

POP-UP

Inner Beauty

BAR  SPA

Treatments

DOUBLE-PORTRAIT:

What is beautiful? Experience the Great Heart of beauty as you look on the face of another human being & allow yourself to be seen.

MIRROR, MIRROR:

Following in the steps of Zen nuns, contemplate, “My face is not what makes me beautiful. My brain is not what makes me wise.”

BEAUTY BANNER:

Sew pieces of our collaborative Beauty Banner, declaring the sacredness of the perfectly ordinary & giving old clothes & textiles new life.

FREE, NOT-FREE:

What makes you free? What makes you not-free? When is your basic worthiness & freedom affirmed & when do you forget it? Work with a partner & a hand-mirror.

FIVE DIRECTIONS MEDITATION:

Treat yourself to a full-body inner beauty massage, expanding your sense of who and what you are.

THANK YOU STRING:

Connect with yourself and the people in your life, with gratitude.

SAFETY CLOSET:

The opposite of a panic room. Contemplate what makes you safe, resourced & connected, as you feel held by a small, nurturing solo space.

108 NAMES:

What is beautiful? What is not beautiful? Write your list. Carry it with you & let it evolve.

INNER BEAUTY PEDICURE:

Connect with the heaviness, beauty, strength, and vulnerability of the body, through exchanging the ancient rite of washing & anointing feet.

Products

INNER BEAUTY ELIXIR:

The face cream to end all face creams – or at least to help you look at them with a smile.

STICKERS:

To remind yourself: “My face is not what makes me beautiful. My brain is not what makes me wise.”
Good anywhere: planner, phone, compact, laptop.

FIVE DIRECTIONS MEDITATION:

Five full-color mudra postcards with reflections on skillful states of mind, plus a hand-sewn booklet of meditation instructions.

INNER BEAUTY COMPACT:

Two-level engraved bamboo compact Includes etched mirror (“don’t confuse what you see with what you are”), lotus tablet, and meditation instruction booklet.

GREAT HEART COMPACT:

Single-level engraved bamboo compact Includes etched mirror (“wherever I am, my heart is there”) and a double-compartment for you to insert photographs of those who inspire you & those who challenge you.

LIPSTICK MEZUZAH:

Engraved bamboo lipstick case contains your hand-written prayer-scroll, to remind you of your highest intentions when the path seems rough.

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