



A MOMENT OF ESSENCE

My name is Christina a Holistic and Crystal Specialist, owner of Enlighten your Essence based in Wellington Somerset based in a lovely shop and treatment Centre Nurtured by Nature. My goal is to create a space where my clients can get their "Moment of Essence" and start their journey of inner harmony. Offering a range of treatments from Massage, facials, Colour meditation and my specialised treatment Crystal Healing Massage.

Wellness plays a major part in my life and has helped me through University , becoming a Mother to two beautiful children and starting my business. With how busy the World is at the moment and everything going on around us I want to share these "Moments of Essence" with you. This blog will take you on the Journey through the door of Nurtured by Nature and all Wellness/mindfulness tools that can be found within the shop, the treatment rooms and workshops available with myself and others. Also what I do for my "Moments of Essence" with my family and myself.



I'm all about supporting other Independent businesses and especially women in business. Throughout this blog I will use it as a platform to hopefully introduce you too other successful independent business owners. What they have to offer to aid you through your Wellness Journey and why they choose to be in the business they are in.

Next week we will go on a Journey of Mother Earth's Jewels. How they can aid your Journey of inner harmony and go through a grounding practice. I will take you through my specialised treatment only found at Enlighten your Essence Crystal Healing Massage. I can not wait to share with you these little "Moments of Essence".

WEEKLY WELLNESS BLOG

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