

# What Is Blended Wellness & Scented Self-Care?

Blended Wellness is a heart-centered, sensory-rich approach to self-care that combines the power of natural scent and essential oils with affirmations, somatic practices, and intentional routines. Rooted in the belief that wellness is a celebration of presence and play, this practice helps you feel more like yourself—One scent, One step, One moment at a time.

Scented Self-Care is how you bring Blended Wellness to life. It pairs my signature spa blends with simple, meaningful self-care routines. Scent is a powerful tool for change—it grounds us in the moment, connects us to our senses, and helps us create new patterns with joy and intention.

My Sip & Sample Scent Experience is a sensory mini-retreat — a lighthearted, completely free invitation to treat your senses and enjoy a moment just for you. Whether you're curious about wellness, love fun scents, enjoy trying new things, or simply need a little "me time" to unwind and be pampered, you are always welcome here.

**\*Book Your Personalized Scent Journey Today!\***

## Celebrate Life, Celebrate You

**\*Ask Or Text Suzette About Our 1-on-1 Consultations For Use And Top Health Priorities\***

**Break Through To Gourmet Self Care- Where Simple Steps Bloom Into Everyday Magic Each One Sprinkled With A Touch Of Celebration**

### Contact Info:

Suzette Rose: 801-372-8609

Email: [Sympleecelebrations@gmail.com](mailto:Sympleecelebrations@gmail.com)

### Socials: Website:

[Sympleecelebrations.com](http://Sympleecelebrations.com)

Instagram: [symplee\\_celebrations](https://www.instagram.com/symplee_celebrations)

### Facebook:

<https://www.facebook.com/sympleecelebrations/>



**Blended Wellness That Smells Good, Feels Good, & Is Good For You- Unique Hand-Crafted Products Created With Simple Self-Care In Mind**

# Symplee Celebrations: Your Path to Blended Wellness & Scented Self-Care

**One Scent, One Step, One Moment At A Time.**



Symplee Celebrations



# Sip & Sample Boutique

## Scented Self Care



### First Level

#### Sip & Sample Boutique

- + Gift Baskets (\$8-\$100+)
- + Individual Products \$3.50-\$20)
- + Complimentary Beverage & Bites Bar

#### Scented Self Care

- + Complimentary (10 Minute) 1 on 1

**Consultations:** Explains Scented Self-Care Tips & Handouts

+ Basic Emotional Scent Awareness 15 Minute Session (\$15): Gain basic knowledge & understanding of your emotions

+ Scent + Celebration 30 Minute Session (\$30): A self-care practice that makes healthy habits easier and more enjoyable by pairing a scent with a small goal (Scent + Intention) and then celebrating with a sensory reward (Scent + Reward) to help the habit stick

+ Gourmet Self Care Menu 30 Minute Session (\$30): Guided Rotating menu of intentional practices that match a clients mood or energy through signature scents

+ Customized 30 min Sip & Sample Scent Experience (\$60): Scent Profile Questionnaire and Top 3 Health & Wellness Priorities; Products Included

## Scents Of Self: The Elevated Routine



### Second Level

#### Education: Workshops & Events

- + Complimentary Classes/ Classes on Website/ FB Classes

**\* All Below Includes Product Bundles\***

+ Premium Short 2 week courses/ Senses & Concept Classes (\$97) (Includes Product Gift Bundle)

+ Resource Bundles (\$20-\$30): Each resource bundle includes detailed handouts and advanced scented self-care tips to support your wellness journey.

+ Tailored Modalities (\$15-\$45): Our tailored modalities help you explore and understand practices like EFT, Life Story, and Life Studio to support personal growth and self-care.

## Self Care Systems

**All Below Includes Product Bundles\***

+ Emotional Fragrance Zone Map 30 Minute Consultation (\$50): Tailored Color-coded mood map that helps clients choose the right scent for their emotional state or intention

+ Home Fragrance Zoning Guide 30 Minute Consultation (\$40) : Encourages scent zoning in the home to support emotional balance and functionality

+ Senses and Concepts Wellness Bundles (\$25-\$100+): Scented Themed Collections of wellness tools and routines that help design your day for improved well-being with classes and product bundles

+ Scented 6 Human Needs Map (\$25): This system bridges motivation psychology & aromatherapy

## Personalized Blended Wellness



### Third Level

#### Customized Education:

**\* All Below Includes Product Bundles\***

+ Personalized/ Specialized Self-Care with a Personal Health & Wellness Facilitator 15-90 Minute Session (\$15-\$90)

+ Premium Classes/ Workshops (\$97-\$197)

+ Premium Concentrated Courses (\$500-\$3,000) (4, 6, 12 weeks) (Individual or Group) Includes:

- **Sensory Tool Kits:** Provide personalized strategies that use the five senses to support emotional regulation and well-being.
- **Personalized Blended Wellness Maps**
- **Worksheets & Blended Wellness Self-Care Design Map**
- **Product Gift Bundle**

