

May 25 | Issue #5

CHAMPAGNE
apothecary

SANCTUARY

CULTIVATING ABUNDANT RELATIONSHIPS

Explore a variety of ways we can cultivate better, more abundant relationships

GET THAT EMERALD GLOW

Make this month's mocktail after you're done with your skincare routine.

ABUNDANCE

How to find abundance in the little things

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GET AN EMERALD GLOW

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SANCTUARY

Editor-in-Chief

Amber Champagne
Licensed Esthetician,
Herbalist and Founder of
Champagne Apothecary &
ETHYST® Skincare and Co-
Host of Unfiltered AF
@champagnesbrain on X



Art Direction

Tony J. Matos is an expert
Creative Generalist
specializing in merging art
and technology.
@TonyJMatos on X



CONTRIBUTORS

Vennie Kocsis

Vennie is an author, advocate, and cult
survivor who writes to live.
venniekocsis.com



Stephanie McNutt

Owner of KingAriPress Publishing
Company & Press
kingaripress.com



FROM *THE* EDITOR

Beloved Seekers of Sanctuary,

May has always been a special month to me, but this year, it feels even more profound.

Twenty years ago this month, I was blessed with my son.

It's hard to put into words what it feels like to watch someone you love so much grow, change, and become their own extraordinary person.

And as he turns twenty this May, I find myself reflecting not just on the years, but on the millions of small, beautiful moments that made them.

Motherhood taught me something that no book or course or plan ever could:

Abundance isn't about what you have, it's about what you experience, what you give, and what you hold in your heart.

It's in the sleepy smiles, the long talks, the hard lessons, the everyday joys you don't realize are everything until you look back and realize they were.

It's in the privilege of being there... to witness, to encourage, to love without condition.

The journey of being a mother has shown me that true abundance isn't grand or loud. It's quiet and steady. It's a life lived in connection, in presence, and in gratitude for all that is unfolding, even when we can't yet see the full picture.

As we step into this month of growth, renewal, and celebration, I hope you find your own version of abundance; not just in milestones, but in the little moments that make life beautiful.

With so much love and gratitude,

Amber Champagne

Editor-in-Chief

Founder of ETHYST® Skincare
& Champagne Apothecary



IN THIS ISSUE

Thank you to this month's contributors for sharing their wisdom and light. From nurturing rituals to reflections on what it means to receive, this issue is rooted in the energy of abundance of love, growth, healing, and hope. As the earth blossoms around us, may you feel supported in blooming too. Here's to receiving all that you've poured into the world... and then some.

AND YOU DON'T WANT TO MISS THIS!

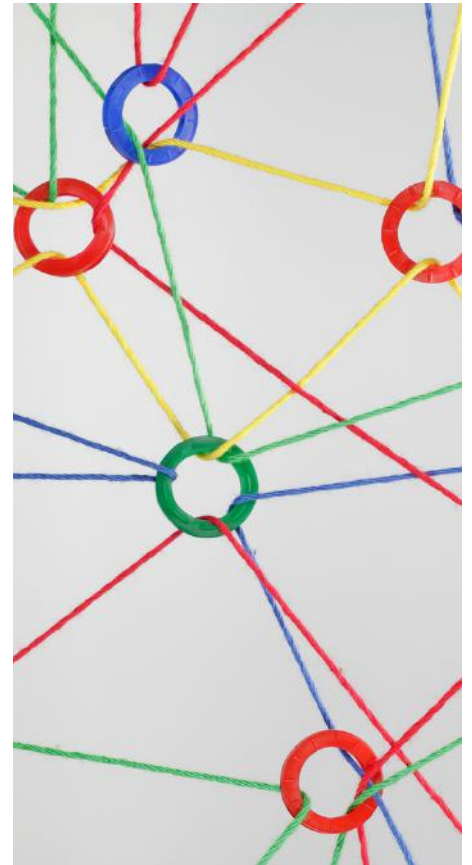
This month's Limited Edition deal is a FREEBIE.



Sneak peek at June's Issue pg. 17



An Abundance Ritual for Givers pg. 18



Cultivating Abundant Relationships pg. 20

ICYMI



New! Daily LIVE series

Join us daily for our new daily live series called "A Moment for Self Care". Each day we're having a quick, soulful live session where we slow down, sip something good, and talk rituals, routines, and real life.

Check out our Anniversary LIVE here. 450+ people joined us live and over 1000 have viewed since!

Every day expect fun, knowledge, freebies, discounts, surprises and more

Follow along on X or Facebook and tune in!

Win our Self Care Bundle!

Every \$50 order or any order inclusive of two bags of our Premium coffee in May enters you to win our Self Care Bundle featuring high quality French press, our Vintage Vanilla Coffee, a custom Schitt's Creek coffee mug, a Gilmore Girls sticker, and a Champagne Apothecary decal. Whether you're treating yourself or gifting someone else, your self-care just might win you more self-care!



LEARN MORE



**NOT OUT
OF STOCK.
IN THE LAB.**



ETHYST®



STEPHANIE

Owner and Publisher at KingAriPress
Stephanie McNutt

THE ABUNDANCE OF
LIVING

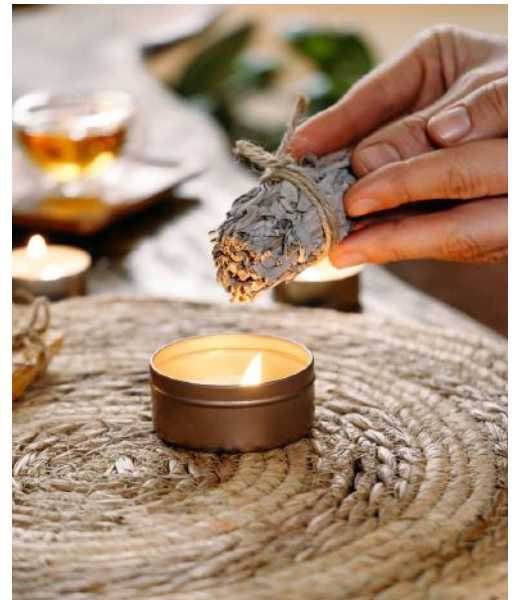
There are certain things that increase and others that decrease by their very nature. When I discovered this reality, it became a litmus test in my life. In other words, the good things by nature seemed to increase life, and the bad things by their nature destroyed life.

One good thing,
One kind Word,
One Answered Prayer
One miracle
One family
One beautiful moment.
One Friend.
One Love,
One sunrise
One sunset
One Flower
One laughing child
One amazing meal,

Every day you're alive
Compounded.

The fullness of life isn't in the accumulation of things, which compress the space around you. Too many things may throw out of balance the freedom we have in abundance.

The fullness of life is in living. It is the accumulation of the very good things that increase life:



Beautiful things, Moral good things, Happy things, Joyful things, Hopeful things – moments in time remembered forever.

Whatever is good and worthy, think on those things, embrace those things that truly add to life, and it will be abundant. It will be so full that those things that rob us of our abundance, like regret, fear, misery, worry, shame, guilt, anger, there won't be any room left for them. All the good things will fill every corner of your life.

If we shall destroy and burn, let it be everything that tries to make you forget those good things that make a beautiful and abundant life. Let the new growth begin in reclaiming the forest of abundance in your life.

Seek the good, great things that add to your life. That is Abundance! ⁶

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EMERALD GLOW

Mocktail



Sip into the season with our Emerald Glow Mocktail! A refreshing blend of cucumber, pineapple, lime, and mint, topped with sparkling water and a splash of herbal magic. It's like May in a glass: crisp, vibrant, and full of life.

EMERALD GLOW

Mocktail

A refreshing, antioxidant-rich mocktail with a touch of herbal magic.

Ingredients:

- 1/2 cup cucumber juice (freshly blended and strained)
- 1/4 cup pineapple juice
- Juice of 1/2 lime
- 4–6 mint leaves
- 1 tsp Meyer Lemon Raw Honey
- Sparkling water to top
- Garnish: cucumber ribbon, edible flower, or sprig of mint

Instructions:

1. Muddle mint leaves with honey and lime juice in a shaker.
2. Add cucumber juice and pineapple juice. Shake well with ice.
3. Strain into a glass over fresh ice.
4. Top with sparkling water.
5. Garnish with a cucumber ribbon and an edible flower for a burst of color and abundance 🌿

Optional boost: Add a splash of BeeKeeper's Cider for an anti-allergen effect and bonus antioxidants.

Did you make this month's mocktail?

Share it to social and tag us @champagneapothecary IG/FB or @ambergoesoff on TikTok/X





LIMITED

EDITION

DEAL!



SPEAKEASY DEAL OF THE MONTH

SHOP NOW



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JOY IN THE LITTLE THINGS.

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* VALID UNTIL 5/31/25 OR WHILE SUPPLIES LAST. JUST
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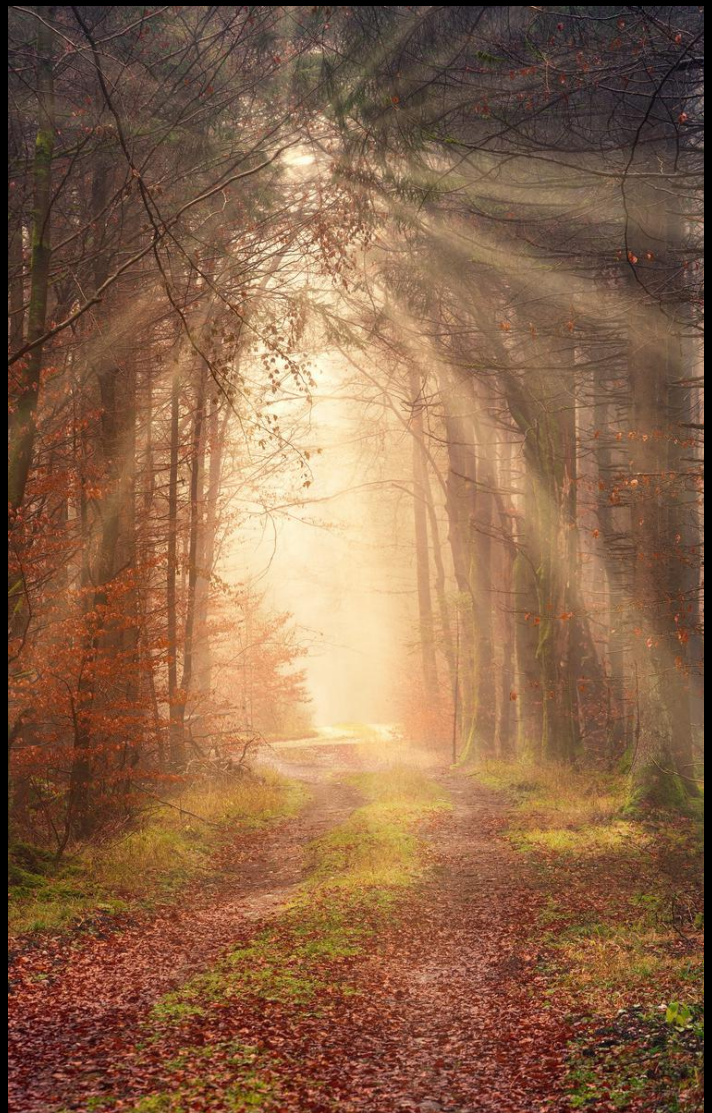
MAY



MIND

MAGIC

TOP 3 SELF CARE TIPS FOR MAY 2025



One meal is donated to Feeding America for every candle ordered from Champagne Apothecary.

ABUNDANCE BEGINS THE MOMENT YOU CHOOSE YOURSELF WITHOUT APOLOGY.

By Amber Champagne

May is a month of renewal, growth, and choosing abundance in every corner of your life, including how you care for yourself. Self-care isn't selfish... it's essential. Here are my top three ways to bloom with intention, protect your peace, and live more fully, every day.

1. Romanticize Your Routines

Turn everyday rituals into sacred moments. Whether it's applying your ETHYST® Vit C serum, sipping your morning mocktail, or lighting a candle at sunset... slow down and savor it.

2. Let Nature Lead

Get outside and let the earth remind you how abundant life truly is. Take walks, garden, or just sit under a tree. Bonus: bring along your favorite essential oil to ground your senses.

3. Protect Your Peace

Not every invite is an obligation. Decline gracefully, say yes to rest, and honor the boundaries that keep your energy in bloom.



AMBER

Founder of Champagne Apothecary &
ETHYST® Skincare, Herbalist & Esthetician
Amber Champagne

**LIVING ABUNDANTLY:
HOW TO CULTIVATE
BALANCE ACROSS
BODY, MIND, AND SPIRIT**

LIVING ABUNDANTLY: HOW TO CULTIVATE BALANCE ACROSS BODY, MIND, AND SPIRIT

True abundance is feeling nourished physically, emotionally, and spiritually. When we align all three, we don't just live, we thrive.

Here's a holistic look at how to maintain abundance through simple rituals you can practice to keep your well-being overflowing.

Physical Abundance: Nourish Your Body with Care

Taking care of your physical body is foundational to an abundant life. It's not about perfection, it's about rituals that celebrate and support you.

- **Daily Skincare Rituals:** Start and end your day with ETHYST® Skincare; formulated to work with your skin's natural microbiome, helping you glow from within. A few moments spent massaging your serum or moisturizer into your skin can transform a routine into a ritual.
- **Movement as Celebration:** Choose movement you enjoy, whether it's yoga, dance, or a walk in nature. Movement should feel like a gift, not a punishment.
- **Natural Nourishment:** Incorporate herbs and essential oils into your daily life. Our 100% pure essential oils at Champagne Apothecary are perfect for creating calming, energizing, or grounding aromatherapy rituals that support your body's natural rhythm.

Emotional Abundance: Tend to Your Inner World

Emotional well-being is the secret to lasting fulfillment. When you feel safe, supported, and connected to yourself, everything else flows more easily.

- **Create Sacred Spaces:** Surround yourself with reminders of your abundance. Light a candle, mist your favorite room spray, or anoint yourself with luxurious oils using our body butter as a ritual of self-honor.
- **Practice Gratitude Daily:** A simple daily gratitude list can rewire your brain for positivity and abundance. Bonus: Pair this practice with a calming skincare ritual to anchor the feeling of thankfulness into your body and mind.
- **Set Emotional Boundaries:** Protect your energy. Saying no is sometimes the most abundant yes you can give yourself.



Spiritual Abundance: Connect to Your Inner Light

Nurturing your spirit keeps you aligned with your deepest values and desires. It reminds you that you are always supported; seen and unseen.

- **Morning and Evening Rituals:** Start your day with intention and close it with reflection. A skincare ritual using ETHYST® Awakening Toner in the morning and Holy Grail Facial Oil at night can serve as mindful bookends to your day, reminding you that you are worth showing up for.
- **Meditation and Mindfulness:** Even five minutes of stillness can create profound shifts. Enhance your practice by diffusing grounding essential oils like Cedarwood or Geranium to create a sanctuary space wherever you are.
- **Trust Your Natural Cycles:** Nature shows us that there's a time to bloom, and a time to rest. Give yourself permission to honor your own seasons without guilt.

Abundance isn't a single destination, it's a daily practice of all the small things. By caring for your body, nurturing your emotions, and feeding your spirit, you create a life that overflows with beauty, wellness, and joy.

ETHYST® Skincare and Champagne Apothecary are designed to support you in creating rituals that turn everyday moments into extraordinary ones. Because true abundance isn't something you chase, it's something you create within and around you



VENNIE

Author and Advocate sharing her journey
of survival through creative expression.
Vennie Kocsis

**MANIFESTING 369:
MASTER MANIFESTING
ABUNDANCE**

MANIFESTING 369: MASTER MANIFESTING ABUNDANCE

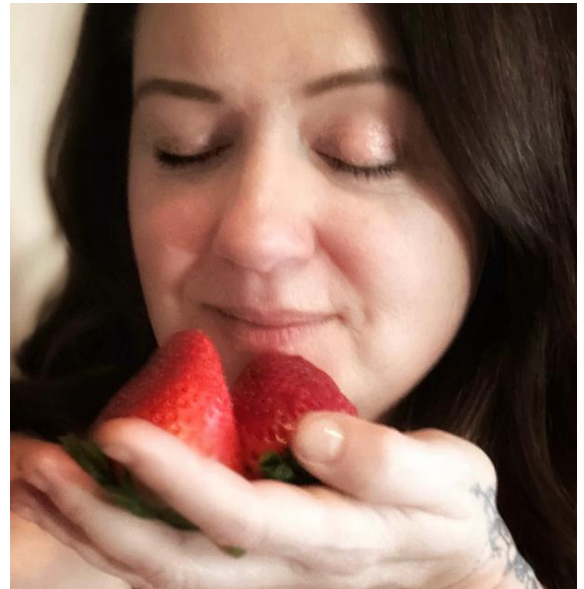
In 2011, I made the wild decision to work for myself. Cue the dramatic music. Cue the sweating. Cue me side-eyeing my bank account like it had just slapped me. I was freaking out; full mental Olympics, gold medal level. Then, out of nowhere, this tiny, sassy voice inside me said, “Stop, V. Remember the 369.” Ah, yes... Tesla. That brilliant, wild-haired genius who spoke secrets of the universe to anyone paying attention. If you haven’t fallen down the Tesla rabbit hole of the 3, 6, and 9, you’re seriously missing out, but don’t worry. I got you. Read on.

So, I did what any desperate dreamer would do: I stopped stressing and started daydreaming like it was my actual job. I imagined publishing my memoir (which happened in 2015). I pictured financial freedom, making my own schedule (because 9 a.m. clock-ins are cruel and unusual punishment), and working solo, free from endless emails and boring meetings. And guess what? It all happened.

Writing became my magic wand; ghostwriting, legal writing, creative work, and every time the panic gremlins crept in, I visualized waterfalls of money. Literal cash monsoons. And every single time, the phone would ring: “Hey, can you help me with a project?”

One of my favorite stories? While I was elbow-deep writing the darkest parts of my memoir, I pictured a quiet little cottage where I could write in peace. I dreamed about it. Envisioned it. Day-dreamed myself in it. Thirty days later I was renting a one-bedroom darling house, tucked into a sweet corner of my town. The bonus twist? It sat directly under the Pisces constellation; my own astrological home turf. No lie. The Universe has jokes... and impeccable timing. It was there, in that quaint place, I finished my memoir, “Cult Child.”

Over time, I didn’t just practice manifestation, I mastered it. Real talk: manifestation isn’t just wishful thinking. It’s about consistency. Discipline. Showing up for your dreams the way a gym rat shows up for leg day, except we’re lifting dreams, not dumbbells.



All of this inspired me to create Manifesting 369, a guide packed with wisdom, worksheets, and real tools you can actually use to build your manifestation system.

Grab your copy [here!](#) Future You will thank you. Loudly.

Final pep talk? Start small. Wake up tomorrow and say, “Something amazing is going to happen today.” It could be a compliment, or an act of kindness; anything good! Mean it. Believe it like you’re about to headline Coachella. Manifestation is muscle memory. Flex it daily. You’re not just dreaming, you’re engineering your future.

Go make some magic, beautiful soul. The Universe (and I) are already cheering you on.

A sneak peek Issue #6

SANCTUARY

The Power of Play

Youthful Skin &
Youthful Spirit

Fountain of Youth
Mocktail

...and more!

June '25

YOUTH

A bouquet of tulips with red and orange petals and green leaves is arranged diagonally across a bright yellow background. The flowers are in various stages of bloom, with some showing yellow variegation on their petals. The stems are long and green, with some leaves extending towards the bottom of the frame.

HAPPY MOTHER'S DAY

TO ALL THE NURTURER'S OUT THERE

CHAMPAGNE
apothecary

AN ABUNDANCE RITUAL FOR THE GIVERS OF THE WORLD



Honoring mothers, nurturers, and the quiet strength that shapes the world.

Mother's Day is more than a celebration, it's a sacred pause. A moment to reflect on the care that's been poured out over the years, and to refill that same cup with gentleness and gratitude.

Whether you are a mother, have been mothered, or are honoring the nurturing presence in your life, this ritual is for you.

A simple, intentional practice to recognize the abundance that comes from giving, and the worthiness to receive in return.

Step 1: Light a Candle

Choose a space where you can be still, even if just for five minutes. Light a candle with intention. As the flame flickers, let it represent your light, the warmth you've shared, the love you've given, the steady glow you've offered to others, often without recognition.

Step 2: Words of Gratitude

Close your eyes, take a deep breath, and place your hands over your heart. Silently or aloud, say a gratitude prayer:

"Thank you for the strength I didn't know I had.

Thank you for the love I gave freely.

Thank you for the beauty I've helped grow in others, and in myself."

Feel the abundance of every moment you've shaped, every heart you've touched.

Step 3: A Skincare Ritual with Intention

Using your favorite ETHYST® product (perhaps our Awakening Toner or Visionary Eye Serum) begin a slow, intentional skincare ritual. As you touch your skin, imagine your hands offering the same nurturing energy you give to others, now returning to you.

Let every gentle stroke affirm: I am worthy of care. I am allowed to soften.

Step 4: Affirm and Receive

End with this simple affirmation:

"I have given, and I am worthy of receiving."

Say it as many times as you need to. Let it land.

This Mother's Day, may you be reminded that your presence is powerful. That your love echoes far beyond the moment it's given. And that the same abundance you've shared with the world is your birthright, too.

You deserve to be held, honored, and celebrated. Today and always.

BEST COMBO EVER



TRA 400

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Happy
MOTHER'S DAY

Use Code MAMA20 for 20% off our
Mother's Day Edit collection

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Valid until 5/11/25 at 11:59pmEST

Cultivating Abundant Relationships: Love, Connection, and Growth

written by
Amber
Champagne



True abundance isn't measured in material things, it's found in the richness of our relationships.

Whether romantic, familial, or platonic, meaningful connections are one of the greatest treasures we can cultivate.

Here are some simple tips to nurture relationships that don't just survive, but truly thrive:

1. Communicate with Openness and Curiosity

Abundant relationships are built on honest, heartfelt communication. Practice listening with the intention to understand, not just to reply. Ask open-ended questions. Stay curious about the people you love. When communication feels safe and open, trust deepens naturally.



2. Lead with Love and Compassion

Choosing love, especially when it's difficult, is the foundation of lasting bonds. Compassion helps soften misunderstandings, heal old wounds, and strengthen connections. A kind word, a thoughtful gesture, or simply being present can turn an ordinary moment into an extraordinary one.

3. Offer Mutual Support Without Conditions

In abundant relationships, support flows both ways. Celebrate each other's wins. Stand steady through each -



other's storms. Instead of keeping score, focus on showing up wholeheartedly. A relationship based on mutual upliftment creates resilience and richness over time.

4. Create Rituals of Connection

Small rituals like weekly coffee dates, nightly check-ins, or spontaneous "just thinking of you" texts build emotional intimacy. It's not about grand gestures; it's about the simple moments that say, You matter to me.

5. Honor Each Other's Growth

True abundance allows space for evolution. Support each other's dreams, passions, and healing journeys, even when they stretch your relationship in new directions. Love that grows with someone is love that lasts.

Final Thought:

The most abundant relationships are not perfect, they are full of grace, growth, and genuine care. When we nurture our connections with communication, compassion, and mutual support, we don't just add richness to our lives... we multiply it.

ETHYST® SKINCARE

INTERNATIONALLY BELOVED



09/10/2024



Amy M Berube

Verified

The Holy Grail is right!

I absolutely love this oil! I use it everyday and cannot believe how smooth my skin is. It does not leave your face feeling greasy and sits great under make-up.



09/08/2024



Ashley McKenney

Verified

Awesome Serum!

This serum has such a nice light feel to it when applied and has worked wonders for me. It isn't sticky like some other brands and I love using it!



09/03/2024



B.W.

Rejuvenate your face!

My face looks so much healthier after using this moisturizer consistently for the past few weeks



01/11/2025



Cindy S.

Verified

Loving this Oil!!

The texture of this facial oil is divine - it's light yet rich, absorbing into the skin almost instantaneously without leaving any greasy residue. As someone with combination skin, I'm often wary of oils. However, this product strikes the perfect balance, offering deep hydration without clogging pores or causing breakouts.

Post-application, my skin felt incredibly smooth, supple, and radiant. The Holy Grail seems to work magic on fine lines; I've noticed a visible reduction in the appearance of those around my eyes, forehead and neck. Even my boyfriend commented that my skin is so soft and looks healthier.



09/26/2024



Kimberly Lynch

Verified

Highly Recommend

I have been using this eye serum for the past year. My under eye area appears much more hydrated and bright since using this serum. You only use a tiny bit so the bottle lasts forever too!



11/18/2024



Aaron Beal

Verified

Amazing products!

My better half has been looking for a toner that she likes for a while. She stated that the ETHYST Awakening Rejuvenating Toner is "rejuvenating" her skin. She appreciates the "smooth texture, and it is helping her complexion." It arrived a lot quicker than I expected! It was well packaged. The agent was extremely nice and informative. I recommend this product for you loved ones.



10/04/2024



Customer

Verified

Amazing skin care.

I am so happy with my recent purchase. I have used the face cream in the past but never any other products until NOW! The cleanser is so gentle but effective, it cleans without drying. The serum and oil are wonderful. I am sensitive to scents and these products smell amazing! Light clean and earthy. 5 millions starts for everything.



10/



Kristen Carty

Verified

Love it!

Love it all! The packaging, the quick shipping, but most importantly, the results!!!



09/29/2024



M.S.

Best cleanser

I really love this cleanser. It leaves my skin feeling soft and clean. I use this along with the exfoliating cleanser. They are the perfect pair!

Learn More

ETHYST® CHANGES LIVES... AND YOU DON'T HAVE TO JUST TAKE OUR WORD FOR IT

I have been using Ethyst for almost 2 years now and am in love with the results. It's a perfect match for my skin and all the changes it's going through with hormones fluctuating and just aging. Amber is also an amazing human and is so passionate about her work. Please go see her and the shop. You won't be disappointed.

Hands down the best skin care product I've found in my entire life. I currently use the face cleanser, moisturizer, and sunblock in the morning. At night I use the anti-aging oil. I am simply in love with these products. My skin feels amazing and I have experienced healing in my skin too! (Less pigmentation, absence of dry skin). I don't know what else to say to convey what an amazing little place Champagne Apothecary is. If you have skin, this is the place for YOU!

Amber..... I'm literally OBSESSED with Ethyst. It's been one week of using the holy grail and the glycolic cleanser a couple times and my skin is already so much happier 🥹💖 it gives me a confidence boost lol. I'm going to buy the moisturizer and daily cleanser because I just know these products are what my sensitive skin will thrive with. You're the best!!

I am so glad I stumbled upon Amber! After reading about her in a local publication, I decided to give her virtual skincare consulting a try and it was such a great decision. Amber is incredibly knowledgeable about the dos and don'ts of skincare. You can tell how much time and effort she has invested into learning the intricacies of skincare, into her business, and into her new Ethyst skincare line! I started using her recommended products about 5 weeks ago and have been loving the results. While I love the products, the best part of the experience has been having Amber as a resource and knowing that I can reach out to her with any questions or concerns. I can't wait to stop into the Champagne Apothecary in person soon!

Also, your skincare... omg

The oil is amazing

I can't wait to get more items!

My skin was a hot mess a week ago. It's looking SO MUCH BETTER with just the oil!

How often do you get to discuss your skin complaints with creators of high end skin care? Nowhere else but at Champagne Apothecary! The owner was so KNOWLEDGEABLE and helpful! I purchased two of her skincare lines for myself and son three days ago and I'm already seeing a reduction in fine lines and inflammation. I'm so incredibly grateful to have had her store recommended to me.

Just so u know my girlfriend had like a hormonal rash under her nose and your oil cured it! Ur amazing

I wanna get the face wash and lotion too :)

I have to say your products are so gorgeous and work so well I love them! They also look great in my bathroom as presentation!

★★★★★ 4 months ago

Amber has the absolute most welcoming personality and she gets to know each and every one of her customers! I have felt like I belong in the store since the moment I first stepped in. She is so full of important skincare information and loves to share that knowledge with her clients. I have recently begun to use her skincare line - Ethyst - and have been SO impressed with the way it makes my skin feel and the improvements that I have seen. From face wash to lotion and eye serums, my face has never felt or looked so great. So grateful Amber's storefront made its way to Westfield and even more grateful I wandered in on a sunny Saturday afternoon. Go check her out, you won't be disappointed!!

★★★★★ 7 months ago

Amber is amazing!! If you're looking for someone who knows everything about skincare, look no further.. she's the best!! Not only that, she is so sweet... great energy and just awesome to be around!!



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cheers to
SELF CARE

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