



THE ULTIMATE SELF-CARE TOOLKIT

FOR THE MODERN, PROFESSIONAL
AMBITIOUS & {DRAINED} WOMAN

by Stéphanie Virchaux



Be a better you, for you.

- INARA BUENO

Image: Unknown



Hi! I'm Stéphanie



Welcome to my world! If you've been on the pursuit of establishing a self-care routine you've come to the right place!

A bit about me...I am part left-brain, part right-brain, a whole bunch Type A & a sh*t ton spiritual.

I transformed my life after 10+ years as a marketer in corporate by creating a business that I am passionate about that focuses on energy healing & coaching.

I am a Certified Professional Coach, Energy-Healer, Crystal Expert & sage-infused unstoppable free-spirit. I work with women that are relentless in the pursuit of their goals and want to discover + own their voice.

Years ago, I started creating my own feel-good/raise my vibes toolkit. Depending on what I was going through, I kept looking for and adding new tools. I began sharing it with my friends and that's how *The Ultimate Self-Care Toolkit™* came to life! I now share this toolkit with my coaching clients as part of any program I offer because I know how powerful these tools are.

Throughout the years, I've experienced depression, I've been so out of whack within my desires and countless of times I felt off. Every time I found myself in those situations, I've reached for one of these tools. My intention in sharing with you is that you will do the same. Check out [this blog](#) where I share my journey of how I transformed my life going from feeling lost to discovering my purpose.

The tools in this guide are designed to make you feel re-energized, joyful and help you get out of a funk. Next time you find yourself feeling off, this toolkit is here waiting for you to help you bounce back!

I invite you to connect with me on social media where I share for weekly meditations, self-care tips, empowering tools & much more!

Keep shakin' & spreading those positive vibes!
Stéphanie



www.stephanievirchaux.com



THE ULTIMATE SELF-CARE TOOLKIT

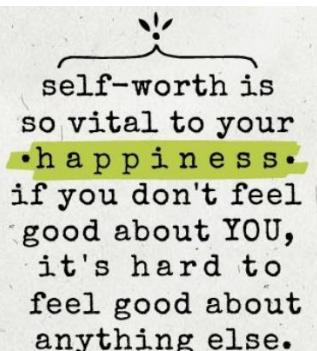
BODY | MIND | SOUL

What is self-care?

- ★ Self-care is believing that YOU ARE WORTH the extra effort of feeling joyful, decadent & pampered!
- ★ Self-care is how you take your power back through consistent self-love actions.

Why is it important?

Source: Pinterest: LiveLifeHappy



- ★ Self-worth & self-care go hand-in-hand. The more you care about yourself, the higher you value yourself.
- ★ When you feel worthy, you can accomplish anything you set your mind to. There are no restrictions, no fear.

How this toolkit works

There are no rules & there is no wrong way to go about it.

We are multi-dimensional beings. This toolkit encompasses four sections that focus on self-care for the mind, body + soul.

This is your go-to *Self-Care Toolkit* for when you need a mood-shifter or want to re-charge your batteries.



Depending on what you need, pick a tool & get ready to increase those positive vibes & nurture yourself!

THE ULTIMATE SELF-CARE TOOLKIT

BODY | MIND | SOUL

GUIDED MEDITATION

 self-guided meditation is the best way to re-charge & release any tension you may be feeling. The meditation is about 6 minutes long so you can easily incorporate it to your routine.

ENERGY MISTS & OILS

 Learn how you can use the power of scent in the form of mists & oils. Clear your energy & get re-charged!

RESOURCES

 Throughout the guide this little turquoise crystal is a reminder that there's more info on the resource page. At the end of this guide I have included details on where to shop for my favorite scents, candles, crystals & oils!



Click on the image to unlock the remaining sections!

CRYSTALS 101

This section is all about crystals! Learn about the science of crystals, how they work, which ones to use & how to activate them.

JOURNALING

Use my top journal prompts to help you get the clarity you're seeking or get unstuck when you're feeling like there's no way out.



CRYSTALS 101

BODY | MIND | SOUL

Crystals, stones and minerals have been around since the beginning of time, the creation of earth. Crystals are the earth's DNA; they hold so much wisdom and are used as a conduit of energy for healing.

Science behind crystals

Everything is energy. Energy carries a vibration.

Humans are energy made of atoms.

Crystals are energy made from the earth.

Through energy, there is a shared frequency where crystals and humans have the ability to connect. Just like a frequency we all share when we connect to wifi. This shared vibration is carried in our bodies through the lymph nodes, blood and cells.



Image Source: Instagram @SoulShineAstrology

How do they work?

★ Crystals are channels of energy that connect to the frequency within our bodies. Their main function is to allow positive energy to enter your body and to allow lower/toxic energy to flow out.

★ They help cleanse, restore, generate and heal our energy while amplifying the energy behind our desires.



Benefits

Each crystal has their own 'superpower'. You can pick and choose them based on your own wants and needs.

There are thousands of types of crystals and each of them have unique properties the benefits vary. This is really where the fun begins!

Image Source: Pinterest / Unknown

Crystal Cleansing

When you get new crystals, it's really important to cleanse them and clear out any energies. Crystals absorb energy from anyone who has handled them.

One effective & fun way to cleanse your crystals is the practice that I use called smudging.

Smudging is an ancient ritual that uses plant medicine such as Palo Santo or/and Sage. It clears out any lower vibrations and stuck energies.



Image Source: Pinterest
by Karen Dugan

 Check out this live video where I share more about crystals in an easy way & I show you how to smudge your own crystals!

Smudging your crystals

#1

Gather your new crystals and center yourself with your purpose and intention for the clearing. (AKA: The reason why you got the crystals, even if it's just for fun & to be playful. That counts too!)

#2

Turn up some fun music & light either sage or Palo Santo. Let the flame burn for a few seconds then blow it out so the smoke can get going.

#3

Move the smoke around your crystals. While doing this say a prayer such as 'any lower energies are easily released & transmuted back to earth full of light and love'. You can also visualize the energies flowing out and being recycled into joyful and loving energy.

Set your intention

The final step after smudging is activating your crystals with your intention. Are you seeking clarity? Peace of mind? There is no wrong way to go about it. Just gently hold the crystal and think about your desires & the emotions behind them.

Zen Tip

Do this practice of smudging when you first buy the crystals and continue doing it at least once a month.

CRYSTALS GUIDE

BODY | MIND | SOUL

These are the crystals that I've been using for years & found that they best ones for self-care! Have fun, discover & see what you find in your journey!



GREEN TOURMALINE

- Promotes compassion, patience & sense of belonging.
- Rejuvenates & inspires creativity.
- Quiets the mind & brings balance.



CARNELIAN

- Use this stone when you're feeling anxious to help you anchor, ground & stabilize.
- Helps you trust yourself & your perceptions.
- Sharpens concentration & dissipates mental lethargy.



SELENITE

- Feeling stuck? Use this to clear any confusion & also helps to see the bigger picture.
- Helps you access higher guidance.
- Instills peace of mind + wonderful to use during meditation.



ROSE QUARTZ

- Stone of unconditional love & peace.
- Calming, reassuring & brings deep healing and self-love.
- Looking to attract love? Use Rose Quartz to help you open your heart at all levels.



BLACK TOURMALINE

- Use when you feel heavy/anxious to shift to lighter & joyful energy.
- Grounds your energy. Use to re-connect with yourself when you are feeling off.
- Promotes self-confidence & diminishes fear.



CELESTITE

- Feeling angry? This stone has a calming effect. Use it to help you cool down.
- Helps in conflict resolution.
- Relaxes muscle tension & calms mental torment.



SHUNGITE

- Transformational stone that heals, protects & restores.
- Restores emotional balance.
- Had a rough day? This stone will help you.
- Promotes positivity & raises vibration.



CITRINE

- The stone of abundance. Use it to learn to manifest + attract prosperity & wealth.
- Need a creative boost? Citrine helps you to energize while you create.
- Helps bring joy! Gloom has no room when Citrine is present.



BLUE LACE AGATE

- Powerful nurturing & supportive stone that neutralizes anger.
- Helps dissolves repressed feelings while encouraging new thoughts to form.
- Removes blocks in the nervous system.



Check out the resource page for my fav places on where to buy all things crystals.

JOURNALING

BODY | MIND | SOUL

Why + How journaling works

Journaling is a way to express your thoughts, emotions and ideas in a way that allows you to look at things from another perspective.

When it comes to self-care, journaling helps you vent & release those thoughts that keep going round and round in your head. Once you see them on paper, you'll most likely see the solutions you were seeking.



Image Source: Pinterest: Cristina Colli

When to journal

You can journal whenever you want! If you're new to journaling, start with small steps. Challenge yourself to journal 5 minutes a day and see how you feel. The more you do it, the more comfortable you will get with it & the more you'll begin to feel less thought-cluttered + calmer.

It's especially beneficial to journal when you've had one of those days or you keep thinking about a situation you're going through but can't find a solution.

On the next page, you'll find four powerful journal prompts that you can use depending on how you're feeling. Just read the prompt, take out your journal & start writing!



JOURNAL PROMPTS

BODY | MIND | SOUL

Pick a prompt based on how you're feeling...

Stuck or Unclear

- What would I want if I knew no one would judge me?
- If no one would get hurt or offended, what would I want to do?

Angry / Frustrated

- It is safe for me to express my anger because....
- This is how my body feels now....
- The opposite of this frustration is....

Joyful / Inspired

- My dream life/job/relationships feels like this...{include description of all senses + feelings behind each area of your dream life}
- I am most joyful when I do....
- I am inspired by....

Down / Sad / Off

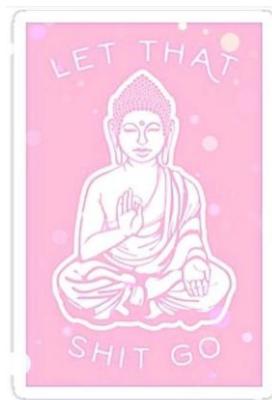
- My sadness feels/tastes/looks like...
- Dear heart, what do you need now to feel better?



Click on the image to unlock the remaining sections!

GUIDED MEDITATION

BODY | MIND | SOUL



Why should I meditate?

Click here to unlock the remaining sections!

Benefits



When to use



Morning



Afternoon



Night Time



Meditation -- Because some questions can't be answered by Google.



Click on the image to unlock the remaining sections!

ENERGY MISTS & OILS

BODY | MIND | SOUL



What are energy mists?

Click here to unlock the remaining sections!



Curious about which brands of energy mists to buy? Check out my blog for the ones I use after many trials! [These are my fave by far!](#)

Benefits



Aromatherapy



Click on the image to unlock the remaining sections!

SCENTS GUIDE

BODY | MIND | SOUL

Here are the top scents that I use on a daily basis to help me stay focused + clear my mind if I'm feeling down. Pick a scent based on your mood. You can mix & match the scents and get playful as you discover what works for you!

Click here to unlock the remaining sections!



Thank You!!!

I hope this self-care toolkit inspired you to get to know yourself better, to care for yourself deeper and recognize how amazing you are.

The journey of self-care anchors in self-reflection & it's always evolving. The consistency of daily actions that bring you joy instills the immense worthiness of who you are.

Creating time for self-care might seem unnecessary at times & this couldn't be further from the truth. These actions and rituals prepare you mentally + emotionally while creating resiliency and trust in yourself. When those bumps in the road, you know without a doubt that you're ready to step up and crush whatever challenge comes your way!

Do you want to continue this journey together? Get support & connect with others that are on the same path? Join me every Monday night for a live series I host called Zen Mondays!

It's 25 minutes of feel-good vibes where I share practical tools & zen tips to feel empowered for the week ahead! I always end with an amazing meditation leaving you feeling rested & connected to yourself. It's live every Monday at 7:30pm EST on [Instagram](#).

ZEN
MONDAYS 
live weekly series
practical tools + zen vibes

www.stephanievirchaux.com

I would love to stay connected and hear how these tools are working out for you! Have you incorporated your own touch? Reach out through social media & let me know!

If you loved this content and want more, [sign up](#) to receive the latest news from me including live workshops, launches & all things #empowerment!

*Keep shakin' & spreading those positive vibes!
Stéphanie*

Ready to work together? Check out the services I offer



Empowerment Coaching

Do you ever feel inadequate speaking up in meetings?

Have you ever been verbally bullied at work & felt helpless about it?

I specialize in working with women who are ready to discover their voice by becoming more assertive & showing up in their lives. Feel empowered and in control of your emotions.

If you can relate to this & you are ready to make a change or curious to learn more about the process I use, reach out and let's talk.

[Book a session on me](#). We'll get to know each other, I'll share with you my experience along with any questions you might have.

Energy Healing & Space Clearing

Have you ever felt off but you can't put your finger on where it's coming from?

It's all related to energy. Like catching a cold from someone in the subway, you can 'catch' someone vibes which impact how you feel.

As a certified Theta Energy Healer, I use a combination of powerful techniques along with my intuition to help you cleanse your energy so you can feel lighter & peaceful.

Whether you want to raise your vibes, align your chakras or cleanse your home from lower energies, I can help you!

Ready to clear any funky energy?
[Check out](#) the energy services I offer + book your session.

"From our first call, we uncovered issues and addressed them head on. Stephanie's approach is truly transformational. She was the first coach I've ever worked with & she has helped me tremendously!" -

Nicole Liebman

"Steph is my go-to energy healer! As a mom & professional, she's been so helpful to feel like me! I've worked with her in so many situations. From clearing new homes I've moved into to cleansing my work space.

She's the absolute best to work with! Highly recommend!"

-Vanessa Orta

RESOURCES

All Things Crystals

Local NYC staples

- Rockstar Crystals (Flower District)
- Stick, Stone & Bones (West Village)

Online

- Energy Muse is one of my fave!
- Also Etsy has a ton of shops.



Energy Mists & Oils

- Modern Ritual NYC - Love, love, love this brand! They carry mists and my favorite one is called 'Elevate' - it smells like Lavender + Palo Santo #heaven
- Lotus Wei is a beautiful brand that carries oils & mists! Highly recommend!

Inspirational + Woo-Woo & Such

- Moose Oliver Design - Beautiful shop of one-of-a-kind handmade wood designs including inspirational quotes + home decor. You can find the shop on Etsy.
- For Love + Pennies - Amazing, beautiful candles with a crystal inside. Perfect to use as you're journaling + setting your intentions! Made with essential oils + 100% soy wax.



This frame is
by Moose
Oliver Design!



Here's to you

For never settling down.

For going after what you want.



For creating the life of your dreams.

For knowing deep inside that it is possible.

For never giving up on yourself despite of it all.

