

GODDESS RITUALS

This is what it feels like to be you. Fully.

Touch with love: the two-minute face ritual

Our face is our identity. It's how we show up to the world. Skin isn't just appearance, it's the barrier between our inner world and the outside one.

The ritual itself

A few drops of oil. As you warm it between your palms, take three deep breaths. This is the moment to arrive, before your hands ever touch your face.

- Under the collarbone, where it begins
- Fingers pressing gently, down the middle of the neck
- Across the middle of the face, outward, like pushing water
- Under the eyes, from centre to outside
- Across the forehead, middle to outside
- Down the sides of the face, both hands, finishing back at the collarbone

Three repetitions of each movement is a good guide to start with. But this isn't a fixed protocol. It's a ritual of connection. If one part of your face is asking for more time, give it that. The point isn't to complete a sequence. It's to listen, and to observe, and to respond to what you actually feel.

Benefits



PRESENCE



CALM & GROUNDING



SELF LOVE



CONNECTION TO SELF

@goddess.rituals

France · Brazil · New Zealand