

Welcome to the *Ritual*

Your evening descent into stillness begins here.

BEGIN

Before anything else, take one slow breath. Dim the lights, silence the notifications, and let the day fall away.

Tonight unfolds gently. First a Sip to settle you from within, then a Soak to loosen what the body still carries, and finally, rest. Let's make your drink and draw your bath.

ONE · THE SIP

From the inside out. Nocturne comes in two expressions.

Strawberry Lemonade. Bright and ready in seconds. Made for on the go, over ice, or dressed up with a squeeze of lime and a few fresh berries.

Light Citrus. A clean, easygoing base that blends into whatever you love. Stir it into a warm cup of chamomile or rooibos, or build a mocktail of your own.

Tip: one is plenty, but a second is always yours, the calmest happy hour there is.



MIX & SIP

A few we keep coming back to. A soft wash of citrus and tropical fruit rounds out the minerals, so Nocturne pairs beautifully with anything fresh.

Passionfruit & Berry. Light Citrus, passionfruit, and muddled raspberries, topped with soda.

Sparkling Guava Cranberry. Light Citrus, guava nectar, and a splash of cranberry, finished with sparkling water.

Berry Basil Lemonade. Strawberry Lemonade, fresh basil, and an extra squeeze of lemon.

Tip: if a soak is coming, pour a second over ice and set it by the tub. Something cool and bright makes the warm water even better.

TWO · THE SOAK

And the outside in.

Draw a warm bath and stir in your Naked Unscented Mineral Soak, about two cups. Bigger tub? Be generous and add more for a deeper, fuller soak.

Just before you step in, add a few drops of Aroma, our pure essential oil blend. Let it bloom across the water and fill the room. Breathe it in.

THREE · RESTORE

Soak as long as it feels good. Step out slowly, keep the lights low, and carry the quiet straight to bed.

Inside out, and outside in. You have given yourself every reason to rest.

Sleep well.

HOT SPRINGS RITUAL CO.

