

Mar 25 | Issue #3

# SANCTUARY

## CHANGE YOUR LUCK

THROUGH INTENTION

### LUCKY CHARM QUIZ

Answer a few questions and see what your lucky charm is!

### THE ULTIMATE GUIDE TO COLDS & FLUS

Take a sensory journey to healing and then bookmark our herbal guide to overcoming colds & flus



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**SANCTUARY**

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# FROM THE EDITOR

Beloved Seekers of Sanctuary,

March is a month that holds profound meaning for me. It's a time when I reflect on one of the darkest periods of my life and the profound transformation that came from it. In March of 2019, I faced an unimaginable loss, the passing of my son, Linus. The grief was overwhelming, and I found myself trapped in a storm of thoughts, convinced that I was the unluckiest person in the world.

In those moments, it was hard to see a way forward. The weight of loss can make you feel powerless, as though life is happening to you rather than for you. But amidst the chaos, I discovered something unexpected: my skincare routine became a lifeline. It may sound simple, even trivial, but those few moments of care each day gave me space to breathe. Cleansing my face, massaging in a moisturizer, or applying a serum became a form of meditation, a way to find clarity and escape the noise in my mind.

That daily ritual reminded me of something vital: I still had the power to care for myself, even when the world felt uncontrollable.

It was in that space of quiet reflection that the seeds for Champagne Apothecary and ETHYST® Skincare were planted. What started as a small way to nurture myself grew into a mission to help others find the same peace, clarity, and empowerment through self-care.

The theme for this month, Change Your Luck, resonates deeply with my journey. Luck is often perceived as something outside our control, a random stroke of fortune or misfortune. But in my experience, what we call luck is often the result of choices we make in the midst of our circumstances, even when they're not what we expected. It's about recognizing the steps we can take, no matter how small, to change our trajectory.

For me, the act of creating space for myself—even in grief—was the first step toward healing and transformation. It led me to build a business that now empowers so many others to take those small but meaningful steps for themselves.



**A memorium of our second son, Linus West**

Every product we create at Champagne Apothecary and ETHYST® is infused with that purpose: to remind you of your own power to nurture, heal, and change your life.

As you move through this month, I encourage you to reflect on the choices you can make to change your own luck. Maybe it's starting a new habit, letting go of something that no longer serves you, or simply carving out time to care for yourself. These moments of choice add up, creating ripples of change that can transform your life in ways you never imagined.

Thank you for allowing me to share this journey with you. Your support reminds me every day that we have the power to turn even the darkest times into something meaningful and beautiful.

With love and hope,

*Amber Champagne*  
Editor-in-Chief

Founder of ETHYST® Skincare  
& Champagne Apothecary



# IN THIS ISSUE

Another issue packed with powerful wellness insights from our incredible contributors. From tips on counting your blessings to nourishing your body through illness, we've curated the best advice for you to Change Your Luck through intention to share with you this March. We hope you find ways to elevate your life in every page.

**AND YOU DON'T WANT TO MISS THIS!**

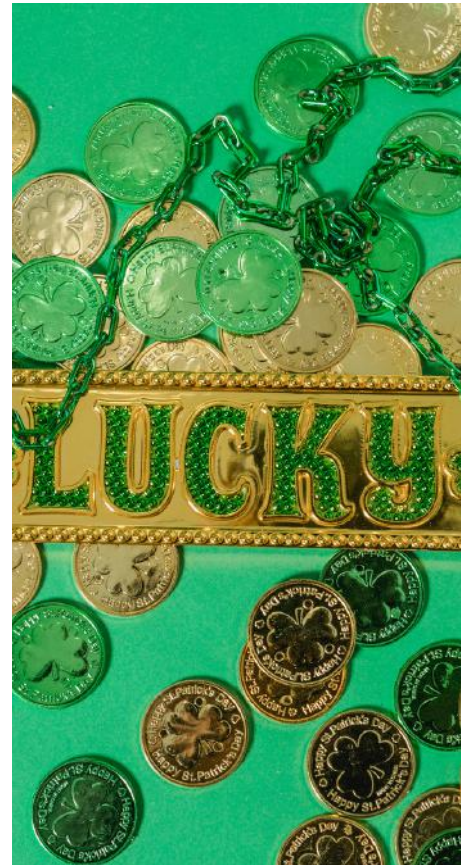
**This month's Limited Edition kit is badass! pg. 9**



Sneak peek at April's Issue pg. 18



Learn about LED and Microcurrent  
pg. 20



Take our Lucky Charm Quiz pg. 19

[champagneapothecary.com](http://champagneapothecary.com)

CHAMPAGNE



2019

EST.

APOTHECARY

westfield, massachusetts



A skincare that actually works.

Let us help  
you on your  
journey to  
*renewed skin*

ETHYST®  
SKINCARE





# STEPHANIE

Owner and Publisher at KingAriPress  
Image by Stephanie McNutt

CALL ME BLESSED.



## CALL ME BLESSED

I am lucky in the stupidest ways. The ways that don't matter. The small ways.

I don't chase luck. I chase opportunity. I remain open to possibility. I seek the adventure of being present in the moment. I take the unexpected road.

I was adopted. I was on this road, being born to a young mom still in high school, and I can see that life. It's like a Polaroid you look at sometimes, but fades each passing year.

I can see the cousins I would have grown up with, the cookie jar on grandma's counter, and my brother being loud and loved by our grandparents.

Sure, there is a life I missed out on in that snapshot of "what if."

Here I am. A different road, a different life. And all those threads move and the tapestry changes. My life changes.

In this new life, I grow up on a lake in rural Minnesota. We take the boat to my Grandma's house because she lived across the lake.

My parents love me. The "what if" question transforms into the blessed assurance that I am loved. In the end, it matters to love and be loved. Whatever the road, love is what matters most.

Life isn't in the moments we don't have, but the precious ones we do.

The following is a selection of my poem "Childhood" from my book Lamplighter: Poems.

*The lexical entry of me:  
A lake where I lived  
swimming with fish  
under rippling glass.  
A career of collecting bullfrogs  
for bait  
at a nickel apiece,  
thrown into an empty  
mint chocolate chip  
gallon ice cream pail.*



**Writer and Poet: S. A. McNutt**

Lamplighter: Poems written by Stephanie takes you through a magical journey of life's little moments. Get your copy! You won't regret it.

*Bridge Troll was played  
with cousins on lazy Sundays  
between the weekend neighbors  
and Grandma's.  
We took turns being  
the villainous troll.*

I am blessed to have this life. Lucky to have this life.

If luck is what you make it, then my parents' decisions made mine. My birth mom decided it was better to put me up for adoption than the alternative. She knew my parents struggled to have kids and made the decision to give me up. I am blessed.

My parents gave me a happy life in the country where I climbed trees and swam in the lake during the summers. I am blessed.

I've lived in 5 states. I've found home in each. I am blessed.

I choose life—this beautiful, blessed, and messy life. Whatever the road, I am lucky to be alive to enjoy it. But instead, I say, call me blessed.



# GOLDEN INTENTIONS

## *Mocktail*







Enjoy this Golden Intentions Mocktail as part of a renewal routine as we get ready to shed Winter and head into the rejuvenation of Spring.

# GOLDEN INTENTIONS

## *Mocktail*

**The Golden Intentions Mocktail is a citrusy, herb-infused drink to invite clarity, abundance, and good fortune**

### Ingredients:

- ½ cup fresh pineapple juice (for prosperity)
- ¼ cup fresh orange juice (for joy & luck)
- 1 tbsp fresh lemon juice (for cleansing energy)
- 1 tsp raw lemon honey (for sweetness in life)
- 3-4 fresh basil leaves (for clarity & protection)
- ½ cup sparkling water (for a fresh start)
- Gold sugar or edible glitter for garnish (because golden opportunities, why not?!)
- Ice

### Instructions:

- Muddle the basil leaves with honey in a mortar & pestle
- Add to a shaker with pineapple, orange, and lemon juices, then shake with ice.
- Strain into a glass with fresh ice and top with sparkling water.
- Rim the glass with gold sugar or sprinkle a bit of edible glitter on top.
- Stir with intention... visualize what you're calling in!





# LIMITED

# EDITION

# DEAL!







# SPEAKEASY DEAL OF THE MONTH

**SHOP NOW**



THIS MONTH GET OUR GREEN WITH  
ENVY SELF-CARE KIT

What's included?

- 1 Elixir of Life Scrub, 1 Peppermint Eucalyptus  
Goat's Milk Luffa Soap, 1 Sage Bundle, 1 Green  
Tea Eye Strips, 1 Green Body Sponge, 1  
Headache & Sinus Steamer, 1 Lime Essential Oil,  
& 1 Champagne Apothecary Decal

**AND IT'S YOURS FOR 50% OFF!**  
USE CODE LEMAR

\* VALID UNTIL 3/31/25 OR WHILE SUPPLIES LAST

# CHANGE



# YOUR

# LUCK

TOP 3 SELF CARE TIPS FOR MAR 2025





Indulge in that serum you've been eyeing. Find romance in the every day!

## LUCK IS CREATED IN THE QUIET MOMENTS WHERE INTENTION MEETS CONSISTENCY.

By Amber Champagne

While I'm sure there are magical, random times where we do "get lucky", I mostly believe luck is energy in motion, shaped by your mindset, habits, and self-care rituals.

This month, we're embracing the idea that we can invite more luck into our lives by setting clear intentions and taking small, powerful actions.

From clearing stagnant energy to embodying abundance, here are three simple self-care practices to shift your luck in the right direction.

### 1. Align Your Energy with Abundance

Luck is about the energy you feed. Start each morning with a grounding ritual: light a candle, set an intention, and visualize light surrounding you. Shift your mindset to attract positive synchronicities.

### 2. Clear Stagnant Energy

Just like spring cleaning, your energy field needs refreshing. Try salt baths, burning sage or diffusing rosemary oil, or using chimes or singing bowls to release stuck energy. Clear out the old and watch new opportunities flow in.

### 3. Luck Favors the Consistent

True radiance comes from showing up for yourself every day. Set an intention as you apply your ETHYST® skincare... whether it's for confidence, clarity, or abundance... and commit to your ritual daily. Consistent care not only transforms your skin but reinforces that you're worthy of the results you desire.



A detailed still life composition featuring various dried herbs and botanicals. In the foreground, a brass balance scale sits on a wooden surface, with a small bowl of dark seeds hanging from its arm. Surrounding the scale are numerous wooden bowls of different sizes, each containing different types of dried herbs, flowers, and seeds. Some bowls contain vibrant purple flowers, others yellow, and some have green leafy herbs. A white mortar and pestle is visible on the left side. The background is filled with more herbs, including a large bunch of yellow flowers. The overall scene is warm and rustic, with soft lighting highlighting the textures of the herbs and wood.

# AMBER

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

**THE ARTS OF FIGHTING  
COLDS & FLUS: A  
SENSORY JOURNEY OF  
RESILIENCE**



## THE ART OF FIGHTING COLDS & FLUS: A SENSORY JOURNEY OF RESILIENCE

There are moments in life when the body calls for a retreat... when the pulse slows, the air feels a degree too sharp, and an uninvited guest settles into the bones like an ill-mannered houseguest. This is no time for surrender. This is only time for ceremony.

It begins with the elixirs, as all great restorations do. Fire Cider, the kind that carries whispers of an old apothecary, its golden depths infused with oregano, astragalus, horseradish, and the kind of fire that wakes up a wintered soul. It stings in a way that heals, sharpens the senses, and rekindles the spirit. Five Berry Elderberry Syrup follows. Dark, rich, and reminiscent of an orchard at dusk, each berry a tiny soldier fortifying the walls of immunity.

The kitchen becomes an altar of defense. Garlic, bold and unapologetic, is crushed with intent. Onion, the quiet confidant, lends its strength to the cause. Thyme, ginger, and turmeric – herbs and roots as ancient as the craft of healing itself – bubble into broths and brews. Lemon juice is squeezed with conviction, its bright acidity cutting through the malaise like a ray of sun through fog. Dill, parsley, and rosemary follow, scattering their essence into the air, a verdant bouquet of fortitude.

Oils, distilled from the wisdom of trees, are summoned next. Clove... dark, warm, and steadfast. Frankincense... resinous and grounding, like an exhale from centuries past. Cedarwood... reminiscent of deep forests where time slows and the air is thick with quiet strength. Tea tree, eucalyptus, and peppermint, crisp and bracing, sweep through the sinuses like a winter wind, clearing what lingers, restoring what was dulled.

And then, the slow, golden drip of raw honey. A balm for the throat, a hush in the chaos. A spoonful taken with reverence, its sweetness wrapping around discomfort like a woolen shawl.



Bookmark our how to guide by clicking on the above picture!

It is followed by tea, brewed in the stillness of morning and again in the hush of evening. Herbs steeping, swirling, unfurling their goodness into each sip.

Through it all, the daily ritual remains steady. Magnesium butter smooths across skin, black seed oil lingers on the palate, and resilience finds its rhythm once more.

The body, grateful, begins to rise. And just like that, the unwanted guest, finding no warmth here, quietly slips away.



# KRISTINA

Autism Mom, Co-host of Unfiltered AF

**RICH BEYOND MEASURE:**  
SHIFTING MINDSET  
AROUND WHAT WE HAVE



## RICH BEYOND MEASURE: SHIFTING MINDSET AROUND WHAT WE HAVE

I've been sitting with this for a few weeks now, trying to find the right words. And honestly? It's not easy to talk about because I still feel like I'm in the process of changing my luck...every single day, one step at a time.

But here's what I do know...luck isn't just something that happens to us. It's something we create.

For most of my life, I've felt like luck was this untouchable thing or something that belonged to other people, the ones who seemed to have everything fall into place effortlessly. I looked at my life and saw the struggles, the setbacks, the things that hadn't worked out, and I thought that maybe I just wasn't meant to be lucky.

I didn't realize back then that luck isn't just about external circumstances. It's not about winning the lottery or having everything go your way. It's about how you see your life, how you respond to challenges, and how you choose to move forward even when things don't seem to be in your favor.

For me, that's when the shift started with my mindset. And let me tell you something, that has not been an easy thing for me to change. You've probably heard it a million times..."change your mindset, change your life"...but I'm here to tell you it's true. I'm living proof. No, I'm not rich by "society's standards". I don't own a mansion or drive a million-dollar car. But in the ways that truly matter, I am rich BEYOND measure.

My mental health is the strongest it's ever been. I'm learning to love myself in ways I never thought would ever be possible. I stopped seeing myself as a failure and I've started recognizing ways I can evolve and empower myself. That didn't happen overnight though. It happened because one day, I decided that I wasn't going to wait for luck to find me...I was going to create it for myself because no one else was going to do it for me. It started the moment I made the decision to change my perspective...not just on myself, but on life itself.



Take time to remember your blessings while you wash the day away with our Peppermint Eucalyptus Goat's Milk Luffa Soap

Now, I'm evolving, growing, and becoming someone I am proud of. I started embracing possibility and positivity. I let go of the belief that I was stuck in these repetitive cycles and I've allowed myself to believe in myself more. I've given myself so much space to grow and change.

And you know what? That, to me, is luck. Or maybe a better word for it is blessed.

It doesn't mean I don't want more out of life because I do, and I'm working toward it every day. But even as I chase bigger dreams, I don't lose sight of the fact that I'm already lucky. Lucky to be here, lucky to have another chance every morning when I wake up. Lucky to experience this wild, unpredictable, beautiful thing called life.

Because in the end, luck isn't just about what we have. It's about how we see what we have. And that shift? That's everything.

# THE INTENTION MIXTAPE

This month I created a mixtape of some of my faves for intention setting!

And although I can't give you an old school cassette tape, you can literally just click play, so there's that --->



🎵 **"The Less I Know the Better"** – Tame the Impala

🎵 **"Saturn"** – SZA

🎵 **"Pink & White"** – Frank Ocean

🎵 **"Starlight"** – Jai Wolf

🎵 **"Take a Walk"** – Passion Pit

🎵 **"Something Good Can Work"** – Two Door Cinema Club

🎵 **"Daylight"** – Matt and Kim

🎵 **"Disparate Youth"** – Santigold

🎵 **"Hand of God"** – Jon Bellion

🎵 **"Mark My Words"** – Justin Bieber

🎵 **"B.O.R. (Birth of Rap)"** – Lil B

🎵 **"Two Coins"** – City and Colour

🎵 **"Love is Everywhere I Go"** – Sam Phillips

🎵 **"Moth to A Flame"** – Swedish House Mafia, Adriatique, The Weeknd

🎵 **"Happier"** – DOUBLECAMP, D

🎵 **"Fate"** – PINES

🎵 **"golden hour"** – JVKE

🎵 **"Mad as Rabbits"** – Panic at the Disco



A sneak peek Issue #3

# SANCTUARY

New playlists &  
fun stuff!

How to Support  
Your Skin's  
Renewal Cycle

How to Grow Into  
the Best Version  
of Yourself

...and more!

April '25

# GROWTH





# WHAT'S YOUR LUCKY CHARM? 🍀 ✨

Ever wonder what symbol of luck best matches your energy? Take this quick quiz to discover your ultimate lucky charm and how to harness its power! (Answers on the next page!)

## 1. How do you handle challenges?

- A) Tackle them head-on, no fear!
- B) Stay positive & trust things will work out.
- C) Look for deeper meaning and signs from the universe.
- D) Get creative and find a unique way around them.

## 2. If you could manifest one thing instantly, what would it be?

- A) Success & recognition
- B) Love & deep connections
- C) Protection & inner peace
- D) More adventure & exciting opportunities

## 3. What's your ideal way to bring in good luck?

- A) Hard work and determination
- B) Carrying a lucky token or charm
- C) Meditating or setting powerful intentions
- D) Taking a leap of faith and trusting the journey

## 4. Your dream vacation would be...

- A) A historic city where legends were made (Rome, NYC, London)
- B) A cozy countryside retreat full of nature and charm (Ireland, Scotland)
- C) A mystical, spiritual getaway (Greece, Morocco, Bali)
- D) Somewhere totally unexpected and full of surprises (Tokyo, Iceland)

## 5. What kind of energy do you bring into a room?

- A) Strong, confident, and driven
- B) Warm, friendly, and uplifting
- C) Deep, intuitive, and wise
- D) Playful, unpredictable, and fun







WATCH VIDEO



## Quiz Results: Your Lucky Charm Is...

### ☪ Mostly A's – The Horseshoe

You're a go-getter who creates your own luck through determination and hard work. The horseshoe is your symbol of protection and success—hang one upright to keep fortune flowing your way!

### ☘ Mostly B's – The Four-Leaf Clover

You believe in serendipity and spreading good vibes. The four-leaf clover is rare and special, just like you! Keep one close to attract luck and joy in unexpected places.

### 👁 Mostly C's – The Evil Eye

You have deep intuition and a strong sense of energy. The evil eye is your perfect charm, shielding you from negativity and bringing peace and clarity. Wear or display it to stay protected and aligned.

### 🎲 Mostly D's – The Lucky Dice

You thrive on spontaneity and taking risks! The lucky dice represent bold moves, exciting opportunities, and trusting fate. Keep a pair around when you need a little extra courage.



# 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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Enjoy huge savings  
Delivered right to your home  
Never run out unexpectedly

*cheers to*  
**SELF CARE**

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