I AM BEING

Handmade Wellness Products

With Intention

Love, Gizelle xx

Soy Wax Candles

Lavender is a plant I return to again and again. It gently calms the nervous system, supports deeper rest, and helps steady the emotions after a long day. When warmed through the flame, it softly purifies the air and shifts the energy of a space without overwhelming it.

These candles are handmade using clean-burning soy wax, dried flowers, and pure essential lavender oil. Every element has been blessed with palo santo with an intention of wellbeing at the heart.

Colours: Amber Brown, Light Green or Nude Pink
Burn Time: 45 Hours
Price: £20

Watch The Video

Bath Salts

Bath salts are a ritual I come back to when the body feels heavy and the mind won't quite switch off. These mineral-rich crystals soften the nervous system, ease tired muscles, and invite the whole body into deeper rest through warm water and stillness.

These are not your typical bath salts made for one or two uses. The larger crystals are designed to be reused up to ten times. Simply fill the jar with water and leave to sit for up to 12-24 hours, allowing a nourishing brine to form. The longer you leave, the stronger the brine. Pour the mineral-rich liquid into your bath, and repeat by adding fresh water until they are fully dissolved.

Colours: The Bath Salts are pink himilyan with a mixture or colourful flowers
Price: £12

Cacao Cups

These handmade ceramic cacao cups are lovingly crafted from stoneware, each one unique. Built by hand around a tubular form, stamped with the I AM BEING imprint, and carefully smoothed, they are slowly dried for a week to prevent warping or cracking. After a bisque firing at 1000°C, they are glazed in your choice of two intentional colours and fired again at 1200°C, making them durable, food-safe, and dishwasher-friendly. Perfect for cacao ceremonies, rituals, or mindful daily moments, each cup is a gentle reminder to turn inward, return to yourself, and open your heart as you sip.

Interior Colours: Deep Seabed Blue or Speckled Quartz Love

Price: £24

My products are an extension of the work we do together to be well, created with the intention to help you thrive. Bringing joy, peace, and a gentle connection back to who you truly are.

Each lovingly handmade item carries the energy of I AM BEING, symbolised by the cupping of two hands. This represents my strong belief that our energy is connected, and what we do affects one another. These items are a reminder that you are valued, cherished, and deeply loved- and together, we can make that energy truly great.

Love, Gizelle xx