

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***

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***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.**



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

