



Journey To Love Yourself

Everyone wants to be happy and healthy. One way to find that balance is to take care of yourself; in all aspects of self - spiritually, emotionally, mentally and physically. Taking care of yourself not only adds happiness, but also confidence, self worth and self love.

How to start taking care of yourself?

Self Care looks different for everyone! If you are unsure as to how to start, think of yourself as an energetic being with three areas to nourish: mind, body and soul.



Physical Self-Care

Regular Medical Appointments & Exams to Primary MD, OB/GYN, Dentist

Drinking alcohol in moderation

Deep breathing to reduce stress

Limit caffeine

Regular Sexual Behavior

Meditation

Regular-routine sleep schedule

Balanced-healthy eating

YOGA

Exercise

OUR PRODUCTS

IF YOU ARE NEEDING SOME ASSISTANCE IN YOUR JOURNEY OF SELF CARE, INTRINSIC LOTUS IS HERE FOR YOU!! SOME IDEAS OF PRODUCTS THAT WILL HELP YOU IN YOUR SELF CARE!!



LION'S MANE

Beneficial effects such as: hormonal regulation; promotes growth of nerve cells; anti-inflammatory; anti-oxidant; boosts immunity.

[ORDER NOW](#)



STRESS-FX

Helps to temporarily relieve symptoms of stress, restlessness, and/or nervousness; promotes relaxation and supports cognitive function.

[ORDER NOW](#)



ADRENAL

Helps in the development and maintenance of bones, cartilage, teeth and gums; in connective tissue formation; in wound healing; in collagen formation to maintain healthy bones, cartilage, teeth, and gums; to maintain/support immune function.

[ORDER NOW](#)

Calendar Events for October 2023



OCTOBER 10: YOGA - KARMABURN YOGA 6:00 PM
OCTOBER 11: YOGA - KARMABURN YOGA 10:00 AM
OCTOBER 13: BLACK SALT & PROTECTION JAR 7:30 PM
OCTOBER 14: FALL SELF CARE MARKET - 12:00 - 6:00 PM
OCTOBER 16: YOGA - KARMABURN YOGA 10:00 AM
OCTOBER 16: QIGONG - AMETHYST THERAPIES 7:00 PM
OCTOBER 17: YOGA - KARMABURN YOGA 6:00 PM
OCTOBER 18: YOGA - KARMABURN YOGA 10:00 AM
OCTOBER 23: YOGA - KARMABURN YOGA 10:00 AM
OCTOBER 24: YOGA - KARMABURN YOGA 6:00 PM
OCTOBER 25: YOGA - KARMABURN YOGA 10:00 AM
OCTOBER 27: ESSENTIAL OIL SPELL JAR 7:30 PM
OCTOBER 28: HARMONIZE - 12:00 - 6:00 PM
OCTOBER 30: YOGA - KARMABURN YOGA 10:00 AM
OCTOBER 31: SPELL JAR WORKSHOP 7:30 PM

[CLICK TO REGISTER
FOR CLASS](#)