

 ready.to.rock

ON-THE-GO

SANCTUARY

space cleansing

Sanctuary – a sacred space. A place that makes you feel safe, peaceful and at ease.

Invite in serenity and tranquillity wherever you may be, filling the space with an abundance of beautiful vibes & with the deep knowing that you are always protected and guided by the energy of light and love.

Great for when you're travelling or when you are in the mood for a quick energetic pick me up!

WHAT'S
INSIDE?





[ETHICALLY SOURCED]

WHITE SAGE SMUDGE STICK

Smoke cleansing has been used in ceremonial practices by many cultures and burning sage (one of many traditionally used herbs) helps to clear away stagnant/negative energy in your space – creating a positive environment for meditation, connection, grounding & intuition.

Please note that smudging is a highly sacred ceremony to practice respectfully with the purest of intentions.



USAGE SUGGESTION

Before lighting the sage stick, set an intention to lovingly cleanse any heavy, negative or stagnant energy in your space, body & mind while visualizing it being lifted away as you gently direct the stick (and smoke) to all the areas of your space & around your body. Great for not only purifying your space but also before meditation or performing any sacred ceremonies.

Here are a few links that I've come across that describe smudging in-depth for a deeper understanding of the sacred process.

[Smudging for Beginners](#)

[Video Guide](#)

[Sage Smudging Ritual](#)



**click or tap
to view links*



[HANDCRAFTED]

NEW AGE SAGE SMUDGE SPRAY 20ML

A smokeless, on-the-go alternative for the modern age. This blend is lovingly prepared with Myrrh, Frankincense, Sage, Palo Santo, Cypress, and Juniper Berry essential oils – the same plants (*and boosted with Clear Quartz & Danburite gem essences*) that are used in traditional smudging ceremonies by cultures across the globe.

Suitable for use where burning sage may not be a preferred choice. Perfect for places and situations where setting something on fire might result in a lot of side eye (*at the very least*) or perhaps setting off a smoke alarm (*at the very worst!*) It's great for a quick space cleanse at work, in the car (*bye bye road rage*) and especially around little kids (*their health always comes first!*).



USAGE SUGGESTION

Shake well before spraying.

You can use it as an alternative to the sage stick in places such as at work, if you are living at home with housemates/family or when you're out and about. Great for a quick energetic cleanse after a long day out or before meditation.

Also available in 50ml & 100ml sizes individually in the store.



[ETHICALLY SOURCED]

ECUADORIAN PALO SANTO STICKS

Palo Santo, meaning 'Holy Wood' in Spanish, is highly sacred and revered by the native cultures of South America. Its calming and relaxing aroma is among one of the more fragrant woods – no surprise that it is favoured by many as their go-to incense.

Having similar properties to Sage and Cedar, it helps to cleanse, purify & uplift the energy of the space, body & mind while inviting in fresh positive vibes. The delectable scent (and *slightly sweet aroma*) uplifts your emotions while keeping your energy grounded, clear & bright.

USAGE SUGGESTION

Light the stick and allow the smoke to clear and cleanse the energy of your space, body & mind, dispelling any negative energy that might be interfering with your thoughts and emotions while inviting in an abundance of positivity.

Here are a few links that I've come across that describe Palo Santo in-depth and tutorials on how to burn it.

Palo Santo benefits

Palo Santo 101

How to use Palo Santo



**click or tap to view links*

May you have a beautiful experience
with these loving energies with lots of
joy, ease and grace.

Available on the web store & Shopee.
Click on the icon to visit the respective sites.



Shopee



© 2022 Ready to Rock

For information purposes only. Please do not reproduce
or reupload without prior permission. Thank you.

www.botica.store