

NAMWEZI creates unique sacred self-care rituals, guides, and beauty products designed to align you with nature, enriching your journey of self-discovery.

NAMWEZI AUTUMN COLLECTION



EYE SERUM PROTECTION

Superior hydration, regeneration, and protection to tighten and prevent strain pain.



APPLE MOISTURIZER

Creamy moisturizer made with apple seed oil to hydrate and provide a glowing complexion



AUTUMN CLEANSER

Gentle deep pore cleansing to brighten and protect your skin and regenerate your cells.



ENZYME MASK

Gentle exfoliant to regenerate skin cells, smooth your skin, prevent acne, random bumps, and manage cysts or folliculitis.

NAMWEZI

MOON GODDESS

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Moon Goddess of Autumn

NAMWEZI



AUTUMN SPIRITUAL BALANCE

Autumn S'kin Energy is the first earth energy. It's a combination of Peace and Freedom S'kin Energy. It resonates changes and transitions within your unique soul energy field. It correlates with your sacral chakra, the element of air, celestial energy, and tree energy.

You should always feel at ease in welcoming new opportunities to expand or celebrate the growth you've made.

When imbalanced you may have allergies and digestive issues that show in your skin as dermatitis and mild breakouts with thinning hair. Weight gain is common with hot or cold flashes.

Balance this energy with examining your emotions, channeling fears into courage, and embracing transition and change to expand your greatness through soul honor exercises.

**HERE YOU BEGIN YOUR
JOURNEY WITH THE
ADVENTURES OF LIFE
FLOWING FREE.**

Become A
Moon Goddess Rebirth member
for personalized energy!

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Daily Mantra

“We move with ease and security through the changes of life in honor to bring us profound greatness.”

AUTUMN DAILY MOVEMENTS

- Low key, low impact exercise through stretching; pilates or yoga.
- Deep Breathing Meditation
- Journaling

AUTUMN DAILY NUTRITION

- Increase your roots and gourds
- Decrease your meats and grains
- Start and end each day with an HTB (herbal tisane brew)

AUTUMN DAILY HERBAL CARE

Daily herbs rich in autumn energy:

- ginger (body temp & digestion)
- turmeric (body temp & gut)
- chamomile (body temp & calming)
- pumpkin powder (metabolism)
- apple cider vinegar (all of the above)