



RELAXATION STATION

RELAXING AROMATHERAPY + BREATHWORK RITUAL

Benefits: Calm your mind, slow your breath, and activate rest-and-digest mode.

Essential Oil: Soothing Sage Blend - *Salvia officinalis* (Sage) oil, *Pelargonium graveolens* (Geranium) oil .

Step 1: Choose & Inhale Your Relaxing Scent (2 minutes)

Inhalation Ritual

- Add a few drops to a tissue or cotton pad or your palms (rub, then cup over your nose)
- Take 3 slow aromatic breaths:
 - Inhale deeply through the nose for 4–5 seconds -Hold for 2–3 seconds
Exhale slowly through the mouth for 6–8 seconds
 - Silently repeat: *"I am calm. I let go."*

Step 2: 3 Rounds of Relaxing Breathwork (2 minutes)

Choose one or do all 3 rounds in sequence:

Box Breathing for Calm & Control

- Inhale for 4 counts -Hold for 4 counts -Exhale for 4 counts - Hold for 4 counts
- Feel your body return to equilibrium.

Step 3: Stillness + Scent Anchor (1 minute)

- Sit or lie quietly.
- With your hands over your heart or belly, take one final breath and say:
"I carry this calm with me."