

# What are Senses & Concepts?

Senses & Concepts are holistic self-care experiences designed to connect your mind, body, and spirit.

At the heart of this approach is the amygdala, often called the brain's smell and emotion center. Because scent travels directly to the amygdala, essential oils can influence mood, memory, and stress response more quickly than other senses. Through diffusing or inhaling a scent, essential oils can help calm stress, spark clarity, or uplift your mood—making them a simple yet powerful tool for daily wellness.

Each concept pairs essential oil celebration & well-being blends with simple physical expressions, affirmations, and everyday lifestyle routines—helping you breathe, move, and live with more clarity and peace.

As a second core system alongside our Scent + Celebration collection, Senses & Concepts bundle themed aromas, self-care steps, and sensory routines into ready-to-use toolkits.

Each bundle integrates science and soul—combining emotional wellness, education, essential oils, and physical products like gift baskets—making self-care both intentional and accessible.



## Celebrate Life, Celebrate You

**\*Ask Or Text Suzette About Our 1-on-1 Consultations For Use And Top Health Priorities\***

***“Self-care is not selfish—it is strength.” Our senses and concepts guide you back to the safest and kindest place: yourself.***

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**Education Classes About How to Use Essential Oils For Daily Living- Coming Soon! (Updates Can Be Found On Facebook or Our Website)**

***Blended Wellness That Smells Good, Feels Good, & Is Good For You- Unique Hand-Crafted Products Created With Simple Self-Care In Mind***

# Senses & Concepts: Simple Pathways to Self-Care

**Celebrate Life, Celebrate You Through Aroma, Intention, And Action.**



Symplee Celebrations

# Inspired Concepts

## GRACE & GRATITUDE FOR THE GUT

*"Grace your gut with gratitude, nourish from within."*

**Blends:** Brain Clarity, Grace, Grateful, Gratitude, Gut Balance, Joy, Sweet Summer

**Movement & Expression:** Place hands gently over your stomach, breathe deeply, and repeat an affirmation of gratitude for your body's strength

**Lifestyle Pairing:** Mindful Awareness During Meal Time

## SLEEP AWAY: SWEET DREAMS & COMFORT SLUMBER

*"Sleep away the stress, wake up to serenity."*

**Blends:** Comfort Slumber, Minty Citrus, Orange Cravings, Silent Night, Sleep Away, Sweet Dreams

**Movement & Expression:** Gentle stretching, journaling, deep breathing

**Lifestyle Pairing:** Gratitude Journal + Sweet Dreams Pillow Mist To Anchor Your Thoughts And Encourage Relaxation



# Signature Concepts

## CONFIDENCE: RISE WITH COURAGE, SPEAK WITH CLARITY

*"Instead of shutting down, stand up and speak out."*

**Blends:** Celebrations, Communication, Confidence, Empowered Woman, Focus, Mint Burst, Orchid Blossom.

**Movement & Expression:** Say it out, stomp it out, stand tall, shout it out

**Lifestyle Pairing:** Morning Power-Up Routine & Share How You Feel

## PRESENCE: STILLNESS FOR THE SOUL & WISDOM IN THE MOMENT

*"Find Solace in the Power of Presence."*

**Blends:** Lemonade Stand, Meditation Moments, Presence, Silence, Solace, Stillness, Wisdom

**Movement & Expression:** Pause, breathe, ground your feet

**Lifestyle Pairing:** Take Intentional Pauses Throughout the Day And Acknowledge Out Loud You Are In The Now

## CALM & FAITH: ASSURANCE FOR THE HEART, PEACE FOR THE MIND

*"Calm your anxiety, trust in your faith to create a sanctuary of peace within."*

**Blends:** Assurance, Calm, Chill, Cool Blast, Faith, Lemorange, Mood Bright

**Movement & Expression:** Hand over heart, slow breathing, gentle release

**Lifestyle Pairing:** Gentle Reset Moments & Self-Care Stops



# Beneficial Blends for Health Concerns

Beyond emotional support, Senses & Concepts also provide practical relief for common health concerns. These blends are thoughtfully crafted to ease pain, support gut health, boost focus, uplift mood, and restore balance to the body.

## Well-Being Blend Bundles

### • Gut Balance & Anti-Inflammatory

**-Benefit:** Supports digestion and eases inflammation

**-Self-Care Tip:** Practice mindful eating and add gentle twists to your routine

### • Pain Relief, Head Tension Relief & Anti-Shock

**-Benefit:** Calms discomfort and restores balance

**-Self-Care Tip:** Rest in a quiet space with a cool compress to ease tension

### • Focus, Mood Bright & Brain Clarity

**-Benefit:** Uplifts mood and clears mental fog

**-Self-Care Tip:** Spend time in sunlight and move your body to reset your energy

### • Concentration, Pure Energy, Exercise

**-Benefit:** Boosts stamina and sharpens focus

**-Self-Care Tip:** Try energizing breath work or power poses before starting tasks

### • Happy Feet & Vagus Nerve Balance

**-Benefit:** Encourages grounding and supports circulation

**-Self-Care Tip:** Massage your feet and practice deep breathing to calm your nervous system

## Why Symplee Celebrations?

• Handcrafted with 100% pure essential oils

• Small-batch, intention-infused blends

• Beautifully packaged for gifting and personal care

• Rooted in joy, wellness, and self-love