



3 Secrets to Optimal Breast Health

Secret #1: _____

Notes:

How Can I Slip into the Goddess?

My Takeaways for Secret #1:



Secret #2: _____

Notes:

What is the Consciousness of My Breasts?



Vetiver Essential Oil Massage with Affirmations:

My Takeaways for Secret #2:

Secret #3: _____

Notes:



“Falling Into Sleep” Bedtime Ritual

My Takeaways for Secret #3:

What's Next? My Commitment to Optimizing My Breast Health:

Thermography For Health NY

120 East 56th Street 12th Floor, New York, NY 10022 | Phone: 212-838-8884

Email: Hello@ThermographyForHealthNY.com | Website: ThermographyForHealthNY.com