



CrystalComb Ritual Practice

The Crown Chakra is where we receive intuitive guidance and connection to our higher self / higher power. The CrystalComb is an invitation to make regular self care an intentional practice and spiritual exercise.

activate with oils. The world of plant essences and essential oils is richly supportive. Try the CW Activating Oil Blends straight up, or mix a dropper full into your choice of a deep conditioner or mask. You can also apply the oils to your comb or body during your practice.

this is meditation. Apps like Headspace and Omvana are great tools if you are learning to meditate, or prefer guidance and structure (and a timer!) with your meditative treatment. We also love the Chakra Tuner app, which activates the entire chakra system in seven minutes. Sound is really helpful for quieting the mind and balancing the brain. Chanting/toning along with can really help you to stay present.

write it out. Journaling is a highly beneficial tandem practice. It can be therapeutic to include even a 5-minute free-form writing exercise before you start a hair treatment. This will purge any mental residue (angers, judgements, frustrations) that may have built up during the week. Destroy the paper when you are finished. Keep an intuition log to list the insights you receive during your ritual practice.

wash it away. Water has long been recognized as a spiritual conduit and ritualized with bathing ceremonies. Harness this power with a simple intention setting while in the shower. Add a dropper full of CW activating oil ZERO blend to your shampoo. Ask to clear any energies or attachments that no longer serve you and visualize anything you want to release going down the drain as a daily practice, or to close out your CrystalComb ritual.

more tips and rituals : @crown_works www.crownworks.net