



Divine Feminine Healing

Soul Hamper

The Crystal and Wellbeing Soul Hamper from Divine Feminine Healing is a carefully curated collection designed to nurture and uplift the mind, body, and spirit. It typically includes a selection of crystals, aromatic essences, and other holistic items aimed at promoting relaxation, balance, and spiritual connection.

The Soul Hamper is tailored to your requirements and/or occasions. Below is an example of what can be included in a typical hamper.



1. **Crystals:** The hamper can include various crystals chosen for their healing properties and energies. Examples could include rose quartz for love and compassion, amethyst for spiritual growth and intuition, clear quartz for clarity and amplification, and black tourmaline for protection and grounding. Or a collection of crystals in a specially assembled bag.
2. **Aromatic Essences:** Essential oils or fragrances are often included to enhance the sensory experience and promote relaxation. Lavender, for example, is known for its calming properties, while citrus scents like lemon or orange can uplift the mood and refresh the spirit.
3. **Candles:** Scented candles infused with essential oils or made from natural materials can create a soothing ambiance and promote mindfulness during meditation or relaxation practices.
4. **Herbal Tea Blends:** A selection of herbal teas chosen for their soothing and rejuvenating qualities can be included to encourage moments of reflection and self-care.
5. **Guided Meditation or Affirmation Cards:** These cards or recordings may offer guidance and inspiration for inner reflection, mindfulness practices, and affirmations to support personal growth and healing.
6. **Journal or Notebook:** Providing a space for journaling thoughts, feelings, and intentions can be a valuable tool for self-discovery and emotional processing.
7. **Instructional Materials:** Some hampers may include informational booklets or guides on how to use the included items for self-care rituals, meditation, and energy work.
8. **Incense:** Fragrant incense sticks or cones can be included to purify the atmosphere and create a sacred space for meditation, reflection, or energy healing. Scents like sandalwood, frankincense, and sage are commonly used for their grounding, calming, and cleansing properties. Burning incense can also help enhance focus and promote relaxation during spiritual practices. By adding incense to the hamper, recipients can enjoy a multi-sensory experience that engages sight, touch, smell, and sound, fostering a deeper connection to their inner selves and the divine energy.

Overall, the Crystal and Wellbeing Soul Hamper from Divine Feminine Healing seeks to create a holistic experience that nourishes the soul, promotes inner harmony, and supports overall wellbeing.