



ARLENE

RELEASE & RECEIVE • LOVE IS THE MEDICINE • BECOME THE OBSERVER



A love letter to you

Arlene was an actual woman with a gift – a healer, mentor, and friend. But the name Arlene also means "pledge" or "promise." Arlene is a gift we give to our bodies – a pledge we make to ourselves.

YOU'RE HOLDING THESE SUPPLEMENTS BECAUSE IT'S YOUR TIME TO TAP BACK INTO YOUR KNOWING, REGAIN YOUR HEALTH, SUPPORT YOUR CYCLE AND HONOR YOUR NEEDS.

This isn't self care as we've been taught to see it – this is honoring yourself, borrowing from Arlene's frequency of balance, flow, and ease. Stepping into a love letter written just for you.

Feminine and beautiful. Powerful and grounded. Essential for soothing.

A 'body' language you're learning to speak. A new frequency of healing for you, those you love, and ultimately the whole earth.

ARLENE IS THE MOST GENTLE WAY TO LOVE YOURSELF.

Welcome to the Arlene experience

*xo
Melissa Jones*