

# EXPLORING NATURE THROUGH RELAXATION

## Hello, March! A Time for Fresh Starts

As the days grow longer and the first hints of spring emerge, March invites us to refresh, renew, and realign. It's the season of gentle transitions—where winter's stillness meets the quiet awakening of spring.

At Naturing Relaxation, we believe in embracing seasonal shifts with intention—through scent, self-care, and small rituals that bring balance and peace. This month, we're focusing on:

🌸 **Spring Awakening** – The best incense scents for the season.

🧹 **Energy Cleansing** – Refreshing your home and mind for a fresh start.

🍵 **Seasonal Self-Care** – Gentle rituals to ease into spring.

📁 **Spring Gifting** – Thoughtful self-care bundles for Mother's Day & beyond.

Ready to step into March with us? Keep reading for exclusive seasonal picks, a special offer, and our latest blog post!

### 📖 On the Blog This Month

- 🌸 *March 4: Spring Awakening – The Best Incense Scents for Seasonal Transition*
- 🌸 *March 15: Spring Cleaning for the Soul – How to Use Incense for Energy Reset*
- 🌸 *March 19: Self-Care in the Shifting Seasons – Slow Rituals for Balance*
- 🌸 *March 26: Mother's Day & Spring Gifting – Thoughtful Self-Care Bundles*

## Seasonal Spotlight: Incense for Spring Awakening

As winter fades and the first signs of spring appear, light, airy, and floral scents help us transition into the season. March is a time of renewal, and the right incense can refresh your space, uplift your energy, and bring a sense of clarity.

🌟 Top Picks for March:

- 🌸 Spring Rain – Crisp, fresh, and cleansing—like the scent of new blooms after a light rain.
- 🌿 Serene Wilderness – A refreshing mix of green, herbal, and woody notes for a peaceful reset.
- 🌿 Forest Bathing – Inspired by early spring walks through the woods, this scent is grounding yet invigorating.
- 🌸 Lilac (or Rose) – A delicate floral that captures the beauty of spring in full bloom.
- 🍓 Strawberry Shortcake – A playful, sweet scent that evokes the joy of springtime treats and fresh-picked berries.
- 💜 Violet Sweetgrass – A blend of delicate florals and fresh grassy notes, perfect for cleansing and renewal.

Whether you're setting intentions for the season ahead or simply enjoying the shift in nature, these light and airy incense blends are perfect for creating a sense of calm and renewal.



🌿 March Special Offer – Use Code:  
SPRINGGIFT

To celebrate the season of renewal, enjoy 10% off your order when you spend \$20 or more!

🎁 Use Code: SPRINGGIFT at checkout to save!

 Offer valid from March 1–31

## 🧿 Crystals for March – Stones of Renewal & Growth

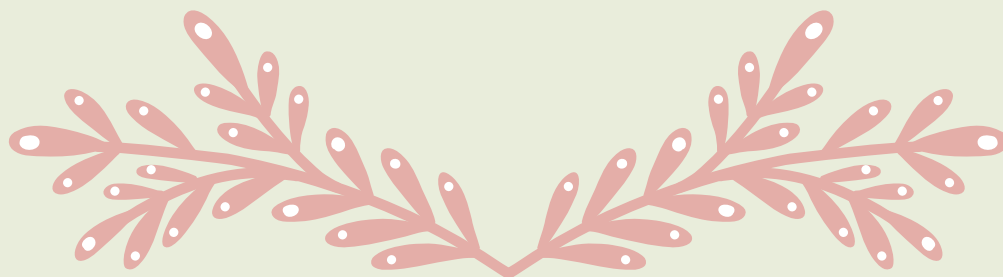
Spring is a time of fresh starts, new energy, and transformation. If you're looking for crystals that align with March's themes of renewal, growth, and balance, here are a few to keep close this season:

💚 Green Aventurine – The stone of luck and new opportunities, perfect for embracing fresh beginnings.

💜 Amethyst – A calming stone that helps with intuition, clarity, and emotional balance during seasonal transitions.

🖤 Black Tourmaline – A powerful protective and grounding stone, helping to clear negative energy and provide stability.

💎 Clear Quartz – Amplifies intentions, helping to clear out old energy and welcome fresh perspectives.



## 🧹 Introducing Our Spring Cleaning Bundle!

Spring cleaning is more than just tidying up—it's about clearing out energy, setting new intentions, and creating space for fresh beginnings.

Our new Spring Cleaning Bundle includes:

✨ Spring Rain Incense – Crisp, fresh, and renewing—perfect for bringing in light, airy energy.

✨ Rosemary & Sage Incense – Ideal for cleansing stagnant winter energy and refreshing your space.

✨ Rough Black Tourmaline (2 pieces) – A powerful protective stone to absorb negativity and ground your energy.

✨ Palo Santo Incense – A warm, sacred scent to set positive intentions and uplift your space.



## 🌸 Let's Welcome Spring Together



March is a time of transition, but you don't have to rush the shift—ease into it with small moments of self-care, fresh scents, and rituals that bring you peace.

Thank you for being part of Naturing Relaxation—we can't wait to share this season with you!

Wishing you a month filled with calm, clarity, and renewal. 🌿

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(As always we're Naturing Relaxation)

Warmly,  
Heather  
Naturing Relaxation