THE FOUR-ELEMENT RITUAL

Four candles. Four elements. One quiet invitation to return to balance.



EARTH

Sacred Ground

For the days that ask too much of you.

SCENT NOTES

BASIL · AMBER · EBONY WOOD

LIGHT

Light Earth at dusk, or whenever the day has left you scattered. Watch the flame settle before you do.

BREATHE

Basil opens first, amber warms behind it, ebony wood lingers last. Let each breath draw you back down to solid ground.

RETURN

Place your palms flat on the table or on your knees. Feel the weight of the room. Stay here for as long as you need.

CANDLE CARE

First burn: let it burn 2–3 hours so the wax melts evenly to the edge.

Never leave a burning candle unattended. Keep away from drafts, children and pets.

Trim the wick to about 4–5 mm before every lighting.

Stop burning when about 1 cm of wax remains.



FIRE

Golden Ember

For the moments you want the room to feel held.

SCENT NOTES

WARM AMBER · SANDALWOOD · HONEY

LIGHT

Light Fire when you need warmth without hurry. Give the flame a moment to find its rhythm.

BREATHE

Warm amber arrives first, sandalwood softens it, honey stays the longest. Let the warmth reach you slowly.

RETURN

Name one small thing that went well today. Let it glow as steadily as the flame in front of you.

CANDLE CARE

First burn: let it burn 2–3 hours so the wax melts evenly to the edge.

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Trim the wick to about 4–5 mm before every lighting.

Stop burning when about 1 cm of wax remains.



AIR

Open Sky

For the rooms that feel heavy.

SCENT NOTES

EUCALYPTUS · PINE

LIGHT

Light Air when the air in the room feels still. Open a window if you can, and let the first curl of smoke rise.

BREATHE

Eucalyptus clears the way, pine opens the space. Breathe in for four counts, out for six.

RETURN

Notice the space above your shoulders and behind your eyes. Let it widen, without forcing anything.

CANDLE CARE

First burn: let it burn 2–3 hours so the wax melts evenly to the edge.

Never leave a burning candle unattended. Keep away from drafts, children and pets.

Trim the wick to about 4–5 mm before every lighting.

Stop burning when about 1 cm of wax remains.



WATER

Still Waters

For the end of the day, when there is nothing left to solve.

SCENT NOTES

SEA SALT · SAGE

LIGHT

Light Water when the day is finally over. Let the glass catch the last light in the room.

BREATHE

Sea salt arrives first, sage settles after it. Let every breath slow the room a little more.

RETURN

Unclench your jaw. Let your shoulders drop. Stay until the day feels far enough away.

CANDLE CARE

First burn: let it burn 2–3 hours so the wax melts evenly to the edge.

Never leave a burning candle unattended. Keep away from drafts, children and pets.

Trim the wick to about 4–5 mm before every lighting.

Stop burning when about 1 cm of wax remains.