



T H E  
L O O K B O O K

# O U R J O U R N E Y

*Fezā Wellness was born from the vision to make holistic well-being approachable and practical for individuals, families, and workplaces alike.*

*The word Fezā means feather, symbolizing softness, lightness, and freedom. It embodies our belief that true transformation does not need to be forced; it can unfold gently, with intention and care.*

*We integrate mindful practices, emotional support, and curated tools to help people and organizations thrive in balance.*

*Whether through personalized healing sessions, corporate wellness programs, or bespoke gifting collections, our purpose is to bring presence and harmony into everyday life.*

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## O U R F O U N D E R

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*Karishma Nankani, founder of Fezā Wellness, an educator, and an emotional wellness facilitator with over two decades of experience in India, China, and Dubai. Her journey began as an early childhood educator, where she witnessed how children thrive when given tools to manage emotions and cultivate calm. This experience inspired her to expand her work into wellness facilitation, integrating emotional intelligence with holistic modalities such as Reiki, Theta Healing, Access Bars, and Sound Therapy. Through Fezā Wellness, Karishma combines her understanding of human development with her expertise in holistic well-being to create meaningful, results-driven experiences.*



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# O U R P H I L O S O P H Y

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*Well-being is most powerful when it is sustainable. We believe emotional health, clarity, and mindfulness are not luxuries; they are essential foundations for productivity, creativity, and meaningful relationships.*

*Our approach combines evidence-informed holistic practices with compassionate facilitation to support emotional resilience, stress reduction, and authentic connection, at home, at work, and within community spaces.*

Feza





# Blessings Gift Set

A thoughtfully curated set designed to bring cleansing, protection, and positive energy into your home or workspace. Each element supports a gentle ritual of renewal, making it ideal for festive moments or meaningful gifting.

**Contains:** Sage Bundle, Palo Santo Sticks, Abalone Shell, Traditional Dhoop, Purification & Protection Mist

**Best Paired:** Ritual Wands, Energy Crystal Hanger



# Sacred Trio



A mindful cleansing bundle featuring sage, palo santo, and dhoop sticks, your go-to ritual for clarity, purification, and grounding. Helps reset the energy of your home or workspace with ease.

**Contains:** California Sage Bundle, Palo Santo Sticks, Dhoop Sticks

**Best Paired:** Purification & Protection Mist, Energy Crystal Hanger



# Ritual Wands



A set of hand-rolled incense sticks crafted with natural ingredients to create a grounding, soothing atmosphere. Low smoke ensures a cleaner burn, perfect for meditation, daily rituals, or unwinding at home.

**Contains:** 20 organic hand-rolled Incense Sticks

**Best Paired:** Temple Glow Mist, Sacred Trio, Intention Cards



# Energy Crystal Hanger



Crafted with Black Tourmaline and Selenite, this hanger supports grounding, clarity, and emotional balance. Ideal for softening everyday EMFs and bringing a sense of calm to any space.

**Contains:** Black Tourmaline Crystals, Selenite Crystals, Hanging Cord Loop

**Best Paired:** Purification & Protection Mist, Ritual Wands, Blessings Box



# 31 Days Intention Cards

A gentle daily practice that invites you to pause, breathe, and reconnect. Each card offers a simple intention to realign your energy and bring presence into your day.

**Contains:** 31 Intention Cards, Marble Card Holder, Premium Keepsake-box

**Best Paired:** Ritual Wands, Sacred Trio, Petals of Joy Mist



# Tranquility Mist

◆ Infused with lavender and chamomile, this aromatherapy mist creates an instant sense of calm. Helps ease tension, quiet the mind, and prepare you for restful moments after a long day.

**Contains:** 100ml Aromatherapy Mist, Essential oils of Lavender + Chamomile

**Best Paired:** Rose Quartz Eye Mask, Intention Cards, Ritual Wands



# *Petals of Joy Mist*



A delicate rose-infused mist that uplifts your spirit and opens your heart to joy. Its soft floral aroma brings warmth, emotional harmony, and a feeling of gentle positivity.

**Contains:** 100ml Rose Aromatherapy Mist, Pure Rose Essential Oils

**Best Paired:** Rose Quartz Eye Mask, Intention Cards, Ritual Wands



# Rose Quartz

Crystal Bottle



A beautifully crafted glass bottle with a natural rose quartz crystal at its center. Designed to elevate your hydration ritual with love, softness, and intention. Every sip becomes a reminder of gratitude and gentle self-care.

**Contains:** Glass bottle with removable Rose Quartz Crystal Core, Stainless Steel base + lid

**Best Paired:** Petals of Joy Mist, 31 Days Intention Cards



# Rose Quartz Mask



A soothing eye mask made with smooth rose quartz to help you unwind, release tension, and relax. Its naturally cooling touch brings comfort to tired eyes and enhances your self-care ritual.

**Contains:** Full Rose Quartz Stone Eye Mask

**Best Paired:** Tranquility Mist, Temple Glow Mist



# Temple Glow Mist



Inspired by the quiet beauty of temple spaces, this mist creates a sense of calm and sacred stillness. A gentle aromatic blend that supports meditation, mindful rituals, and peaceful moments.

**Contains:** 60ml & 100ml Aromatherapy Mist, Essential Oils (Temple-inspired Blend)

**Best Paired:** Ritual Wands, Intention Cards, Rose Quartz Eye Mask



## Bespoke Gifting



Refined, personalised sets created with care. Every bespoke gift includes thoughtful curation, premium finishes, and quiet luxury, perfect for special occasions, clients, or loved ones.

**Contains:** Fully customised Hamper Components depending on your preference, Premium packaging



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