully

As I age gracefully,  
I am grateful for my healthy skin  
and beautiful appearance.  
I am proud of the way I look.  
I choose vibrant and  
youthful health.  
The older I grow,  
the stronger my  
self-acceptance,  
wisdom and  
inner beauty grows.

**I deeply love and appreciate myself**

Mother Earth  
AROMATHERAPY

