



# Welcome to Your PremaNature Mind- Upliftment Box

This box is a collection of mindful tools to support your inner journey. Each item is crafted with pure, natural ingredients to help you create calm, focus your mind, and connect with your deeper self. Use them to uplift your space, awaken your senses, and empower your intentions — whether at home, on the go, or during your daily rituals.

Use these tools regularly and you will see a great chance in your life!

With love,  
The PremaNature Team





# Own Zone Balm





## USAGE

Apply the balm with one finger to the base of the nose below the nostrils before meditation.



## EFFECT

This vegan balm consists of a mix of 3 essential oils. Its aromatherapeutic effect opens the nose and promotes the mind to turn inwards in a contemplative state.





# Car Zone Diffuser





## USAGE

Hang the diffuser on the rearview mirror. Unscrew the wooden lid, and based on your preference, either make a few holes in the plastic lid or remove it completely. Then screw the wooden lid back on and activate the diffuser by turning it upside down for a few seconds to allow the wood to absorb the oil. Repeat this step whenever you want to refresh the fragrance.



## EFFECT

This diffuser is made with 100% natural essential oils, carefully selected to create a calming atmosphere in your car. It helps keep the mind focused while promoting relaxation and attentiveness during driving.





# Wish Empowering Candle



## USAGE

Light the candle to create a serene ambiance.



## EFFECT

This scented natural lavender soy candle inspires a sense of empowerment, helping you manifest your wishes with clarity and focus.





# Omnipotent Essential Oil





## USAGE

Apply a few drops on pulse points or diffuse in your space.



## EFFECT

This essential oil enhances your sense of omnipotence, boosting confidence and creating an aura of strength and positivity.





# Mind Uplifting Sticks





## USAGE

Light the stick and let it burn for a few seconds before extinguishing the flame.



## EFFECT

These natural incense sticks made with theertham (sanctified water) and essential oils uplift the mind, promoting clarity, relaxation, and an elevated state of awareness.





# Space Purifying Smudge



## USAGE

Burn the incense and wave the smoke around the room or yourself.



## EFFECT

The aromatic smoke of these herbal vedic smudge sticks purifies the space, clearing negative energies and inviting tranquility. The recipes of these sticks date back thousands of years.

