



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

Body Beautiful

I am grateful for my body,
it is strong,
healthy and radiant.
I am proud of the way I look.
I choose to nurture,
nourish and treat
it with kindness,
as it carries me through life
with joy and ease.



I love and appreciate my beautiful body

Mother Earth
AROMATHERAPY

