## ~Workshop to create your own essential oil rollerball~ 2 hours

This workshop is designed to connect to your own intuition to create your own unique scent.

The workshop is a mindful process where we are guided by our senses and inner magic.

Essential oil rollerballs are great for using on the third eye, back of the neck and temples.

Lisa-Marie has worked with Neal’s Yard Remedies for 11 years and loves using this ethical brand that she can rely on for herself and her clients.

[Neals Yard essential oils](http://uk.nyrorganic.com/shop/UnearthingAlignment) will be used in the workshop.

## ~Sound Bath with Crystal Meditation~ 2 hours

Let the sacred sounds wash over you, soothe and deepen you as you recalibrate at a cellular level. Lay comfortably on the floor with a warm blanket and pillow, close your eyes, open your heart, relax and allow yourself to let go, you will be held in a safe and sacred space giving you time to nourish your soul, instruments include rain sticks, crystal singing bowl, chimes, tongue drum, gong etc

Lisa-Marie selects crystals and oils that to diffuse to start your fully guided sound journey.

A high vibrational and deep immersion within awaits.

**Extra information for those joining**

You are welcome to bring a notepad and pen to put down the oils and the quantities used.

For the sound bath please bring a mat or any supports (if desired for their comfort) pillow and blanket. It is also recommended to bring some water.

An Unearthing Alignment consultation forms will be required to be completed (direct with Lisa-Marie) to check on allergies or medical issues.