

SANCTUARY



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Get the best sleep of your life and sip immune boosting mocktails

OUR TIME IS NOW

Real people dish on how they're getting right in '25

REST & RESET

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SANCTUARY



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Want to become a contributor?

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FROM THE EDITOR

Beloved Seekers of Sanctuary,


Welcome to *Sanctuary*, our new self care e-zine 

Not so long ago, I found myself in a cycle of high stress, neglecting my own needs in the pursuit of... well, I wasn't sure what. What I did know was that I was overwhelmed, worn down, and didn't know where to begin when it came to caring for myself. I felt as though I was missing some secret roadmap to health and balance, a guide to making life feel fuller and lighter all at once.

That's why I started Champagne Apothecary and ETHYST® Skincare.

Now, nearly 6 years and thousands of customers helped later, I've decided to launch Sanctuary—a free digital oasis filled with the tools, inspiration, and practical guidance I longed for. In these pages, you'll find recipes to nourish your body, stories to feed your soul, and a community built on wellness and self-care. If you're reading this, you're already taking your first step towards your own sanctuary, and I'm so glad you're here. Together, we'll make wellness a lifelong journey rather than a destination.

Expect to see Sanctuary in your inbox once a month. I hope it becomes something you look forward to.

Cheers to the beginning of something transformative 

Amber Champagne
Editor-in-Chief

Founder of ETHYST® Skincare
& Champagne Apothecary



IN THIS ISSUE

This issue is packed with powerful wellness insights from passionate contributors. From tips to improve your sleep to ways to nurture your body and mind this January, we've curated the best advice to kickstart your year with balance and intention. We hope you find inspiration and practical wisdom in every page.

AND YOU DON'T WANT TO MISS THIS!

Every month we'll offer a super limited edition item at a big discount to our *Sanctuary* readers first. Collect them all!



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Get a sneak peek of our February '25
Edition of Sanctuary pg. 15



Learn how Magnesium Butter will help
you sleep like a baby kitten pg. 18

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always in.*

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"When I saw this photo, it reminded me that like sunlight through the trees, rest allows our true selves to shine; soft, steady, and ready to grow."

– Amber Champagne

Photo by Mandy Simard



VENNIE

Author, Cult Survivor
Image by Vennie Kocsis

SOLACE FOUND: NATURE
NURTURES THE WEARY

SOLACE FOUND: NATURE NURTURES THE WEARY

My feet crunch on the gravel pathway. The sounds of the wilderness envelops me; the deep-throated croaks of frogs from the swamp below me, the delicate chirps of birds above. Each step on the switch backs leads up to my secret hideaway, a humble stump overlooking a small valley with a little creek.

I sit in silence, releasing the lingering portions of conversations from the day, replaced by the rustle of leaves whispering secrets on the breeze.

“Be still. You are in the right place,” they seem to murmur.

A crow alights on a branch below, its gaze piercing, and in that moment, our eyes lock; a profound recognition. Does it comprehend how seen I feel? More so than I have in ages.

Nearby, a squirrel scurries, its small body a flurry of energy as it forages beneath a pine. I’m sharply present, each sense heightened, every movement noted.

Daily life often sees us skating through tasks, minds racing from one checkbox to the next. But here, in the slow pace of the natural world, there’s a shift. Our consciousness expands, allowing us to soak in the moment, soothing our weary minds, refreshing our skin, and offering a deep, soulful exhale.

I’ve wept against tree trunks, told secrets into their sturdy forms since nature holds them all without judgment, offering unconditional solace.

“Honey, love yourself. All will be well,” I hear.

In times of turmoil, we may crave isolation like a wounded creature seeking refuge. This isn’t weakness; it’s a necessary part of healing. Nature, in its profound stillness, provides a healthy form of solitude.

Yet, not everyone can escape to verdant landscapes. For those in urban areas, where concrete replaces grass, finding this connection demands creativity. You might not have a forest, but you can create a personal oasis. Consider the art of collage where you gather thick paper, glue, scissors, and images from gardening magazines to craft a tableau of nature’s representations.



Photo by Mandy Simard

If a park is within reach, collect twigs, rocks, and leaves to assemble a natural mosaic. These acts of creation are not mere pastimes; they are intentional engagements with the world around you, a deliberate appointment with nature to nurture your soul.

Because, my dear, you truly deserve it, to run for the solace of nature and rejuvenate your precious spirit energy.

Love, Vennie Kocsis



STEPHANIE

Owner and Publisher at KingAriPress
Image by Stephanie McNutt

HABITS OF BEAUTY:
EXPLORING JOURNALING

HABITS OF BEAUTY: EXPLORING JOURNALING

365 days add up-- yes, I know, to a year.

In 2024, I decided to take a daily photo. I did it for 366 days. It was an unintentional resolution that turned into a habit.

It felt strange not to take a photo on the first day of the New Year. There was a certain freedom in not doing it. I still did, but I am enjoying more moments without the need to pull out my phone and take a photo.

So, what about 2025? I decided to write in a journal every day. There are no expectations beyond that—just doing it every day and writing something.

We brush our teeth, make the bed, dress for the day, and feed ourselves. These are things we do every day, and we don't question the need to do them.

What about art?

What about beauty?

What about contemplation?

What about music?

What about poetry?

Do these habits get missed?

What about working out every day? Drinking more water? Eating better? These are all worthy habits. They are needed, but they are a little bit like brushing our teeth.

As for journaling, it looks a bit like this (a sample of days):

January 1st, 2025

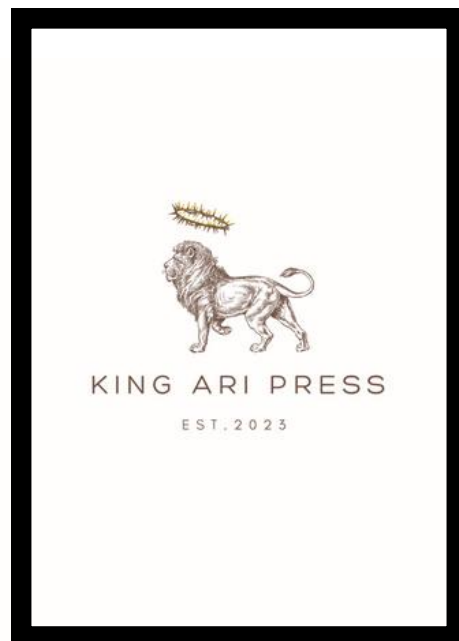
2024: Unforgettable

2025: Intentional

January 2nd, 2025

Doing something for 366 days does not leave you. It becomes a habit of thought and intention.

There is freedom in not taking a photo every day. There is a desire and a habit remaining in its wake.



King Ari Press is a Publishing Company owned by Stephanie McNutt

FREEDOM is about doing what you want, but made more important is not doing something.

What does intention look like today?
texting Amy HNY. It's a start.

- Dancing
- listening to records
- weights

January 3rd, 2025

We like our routines and traditions, patterns, and inside jokes. We prefer clarity over chaos but control most of all.

How do we break the patterns and routine for something more?

- Build from strong foundations
- Innovate and create without fear
- Explore with all senses
- Be grounded in good.

I am on day 12 of journaling. Although I have yet to complete the day, the intention of the habit is there. I am excited about what thoughts I capture and what I learn about myself in this process.

Until next time, create a beautiful life for yourself one day at a time.



BRETT

Writer & Poet honoring his son's
legacy through service

Photo by Mandy Simard

RENEW AND RESET:
EMBRACING THE POWER
OF A FRESH START

RENEW AND RESET: EMBRACING THE POWER OF A FRESH START

In a world that often feels ceaselessly fast-paced and overwhelming, the concept of renewal and reset isn't just refreshing; it's essential.

Life is a beautiful tapestry woven with threads of joy, sorrow, triumph, and setbacks. Sometimes, amidst the whirlwind of daily routines, we find ourselves needing to step back, take a deep breath, and press the "reset" button on our lives.

This is where the concept of "renew and reset" comes in – a powerful invitation to not just pause, but to actively revitalize our spirit, refocus our intentions, and step into a new chapter with renewed vigor.

Embracing renewal can be transformative.

According to research by Harvard Business School professor Katy Milkman, "temporal landmarks" like the beginning of a week, month, or year help people disengage from their past selves and envision a new, improved version of themselves.

This phenomenon can lead to more successful habit formation, goal setting, and personal development. Starting anew gives us a psychological boost, a sense of 'resetting' the clock which can lead to increased motivation as well as provides mental clarity. A mental reset can clear the fog of accumulated thoughts and stresses, providing clarity and focus.

Personal Renewal doesn't just happen; it requires action.

How?

Set Clear Intentions: Define what renewal means for you. Write down your goals and the steps needed to achieve them.

Create Rituals: Establishing new rituals to signal to your mind that a change has occurred. A new morning routine, a weekly reflection session, or a yearly review where you assess past achievements and set new objectives.

Embrace Learning: Whether it's picking up a new skill, diving into a hobby, or learning from past mistakes, education fosters growth.



Non-toxic dish soap keeps you safe while making sure your dishes are clean.

Physical Environment: Rearrange your living space, declutter, or even change your workspace to stimulate a sense of new beginnings.

Spring Cleaning: Spring cleaning isn't just about physical cleanliness but also about clearing out the old to make room for new energy in one's life.

Resetting has its benefits too.

Improved well-being, balance, reduced stress, enhanced relationships, and increased life satisfaction.

In our ever-evolving lives, the ability to renew and reset is not just beneficial but necessary for personal evolution. So, here's to embracing each fresh start with open arms, clear intentions, and a heart ready for transformation.

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SPEAKEASY DEAL OF THE MONTH

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START



SMALL,

AND THRIVE

TOP 3 SELF CARE TIPS FOR JANUARY 2025



Start your day off right with a Mood Boost Tincture and a clean, clear space.

SMALL HINGES SWING BIG DOORS

By Amber Champagne

Small changes may seem insignificant at first, but they create a ripple effect, building momentum, confidence, and sustainability over time.

When we focus on manageable steps—like drinking a glass of water in the morning or adding one vegetable to a meal—we eliminate the overwhelm that comes with trying to overhaul everything at once.

These tiny wins compound, leading to meaningful, lasting transformations while reinforcing the mindset that progress, not perfection, is the true goal.

With that in mind, here are my top three January small ways to start your self care journey.

1. **Prioritize Rest and Recovery** – Winter is a season for restoration. Give yourself permission to slow down, focus on quality sleep (a great time to start using magnesium butter!), and incorporate calming practices like a warm bath, light reading, or evening meditation.
2. **Create a Morning Ritual** – Start your day with one small act of self-care. Maybe it's stretching, taking a mood boost tincture, or sipping water mindfully. This sets a positive tone and anchors you amidst the post-holiday busyness.
3. **Declutter Your Space** – A tidy space promotes a clear mind. Spend 10–15 minutes a day decluttering one area, like your desk or a drawer. It's a simple way to refresh your environment for the new year.

A sneak peek February '25

SANCTUARY

DIY Self Love Jars



Loving the Skin
You're In

Reclaiming
Valentine's Day

...and more!



February '25

SELF LOVE



KRISTINA

Autism Mom, Co-host of Unfiltered AF
Edited by Amber Champagne
Photo by Kristina Wells

REDISCOVERING ME:
A MOM'S JOURNEY
THROUGH AUTISM AND
SELF-CARE

REDISCOVERING ME: A MOM'S JOURNEY THROUGH AUTISM AND SELF-CARE

Being a mom to a child with autism is a unique journey filled with challenges and love, and it's one that shapes you in ways you never expect. Add in being a mom of three, and the mental and physical toll can be overwhelming. But when you're parenting a special needs child, it takes on an entirely different meaning.

When my son was diagnosed with autism, my world shifted. I threw myself into everything—therapy sessions, books, research. I mourned his diagnosis while trying to prepare for a road I couldn't see clearly. The uncertainty was terrifying. For years, this became our way of life. My focus was solely on ensuring he was thriving, progressing, and happy.

The problem was, it consumed me. Being his mom became my whole identity, and I didn't realize I was losing myself in the process.

Like so many moms, I pushed my needs aside, thinking it was what I was supposed to do. But that kind of self-sacrifice isn't sustainable. Eventually, I hit a breaking point. It wasn't until about a year and a half ago that I started to reclaim myself.

As moms, especially those caring for special needs children, we spend so much time making sure everyone else is okay that we forget about ourselves. We think there's no time, or that we don't deserve it, or that it's selfish to prioritize our needs. None of that is true. The truth is, we do deserve it. We need it.

For me, the first step was small. I decided to start with skincare. Just five minutes to myself in the morning or evening—a tiny slice of peace in my otherwise chaotic day. I found [ETHYST® Skincare](#), and that one small step became the foundation for a year-long journey of self-care.

From there, I began to make space for myself in other ways. I scheduled time for activities that fed my soul, like crafting, baking, reading, and even starting a podcast, [Unfiltered AF with Amber Champagne](#). I also had honest conversations with my family about what I needed—whether it was a moment of quiet, a long bath, or just uninterrupted time to breathe.



The new ETHYST® 3 pc bundle subscription. A few of Kristina's favorite go to products.

Now, when I need space, I take it. And it's okay. It doesn't make me a bad mom or less dedicated to my family. It makes me stronger, healthier, and more present for them.

This journey has taught me that self-care doesn't have to be elaborate or time-consuming. It's often the little things—a good book, a relaxing bath, or a few minutes to yourself—that help you reset and reconnect with who you are.

As a mom to a child with autism, I've come to understand the importance of not losing sight of yourself amidst the demands of caregiving. If I could give you one piece of advice, it's this: don't forget about you. You matter. Your peace, your joy, your sense of self—they're all essential. You can't pour from an empty cup, so take the time to fill yours.

The journey to finding yourself is beautiful, even if it starts small. You deserve it.

MAGNESIUM BUTTER IS A GAME CHANGER

Chris @PositivelyChris · 7/28/24
I use this product and it legit works.

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Amber Champa... · 7/28/24
If you go to sleep instead of staying on X all night, I want to follow you.



Have you tried our Magnesium Butter??

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Stephanie (King Ari Press) @KingAriPress
Dan, you got the magnesium butter, right?

So last night, I thought I would put it on before dinner. I fell asleep sitting up, that's how quick it worked. And yes, I finished my dinner.

4:40 PM · 2/16/24 From Earth · 2.2K Views

1 Quote 1 Like



Related posts

Amber Champagne · 2/16/24
HAHAHA! See? This is why I tell people they need to do it right before bed lol

1 comment 1 like 46 views

Amber Champagne · 2/23/24
GM y'all
Slept so gloriously per usual (Magnesium Butter for the win, baby!)

How much sleep do you get each night?

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Jay @AckerlandJay · 2/23/24
Ok, I have to get some.

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Stacey L. Banks @yecats9464

Life changer Jay!! Knock you out in minutes! I wasn't sleeping AT ALL and then I started using Amber's Magnesium Butter

Liz Reuswig @LizReuss... · 4/17/24
No joke...been using about two weeks and it's so good!

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It really is an absolute game changer! I'm so glad you gave it a try and are loving it.

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Liz Reuswig @LizReuswig
I am...been a game-changer for me!

Bradley Productions @productions86
Happy Saturday everyone!

For those of you who saw my last vlog, yes, I made it home for the weekend!

And one of the first things I did when I got home was open this Magnesium Body Butter that I got from @champagnesbrain.

I've only used it once and I'm already enjoying it, so I decided to do a quick video review!

Learn

More

Here

MAGNESIUM BUTTER IS THE BEST KEPT SECRET TO OUT OF THIS WORLD SLEEP, IMPROVED HEALTH, AND A MORE PRODUCTIVE LIFE.



People all over the world are seeing improved sleep, better digestion, more clarity and increased brain cognitive functioning and more using our Magnesium Butter! Why?

Approximately 80%+ of Americans are magnesium deficient. Magnesium is essential for many vital physiological functions. And supplementation is useful for prevention of chronic disease.

But ingesting magnesium can be hard on the digestive system and does not absorb nearly as well as it does when it's absorbed via the skin.

Magnesium butter assists with over 300 biochemical responses in the body. Helps with sleep, restless legs, sore muscles, digestion, circulation, brain cognition, circulation, our neurological system – literally everything. And all you have to do is put a tiny amount of magnesium butter on the bottom of your feet 10 minutes before bed daily.

Aside from the above noted, Magnesium has been shown to have significant benefits in calming the central nervous system, reducing stress and anxiety, and relieving/preventing migraines.

To increase magnesium, take a topical magnesium supplement, eat more organic green leafy vegetables like spinach, legumes, nuts, seeds, fish, dark chocolate, and oatmeal, and drink more water to help the mineral absorb even better.

Everything about the way my body feels and my sleep changed when I added magnesium butter to my wellness routine. It takes seconds to apply. And it improves so much! But don't just take my word for it... See what just some of our customers from all over the world are saying!

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WINTER IMMUNITY ELIXIR



By Amber Champagne
Image by Tony J. Matos



Vitamin C and a little self care goes a long way.
Give the gift of self care with a Champagne Apothecary gift card.

WINTER IMMUNITY ELIXIR

Ingredients:

- 1 cup freshly squeezed orange juice
- 1/2 cup pomegranate juice
- 1/2 tsp freshly grated ginger
- 1 tsp raw lemon infused honey
- 1/2 tsp turmeric powder
- Pinch of black pepper
- 1/2 cup hot water or herbal tea
- 1 oz of Five Berry Elderberry Cider
- Optional garnish: orange slices, pomegranate seeds, or a cinnamon stick

This blend is chock full of Vitamin C, antioxidants, and anti-bacterial, immune-boosting, anti-inflammatory ingredients. Additionally, the pepper helps turmeric absorption.

Instructions:

1. In a small pot, warm the hot water or herbal tea until steaming but not boiling.
2. Stir in the turmeric powder, black pepper, ginger juice, and honey until well combined.
3. Add the orange juice and pomegranate juice, stirring gently.
4. Mix in the Five Berry Elderberry Cider, just before serving to preserve its nutrients.
5. Pour into a heatproof glass or mug.
6. Garnish with an orange slice, pomegranate seeds, and/or a cinnamon stick.

Serving Suggestions:

Serve warm or chilled. Perfect as a morning pick-me-up or an evening wind-down ritual.

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