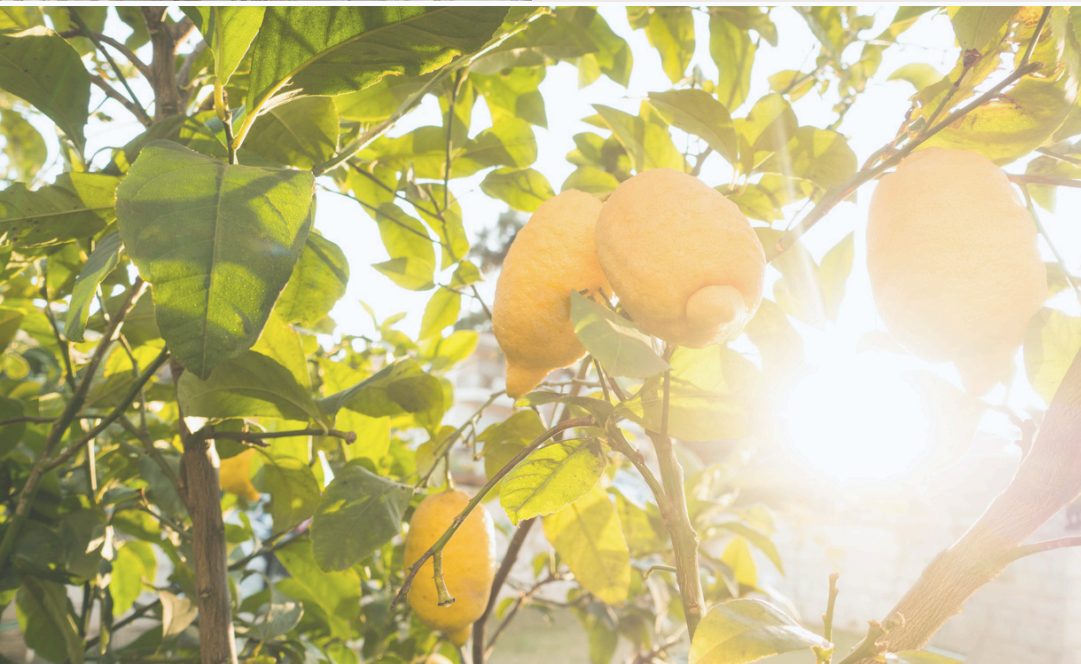




The
Ultimate
Self-Care Bundle

TO CLEAR YOUR ENERGY, BOOST YOUR
VITALITY & FEED YOUR SOUL



WELCOME

Hey there!

We're so excited to share our Ultimate Self Care Bundle with you!

We put this collection together with a whole lot of love, thinking about ways to help you clear your energy, boost your vitality, and get you back on track!

You'll find all sorts of goodies that we can't wait for you to try. They're perfect for those days when you feel drained, out of sync, or just need a little (or BIG!) reset. This bundle is designed to help rejuvenate your body, mind, and spirit. 'Cause who doesn't need that these days?!

You deserve to feel energized, balanced, and fully equipped to tackle life's challenges.

We hope these tools bring you as much support as they've brought to our lives. Can't wait to hear what you think!

Let's get you the reset you need to feel your best!

xoxo,

Gabrielli & Chloë
Co-Directors of The LaChiara Method



One



Top 3 Essential Oils

TO CLEAR YOUR ENERGY
FIELD AND BOOST YOUR
CONNECTION TO THE DIVINE

You know those moments in life where you just need help finding your center or clearing out all the energies you sponged up throughout your day? These three badass oils do just that - they're the best short cuts ever! Keep these in your bag and help is always on the way.

Simply inhale for 3-30 breaths and begin to feel a noticeable shift almost immediately. It's truly remarkable!

01. Pine Oil

Whoosh! If you're looking to clear your space with the ease of a fresh forest breeze, pine oil is your new best friend. Just like those mighty pines standing tall and proud, a whiff of this oil is like



taking a big, rejuvenating breath of clean, crisp air. Breathe deep and let that piney freshness work its magic!

For extra support you can place a few drops of pine oil into a bowl of water and place it by your bed. It'll refresh and energetically clear your space while you're off in dreamland. Just remember to switch out the water each day to keep things fresh and effective!

02. Frankincense

When life feels overwhelming or hopelessness starts to creep in, reach for frankincense—it's like faith in a bottle. Just open it up and breathe it in, and let the rich, grounding aroma guide you to deeper insights and a fresh perspective on life.

And here's a little tip: the more ready and open you can be to receiving, the more effective it will be. Frankincense isn't just a scent, it's an invitation to explore deeper parts of yourself. So inhale, exhale, and allow this powerful essence to rejuvenate your spirit, bring more clarity, and restore faith when you've lost sight of it.

03. Rosemary

Ever find yourself wishing for just a bit more breathing room? Or maybe a boost to stay grounded and in your power during those tough moments? Meet rosemary—your herbal ally! This potent plant isn't just great in dishes; it's like a mini-expansion for your soul when you breathe it in.



Imagine someone gently fluffing up your inner being, giving you space to breathe all while protecting you from absorbing unwanted energy from others.

For a little extra support, try dabbing a few drops on the back of your neck (this can be amazing as you go to sleep, too!) or breathe it in to feel more vibrant, more expansive, and ready to tackle your day with rosemary by your side!



***WHEN PURCHASING
ESSENTIAL OILS BE SURE
TO GET THEM FROM A
REPUTABLE SOURCE,
THAT IS FREE FROM
ADDITIVES AND
SYNTHETIC
“FRAGRANCES”**

Two



Revitalize & Protect:

THE BEST DETOX BATH RECIPE
THAT RELAXES & CLEARS
ENERGETIC INVASIONS
AT THE SAME TIME

Is your faucet running yet? If you're anything like us, you're probably setting up for a bath already! We adore baths not just for their relaxing effects after a long day but also for their powerful cleansing properties that keep us energetically clear and healthy.

This detox bath isn't just a treat for your body—it rejuvenates your whole being and soul! Soak for up to 30 minutes in as warm water as you can tolerate, and don't forget to submerge the base of your head too. This gives some much-needed love to your brain stem and nervous system.

And if you want to make this detox bath your own retreat, we say go for it! These little moments of self care go a long way. Add a few drops of your favorite essential oils, play some soothing music, sip on delicious tea, or simply revel in the quiet.



Here's what you'll need:

- 3 - 4 cups of Epsom salts
- Juice of 4 lemons

And the best part? It's super easy and budget-friendly. Dive into this delightful detox bath and feel revitalized from head to toe!

No Bathtub? No Problem.

You can still achieve similar detoxifying effects in the shower. Simply cut a lemon in half, sprinkle some salt on top, and scrub your body with it before rinsing off. This easy alternative will help rejuvenate your energy just like a detox bath!



Three



A Powerful Technique

FOR A CALMER NERVOUS
SYSTEM & CLEARER MIND

Feeling extra racy and stressed out? Say hello to the extended exhalation technique—your new go-to for a quick reset you can do anywhere that actually works! This isn't just for an immediate soothing effect but it can also have a deeper impact on your nervous system over time.

How It Works:

This technique is very simple and is about lengthening your exhales longer than your inhales. What this does is pretty amazing—it flips the switch on your body's stress response, activating the parasympathetic nervous system, aka the calm, cool, and collected side of your body's operations.

By simply extending your exhales, you signal your body to chill out, digest, and heal. It's like telling your internal systems, "Hey, let's take it down a

notch," which is perfect when the world is buzzing around you.

Find Your Space:

Whether it's a cozy chair or a quiet park bench.

Breath In Slowly:

Count to four as you inhale, filling your lungs gently.

Exhale Longer:

Let it out slowly, counting to six or even eight.

Feel the difference as your extended exhales help dissolve stress and enhance relaxation. It's straightforward, free, and you can do it anywhere!

On the Go? No Worries!

You don't need perfect peace and quiet to benefit from this technique. Whether you're in a bustling street or a busy office, just focus on your breathing. Lengthen those exhales, and you'll feel calmer, even amidst chaos. It's like having a secret tranquility tool right in your pocket!



Click below to listen to Gabrielli offering you a guided experience of this technique!



Four



The Quick Immune Boost

WE SWEAR BY FOR
EVERYDAY HEALTH

Feeling under the weather or just drained from those endlessly busy days?

Give your immune system the quick, powerful boost it needs to fend off looming sniffles and infections.

Let's dive into a simple yet effective technique using two key acupressure points:

1. K27 (Brain Buttons):

Located just under the collarbones on either side of the upper chest.

2. SP 21 (Wing Point):

Found under your armpit, directly across from your nipple, on both sides of your body.



Here's how to supercharge your immune defense:

- Start by tapping the right side K27 and the left side SP21 simultaneously for 10 full seconds.
- Switch it up, tapping the left side K27 and the right side SP21 for another 10 seconds.
- Repeat this cycle at least 5 times, or up to 20 times for an extra-strength boost.

Want to see it in action? Click below to watch Chloë demonstrate this quick tapping shortcut and start feeling better today!

[CLICK HERE!](#)



Five



The Golden Rule

TO HEALTH, WELLBEING, &
HAPPINESS NO ONE
SHOULD LIVE WITHOUT

This last one we owe a huge thanks to the incredible Dr. Jampa Yonten for his wisdom in Tibetan Medicine! He taught us the simplest and most profound way to combat inflammation in the body. WATER! But not just any water—boiled water, sipped warm.

Did you know that drinking water that's warm to hot can actually cool your body from the inside, reduce inflammation, and help with digestion? It was a revelation to us too!

The method is straightforward: boil your water, let it cool just enough, and enjoy it warm throughout your day. Here's to simple health hacks that make a big difference!



Click below to learn more about Dr. Jampa Yonten and purchase his amazing book “Compassion as Remedy in Tibetan Medicine: Healing Through Limitless Compassion”

CLICK HERE!



THE END



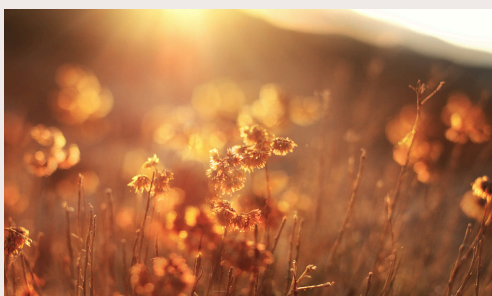
We genuinely hope you enjoyed your Ultimate Self Care Bundle and you've discovered new ways to nurture yourself, found a spark of motivation, or perhaps experienced a profound shift in how you manage your energy and vitality.

If you feel moved to share your experiences or breakthroughs, we'd be thrilled to hear from you! Drop us a line at info@lachiaramethod.com - your insights and stories make our day!

Here's to your continued journey of self-care and a clearer, happier YOU. May each day bring you closer to yourself, your vibrancy, and your health on all levels!

with all our love,

Gabrielli & Chloë
Co-Directors of The LaChiara Method



Sound Familiar?

"Am I missing something?! I know there's more to life than this."

"I've tried everything but nothing works, and even if it does, it never lasts. 😞"

"I'm soo sensitive. I end up carrying everyone's burdens, sponging up everyone's pain. It's exhausting! The smallest thing can derail my whole day."

"Life would be so much easier if I could just trust myself, instead of questioning everything!"

"I really want to support my family and loved ones but I *always* mess it up! I can't stop myself from trying to fix everything, ultimately frustrating me and them. I need help!"

"I walk around a shell of myself – I feel like I need to shrink because everyone is going to think I'm too much!"

"I'm constantly doubting myself, but deep down I know I've got a lot to offer—I'm capable, loving, and really care. But I'm my own worst critic. ughhh..."

"I'm just so tired, swamped with this never-ending to-do list. It feels like I'm stuck in this cycle, just trying to get through each day. And the anxiety? It just pops up out of nowhere."

"I wish I had more friends who truly understand me—people who know the *real me* and love me for me!"

Then check out our Radical Life Coach Training Level 1 & 2!

Learn LCM's Fundamental Techniques to Support You & Your Loved Ones,
& Join Our Supportive Community of Peer-to-Peer Coaches.

We know, life is hard and overwhelming and you're longing to feel more spiritually fulfilled, more resourced for the grind of your day to day life, and supported by an amazing community of like minded people that get you, that see you, that love you.

[MORE INFO!](#)

Who We Are

Gabrielli



**GABRIELLI
LACHIARA**

(she/her/hers) is a white, cisgender woman of Italian descent. She holds her private practice and healing center in Amherst, MA, on the indigenous land of the Umpanchla, Quonquont, and Chickwalopp people.

[LEARN MORE](#)

Chloë



**CHLOË FAITH
URBAN**

(she/her/hers) is a white, cisgender woman of British, Irish, French, German and Scandinavian descent. She lives and holds her private practice in Portland, Maine, on the indigenous land of the Abenaki people and Wabanaki Confederacy.

[LEARN MORE](#)

A photograph of two women smiling. The woman on the left has curly brown hair and is wearing a brown sweater. The woman on the right has straight brown hair and is wearing a white top with a black and white patterned scarf. The photo is semi-transparent and serves as a background for the text.

Thank you

FOR TAKING THIS JOURNEY WITH US!

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We really appreciate your understanding,

with love, Gabrielli & Chloë

Thank you

