

Jackie M.
Fernandes

Emotional & Energy
Wellness Coach

ARIES



FIRE SIGN

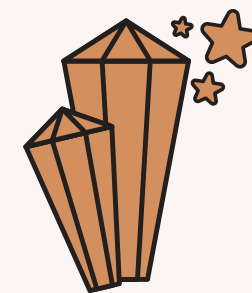
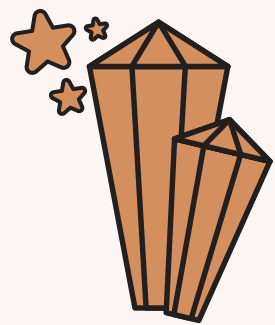
MARCH 21 TO APRIL 19

The fiery, yet courageous Aries is the first sign in the Zodiac for a reason. Aries sign is all about high energy.

Self-care: High-Intensity Workout: Put all that energy into action and build on your strength and stamina by doing some cardio or lifting those weights.



Crystal: Tiger's Eye: This brown and silky stone with tiger stripes is grounding and powerful that helps find calm in the chaos.



Essential Oil: Spruce Essential Oil: Spruce oil comes from the branches of the Picea Mariana tree. Tap into those forest vibes with the bold woody, Spruce scent.

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TAURUS

EARTH SIGN

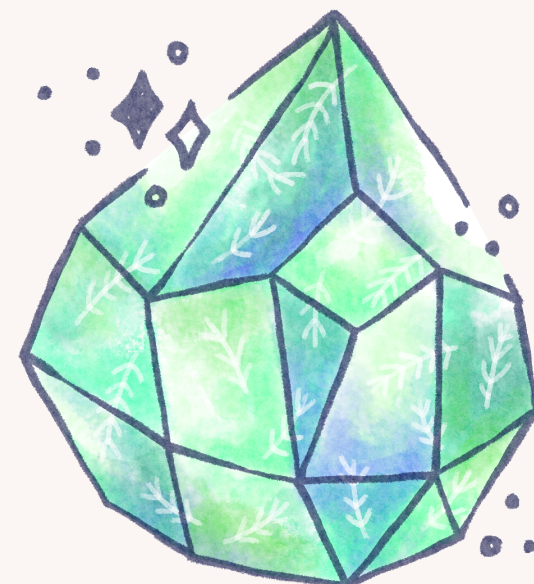
APRIL 20 TO MAY 20

Down To Earth Taurus is a sign that loves comfort and luxury in their daily lives. Sometimes they are known for being too stubborn. The Venus-ruled sign prioritizes love and loyalty above all else.

Self-care: A good night's sleep: The biggest act of self-care can be simple, sleeping. Taurus' are need the most sleep out of any other sign in the zodiac.



Crystal: Jade: The message of the Jade stone is 'love and accept yourself', which is pretty much Taurus' mantra too. It could be used to open up the 'heart chakra' and encourages balance and harmony.



Essential Oil: Ylang Ylang: From the gorgeous ylang ylang star-shaped flower, this oil is one of a kind. The floral and luxurious scent is a lovely one to add to this sign's shelf.

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GEMINI

AIR SIGN

MAY 21 TO JUNE 20

Perhaps the most misunderstood sign of the zodiac, Gemini displays two conflicting personalities and is often depicted as 2 twins. This sign is unpredictable and can be social and carefree one day, and the next day is thoughtful and serious.



Self-Care: Zumba: To manage those gorgeous yet confusing traits, dance is the key to finding balance and expression.

Crystal: Moonstone: This powerful gemstone is renowned for its ability to soothe, calm, and guide towards new and beautiful beginnings.



Essential Oils: Bergamot: the duality of spice and citrus can be compared to the duality of the sign. What's more, the aroma is such a pleasant one!

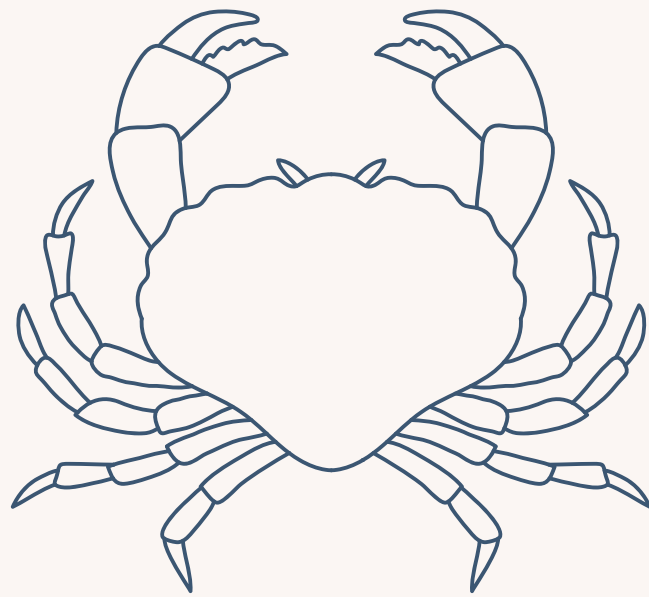
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CANCER

WATER SIGN

JUNE 21 TO JULY 22



Sentimental and sympathetic, Cancer is a caring sign that is guided by emotion.

Self-Care: Yoga: The positive and healing tone of Yoga is unbeatable for a Cancer. Release the tension and find some calm in exercise.



Crystal: Garnet: Gorgeous Garnet is a stone that radiates love and commitment, especially if it's the red one. It's a good tool for those wanting to try manifestation.

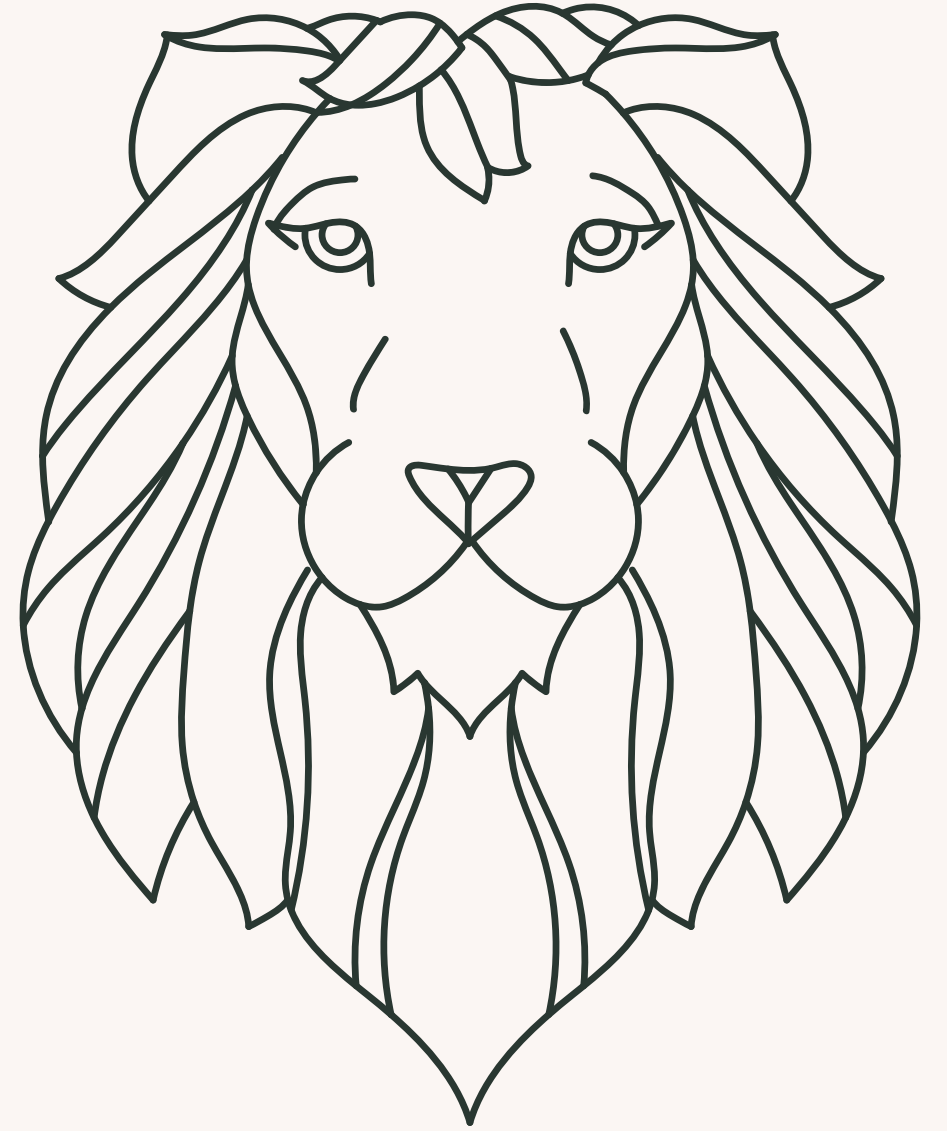


Essential Oil: Rosemary: The herbal element is a useful oil for when a Cancer needs to reconnect with nature and nourishment.



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LEO

FIRE SIGN

JULY 23 TO AUGUST 22

Passionate, creative, and natural-born leaders, Leo is a sign that seems to be in love with life. Leos have this 'king of the jungle' status and the sign is often displayed with a lion - a powerful and courageous animal.



Self-Care: Beauty Rituals: A beauty self-care routine is a must-do for Leos. Whether it's a relaxing face mask or a new haircut, beauty and presenting themselves well is really important for this sign.

Crystal: Tourmaline holds a lot of spiritual power with it. It is grounding and provides a sense of mental, physical, spiritual, and emotional healing.



Essential Oils: Cedarwood: If in need of some comfort and warmth, Cedarwood's earthy aroma is an excellent choice.



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VIRGO

EARTH SIGN

AUGUST 23 TO SEPTEMBER 22



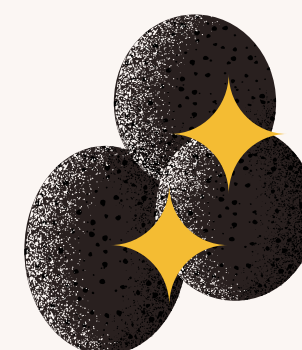
Virgo's have a methodological and organized approach to life. This helps them succeed but sometimes stops them from being as carefree as they'd like to be. Overall, they can be the most loyal and hardworking of all the signs.



Self-care: A new creative hobby: Virgo's tend to struggle with self-care as it stops them from keeping their eyes on the prize. By learning a new creative skill or hobby, Virgo's can give themselves a break but on their own terms.



Crystal: Shungite: This is a rare stone that is made up of 99% carbon. It's mainly found in Shunga in Russia. It's known for purifying water and relieving stress.



Essential Oils: Eucalyptus: Eucalyptus oil comes from the aromatic trees by the same name. This is the best oil for those who struggle to relax as it brings the spa to you!

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LIBRA



AIR SIGN

SEPTEMBER 23 TO OCTOBER 22

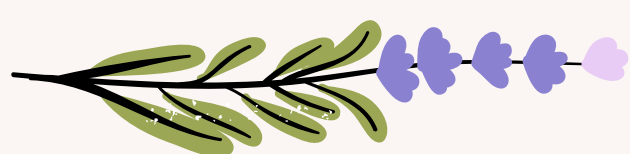
Libras are fair, peaceful, and social. They hate being alone and friends and partners are so important to them.

Self-care: Get a massage: Ruled by Venus, Libras love luxury. A massage is a perfect step to being kind to yourself.



Crystal: Kyanite: The beautiful blue Kyanite crystal is known for opening up the throat chakras. This means that those who use the crystal have an improved sense of communication and expression.

Essential Oils: Lavender: calming and soothing lavender will help get Libras in the self-care mood. It's a wonderful oil for finding balance.



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SCORPIO

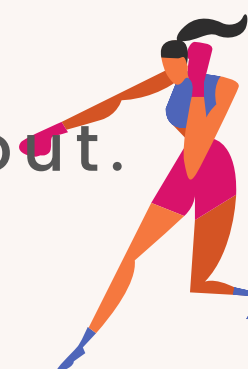
WATER SIGN

OCTOBER 23 TO NOVEMBER 21

Water sign Scorpio is usually passionate and a natural-born leader. Scorpions express emotions in a unique way compared to the other water signs but nevertheless are trustworthy with secrets.



Self-care: Kickboxing class: Invest in intensity with a kickboxing class to experience emotional release. Plus, it's a great workout.



Crystal: Citrine: The rare pale yellow crystal Citrine not only brings about financial prosperity but it is the premier crystal for manifestation. Try using this, Scorpio.

Essential Oils: Frankincense: This smoky and sacred oil is truly essential for a Scorpio.

* * * It helps with finding
* * * harmony and calm.
* * *



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SAGITTARIUS

FIRE SIGN

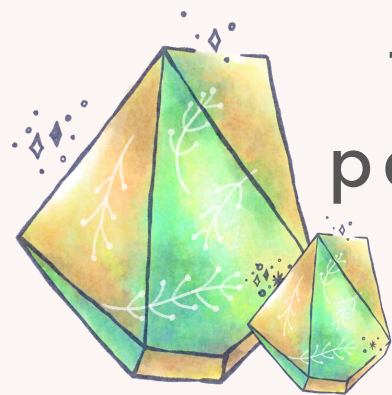
NOVEMBER 22 TO DECEMBER 21

Being an extrovert, Sagittarius' aren't shy in saying how they really feel. They are a fun sign who enjoys travel and is open-minded to anything.

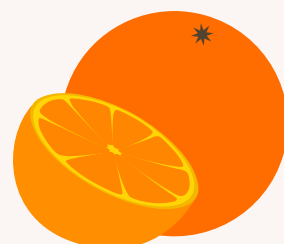
Self-care: Take a walk in nature: Though Sagittarius' usually prioritize being social, sometimes self-care means having some time alone with your thoughts. It's another way to travel!



Crystal: Aventurine: Known as the stone of opportunity and personal growth, this is a great stone for Sagittarius.



Essential Oils: Sweet orange: as vibrant as Sagittarius themselves, the vibrant and zesty nature of this oil is comparable to this 'life of the party sign'.



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CAPRICORN

EARTH SIGN

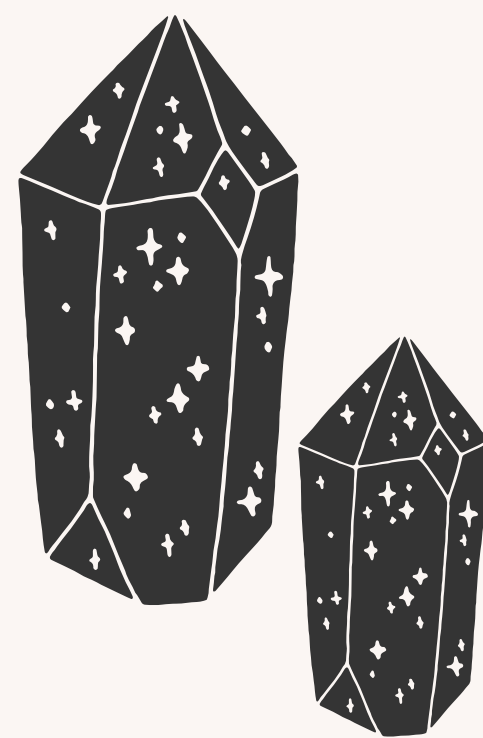
DECEMBER 22 TO JANUARY 19

Capricorn is a responsible and self-disciplined sign. Those who fall under this sign are independent and inspiring in the way they live their lives.

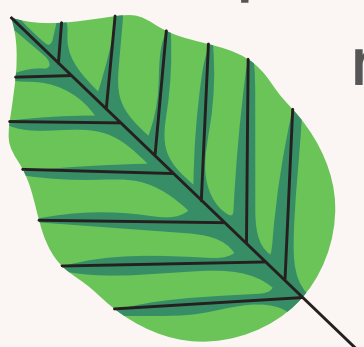
Self-care: Pilates: Earth sign Capricorn would definitely benefit from Pilates, an exercise that focuses on form and structure.



Crystal: Hematite: The minute you touch Hematite, there's a sense of calm and centeredness that is great for Capricorns.



Essential Oils: Peppermint's fresh and relaxing qualities make it the ideal companion for Capricorns in their meditation routines.



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AQUARIUS

AIR SIGN

JANUARY 20 TO FEBRUARY 18

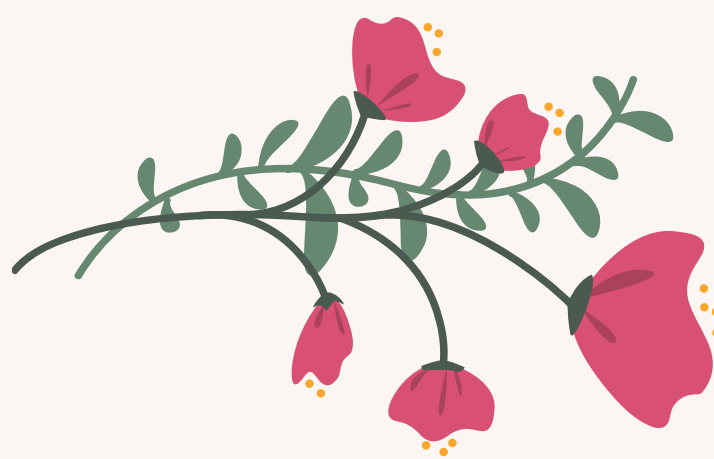
Aquarius is one of the hardest to describe signs. Simply, they are rebellious and original but also can be very shy and quiet. Best of both worlds, really.

Self-care: Have a relaxing bath! Everyone assumes that Aquarius is a water sign but it is actually an air sign. That doesn't mean that their connection to water isn't important.

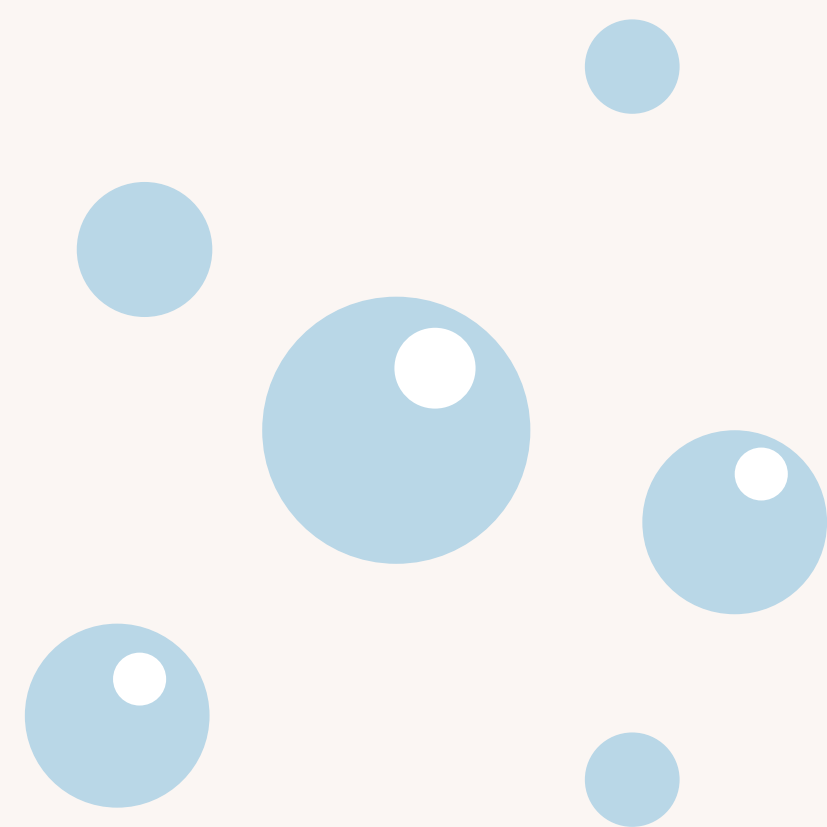
A nice salt-infused bath will give Aquarius the silence they need to regain power and confidence.



Crystal: Amazonite: This stone is known for encouraging love and helping with mental blocks caused by technology. It's a unique combination of turquoise and blue, and provides clarity even at a glance.



Essential Oils: Geranium: Floral and minty at the same time. Sound familiar? Geranium is a match for Aquarius' conflicting yet interesting nature.



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PISCES

WATER SIGN

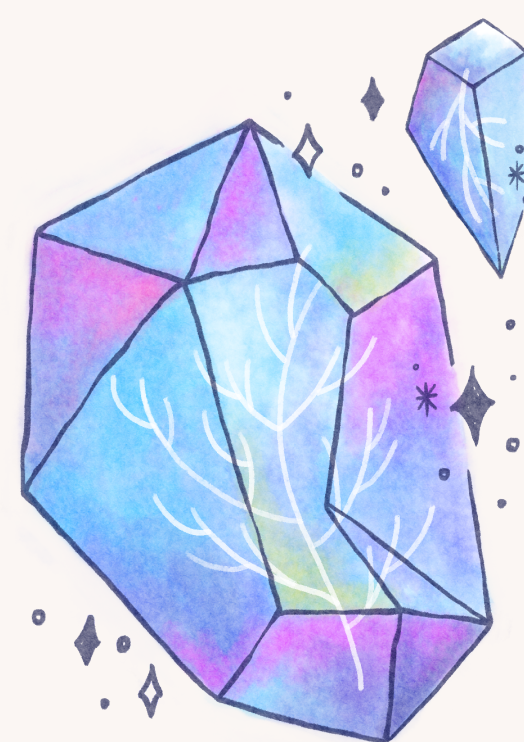
FEBRUARY 19 TO MARCH 20

Pisces tend to be compassionate, gentle, and wise. As a water sign, there is an emotional and empathetic quality to them that makes them good friends and selfless people.

Self-care: Sound Bath: As an intuitive sign, the Pisces act of self-care matches their sensitive emotional energy. Sound Bath meditation allows you to let the music and sound travel across the body in waves encouraging relaxation.



Crystal: Agate has the ability to cleanse aura by getting rid of negative energy. There are lots of variations of Agate but Blue Agate has a healing and calming tone for the Pisces sign.



Essential Oils: Grapefruit Essential Oil - Grapefruit's citrus aroma can boost anyone's mood, just like a Pisces' vibrant energy can.