

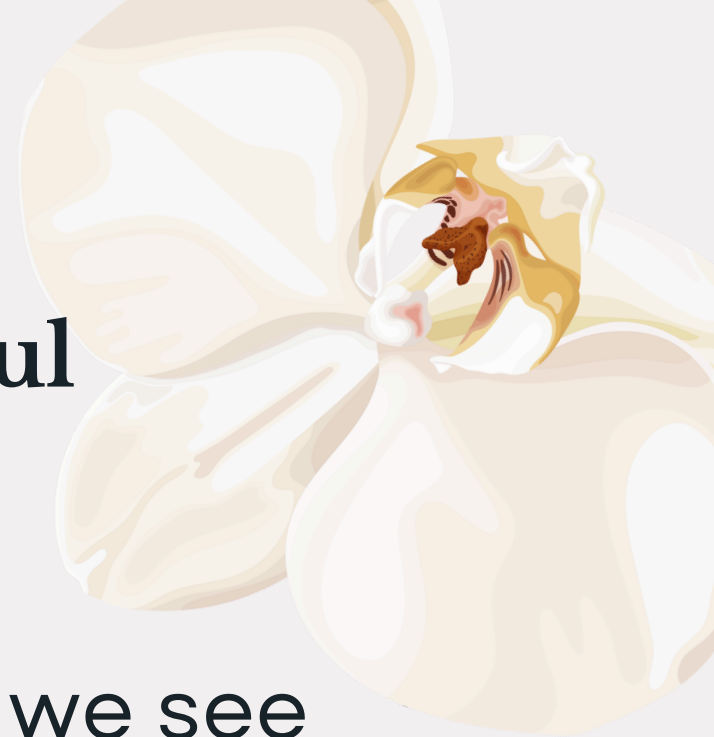


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5 Steps Sacred Beauty Ritual for Healing Emotional Wounds

A soul-nourishing practice for
releasing pain, restoring inner peace,
and renewing your feminine
radiance

Dr. Nickie Ann



Welcome, Beautiful Soul

Emotional wounds shape how we see ourselves, how we love, and how safe we feel in the world.

Early childhood trauma.

Relationship betrayals.

Generational pain passed down through our lineage.

These unhealed experiences live in the nervous system, in the skin, and in the body. They show up as chronic stress, low self-worth, physical symptoms—and yes, even in your skin.

This ritual is an invitation to return to wholeness.

~Dr.Nickie Ann





Let's begin... www.greatsite.com

*She is more
precious than
rubies; nothing you
desire can
compare with her
(Prov. 3:5-18).*



WHAT YOU'LL NEED

Holistic Support

1. Rose tea or rose-infused water

Calendula or chamomile oil for gentle massage

2. Sacred Tools

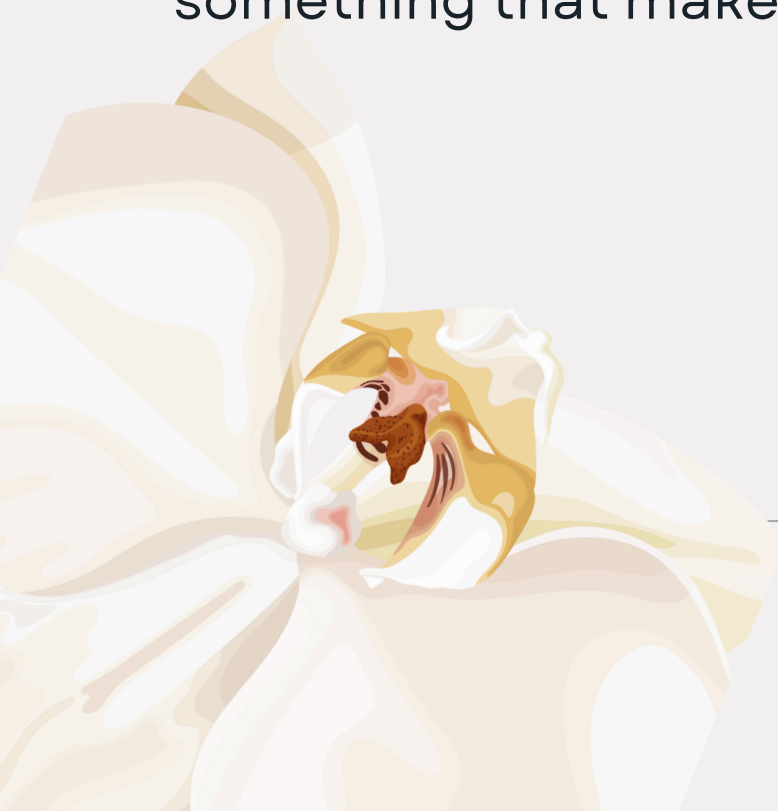
3. Mirror

4. Journal

5. Candle or incense (frankincense, lavender, or sandalwood)

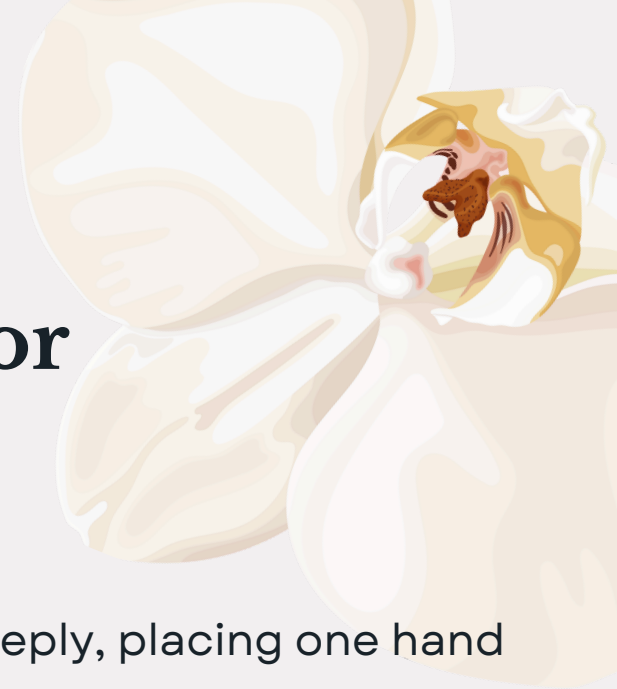
6. Ritual Space

Create a quiet space with calming music or silence. Wear something that makes you feel soft and sacred.





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5 Steps Sacred Beauty Ritual for Healing Emotional Wounds

1. Ground

Sit or stand in front of your mirror. Light your candle. Breathe deeply, placing one hand on your heart and one on your belly.

Repeat: "I am safe. I am seen. I am held."

2. Cleanse

Gently cleanse your face and hands with warm rose water. Let the scent and sensation remind you of softness.

3. Touch

Apply oil to your face and slowly massage in circular motions. As you do, speak to yourself gently:

"I am worthy."

"I am loved."

"I am whole."

4. Release

Journal the following

Where in my body do I hold pain?

What is my inner child longing to hear?

What am I ready to release today?

5. Seal

Close with a prayer, meditation, or quiet moment of stillness. Visualize light entering every part of your being.

Repeat as often as needed





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- 🌸 Sacred skincare routines with natural ingredients
- ✨ Feminine embodiment practices
- 🧘 Guided meditations + journaling prompts

This is your sacred community—where healing, beauty, and spirit unite.





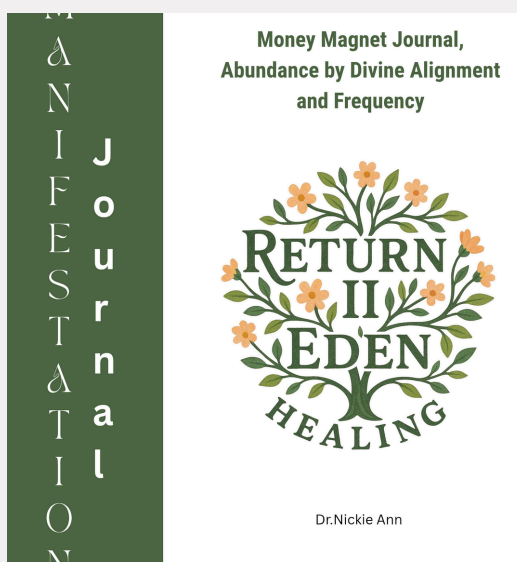
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Get the Sacred Beauty Ritual for Healing Emotional Wounds Kit

Try this healing ritual with this sacred kit prepared and prayed over to carry the frequency of love and healing.



Lavender & Eucalyptus
stress Relief candle



Return II Eden Healing
Manifestation Journal



Rose Water Radiance

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