



*Empress Nation*  
*Sarah King*

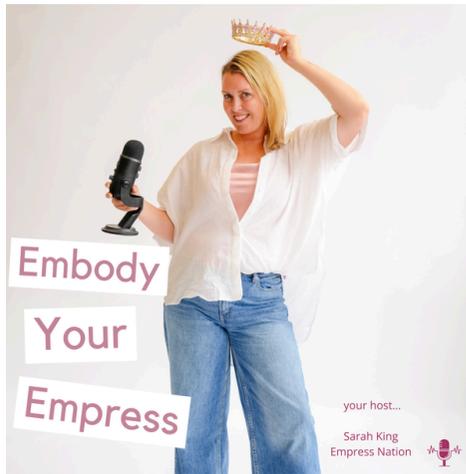
**Your true SELF**

*How do I embody my Empress today?*

*What does my Empress Energy feel like today?*

*What are my words of wisdom to inspire my nation today?*

Scan the QR code for your free Empress power hit



## Energetic Healing Alignment

A powerful energetic reset for women carrying stress, emotional heaviness or burnout. Clears energetic blocks, restores balance, and brings the body back into regulation. Feel lighter, clearer, calmer and reconnected to yourself.



## Crystal Stone Facial

A deeply nourishing facial using warm and cool crystal stones to soothe the nervous system. Releases tension held in the face, jaw and energy field. Leave glowing, grounded, and deeply relaxed... inside and out.



## Embody Your Empress Podcast

Real conversations for high-achieving women ready to come home to themselves. Soul, self-worth, healing, intuition, relationships and embodiment... without the spiritual bypass. This is where clarity lands and power returns.

## Sound Bowls & Breathwork

1:1 and group sessions designed to calm the nervous system and release stored stress. Using sound frequency and conscious breath to move energy, emotions and tension from the body. Deeply grounding, regulating and restorative... where the body finally exhales.



## The Empress Rising Container & Empress Era

High-level containers for women ready to rise into embodied leadership and self-trust. This is where patterns dissolve, identity upgrades, and your Empress frequency stabilises. Not motivation... transformation.

