RELEASE

the Dressing Room, dusk



CLARITY

Lavender · Tranquil · Behold

Come to *your senses.*

WELLTRESS®

CLARITY

YOUR RITUAL

See the light, and one color. Hear one near sound, then a far one. Smell the tea and the air. Taste one slow sip. Feel the warm cup in your hands.

YOUR REFLECTION

What do you notice in the pause?

Write it in your journal.

RENEW

the Morning Room, first light



RECLAIM

Spearmint · Receive · Dignity

This cup *is yours.*

WELLTRESS®

RECLAIM

YOUR RITUAL

Pour your own cup before anyone else's. Hold it in both hands, sit down to drink it, and let the house go on without you for a while.

YOUR REFLECTION

What could wait, while this cup is yours?

Write it in your journal.

RESTORE

the Hearth, firelight



ROOTED

English Oak · Ground · Nurture

A chair *with a story.*

WELLTRESS®

ROOTED

YOUR RITUAL

Sit in your corner on purpose. Rest a hand on the arm of the chair, and notice the fabric, the wood, the worn places.

YOUR REFLECTION

What makes a place feel like yours?

Write it in your journal.

RADIANCE

the Orangery, full sun



FLOURISH

Blossom · Ripple · Abundance

What *you'll keep.*

WELLTRESS®

FLOURISH

YOUR RITUAL

Set your pencil down. Notice how you feel now, whatever it is, and write one line about it.

YOUR REFLECTION

What will you carry from this hour?

Write it in your journal.