

Wele Waters Soaking Ceremony Guide

Dive deep into the sacred waters!

It's as if you've just inherited a wondrous, secluded spring for your own personal use. With **Wele Waters** as your partner you can create and immerse yourself in a magical, healing soaking ceremony. Right in your own home, in the midst of your busy day-to-day lifestyle, you can *thrive* in the blissful peace of Wele Waters.

Wele Waters provides hand-crafted and lovingly prepared therapeutic bath salts - with several special aromatherapy blends to choose from, and the healing nourishment of CBD infused coconut oil.

With **Wele Waters**, you get to customize and curate the ambiance and particulars of your home-spa experience. Your soaking time is a precious retreat into relaxation, de-stressing and rejuvenation. It is sacred time, and you can make it an especially magical experience with these recommendations:



Stretching and Meditation - perhaps before you get in the tub or after your soak (or even while you're in the water), you can stretch and hold some of your favorite yoga poses. I enjoy some down-dog and pigeon while drawing my hot bath - it's a great way to get ready for a wonderful soak - and then some easy stretches once I'm in the bath.

Sound & Music - you may enjoy singing, humming or chanting yourself, or listening to some music to fit the mood. Whether relaxing at night with some classical, opera, Indian ragas or ambient tribal soundscapes, starting off your morning with energizing, uplifting beats and vocals, or even enjoying that soak with your sweet-heart with your favorite romantic music, to be sure, music and sound will thoroughly enhance your Wele Waters ceremony. You might even enjoy the sound of a water fountain or a recording of ocean waves, a babbling brook, or a gentle rain storm.



Candlelight - set the mood with dim lights and especially candle light if you're seeking relaxation or romance. Lighting a candle (or several) is a simple yet powerful way to evoke divinity, to focus on gratitude, love and reverent awe for life on this beautiful planet. And, the presence of the precious, dancing flame throughout your soak is like having a joyful, gentle guardian angel in the room with you.

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Tea & Drinking Water - a tall glass of spring water and a thoughtfully paired herbal tea will add delight to your soaking ceremony. Getting ready for bed and unwinding after a long, stressful day? Try some chamomile and kava. Wanting to wash the weariness away from hours at the computer? Try a rosemary and thyme tisane to accompany your soak. If you're feeling soreness from overexertion or inflammation, a blend of turmeric, black pepper and ginger may be the perfect tonic.

Fragrance - of course, the Wele Waters blends are specially formulated to provide you a healing and nourishing aromatherapy experience. Breathe deeply and indulge in the uplifting, calming, balancing and healing properties of this special sensory symphony. Aromatherapy is one of the most magical and accessible ways we can transform our moods, soothe our minds and hearts and delight in the moment.



Unplugging & Slowing Down - our soaking ceremony is an opportunity to unplug from technology, and instead read a book, meditate, reflect or even do a crossword puzzle (one of my favorite night time wind-down activities). Wele Waters invites us to cultivate this important time unplugged from computers, phones and social media, and to give our minds, our eyes, our bodies and our spirits some of that precious slowing down nourishment we all need.

Connecting & Delighting - before drawing your bath, you might want to take a walk, preferably in a park, a forest, or somewhere near trees, greenery and flowing water. Inhale the aromas of the flowers, listen to the bird song and be sure to get your hands in the soil, too, for enhanced serotonin production. This is also a wonderful time to take your shoes off, walk barefoot, connected to Mother Earth, ground yourself and reset the bioelectrical charge throughout your body.



Breathing & Oxygenation - while in your Wele Waters soaking ceremony, take a few minutes to focus on your breath. Connect with the elements of our living planet - the watery ocean and all her countless micro-organisms from which $\frac{1}{2}$ of all Earth's oxygen comes - every other breath we take - and all of the trees and plants growing on the continents - the other half of Earth's lungs whose exhalations provide us life-giving, oxygen-rich inhalations. Breathe. Breathe. Breathe...

Meditation & Prayer - now, in a state of relaxation, with senses aroused and your body immersed in the deep, warm, nourishing water, focus your mind on thoughts of love, gratitude, clarity and joy. Just let yourself be - as you are - a perfect star-seed, alive right now on this miraculous planet, and capable of so much good. So much inspiration. So much creativity. So much joy, and so much kindness. This is your birthright. Your practice of self-care. Your cultivation of well-being.



Thrive, Excel & Serve - recharged, refreshed, rejuvenated, you are now stronger, healthier, and in greater balance. You are *arriving at thriving*. You are choosing the self-care that helps you excel in your work, your role as a parent, a colleague, a friend, a leader and a humble member of the global family!

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