

Dr. Bella's Botanicals

BREAST RADIANCE COLLECTION

Your Daily Breast Radiance Ritual

The Breast Radiance Collection was thoughtfully created to support healthy lymphatic flow, circulation, tissue vitality, skin nourishment, and a deeper connection with your body.



BREAST RADIANCE SERUM

Daily Breast Ritual

Apply 1–2 pumps every morning to clean breasts.

Massage the serum over the breasts, chest, and underarm lymphatic pathways for 3–5 minutes using slow, intentional strokes directed upward toward the collarbone and outward toward the underarms.

As you massage:

- Breathe deeply
- Relax your shoulders
- Bring loving awareness to your breasts
- Offer gratitude and compassion to your body
- Listen to the Breast Radiance Meditation to deepen your practice

Use every morning.

BREAST RADIANCE TONIC

Daily Herbal Lymphatic Support

Take 90 drops daily.

One full dropper equals approximately 30 drops.

Choose the schedule that best fits your routine:

OPTION ONE

30 drops in the morning
30 drops in the afternoon
30 drops in the evening

OR

OPTION TWO

Take all 90 drops,
or 3 full droppers,
together in the morning.

The tonic may be taken directly by mouth or added to a small amount of water.

*Use every day,
except during menstrual rest.*

BREAST RADIANCE BALM

Targeted Botanical Breast Support

The Breast Radiance Balm is intended for focused spot treatment rather than daily use.

Massage a generous amount directly over the area needing additional support until absorbed.

Use:

- Once weekly as part of your breast wellness ritual
- As needed for localized tenderness, fullness, congestion, or fibrocystic breast changes
- As directed during the Intensive Breast Support Protocol

For enhanced support, apply the balm beneath a warm castor oil pack for 20–45 minutes while resting.

Pause during menstruation.

BREAST HEALTH IS NOT ISOLATED.

It reflects the flow of the entire system.

LYMPHATIC MOVEMENT • TISSUE NOURISHMENT • OVERALL BREAST VITALITY

A simple botanical ritual to reconnect with your body.

BREAST RADIANCE

COLLECTION

INTENSIVE BREAST SUPPORT PROTOCOL

For persistent tenderness, congestion, areas of thickening, or known fibrocystic breast changes that have already been evaluated by your healthcare provider.

Apply the Breast Radiance Balm directly over the area of concern.



Simple Schedule

Week 1	5 days on, 2 days off
Week 2	5 days on, 2 days off
Week 3	5 days on, 2 days off
Week 4	Rest

Do not continue the protocol during menstrual bleeding. Pause all Breast Radiance products and resume after bleeding has ended.

YOUR DAILY BREAST RADIANCE RITUAL



TAKE YOUR BREAST RADIANCE TONIC
Take 90 drops daily, using the schedule that works best for you.



APPLY BREAST RADIANCE SERUM
Apply 1–2 pumps every morning.



MASSAGE YOUR BREASTS
Massage for 3–5 minutes using slow, intentional upward strokes.



LISTEN TO THE BREAST RADIANCE MEDITATION
Use this time to connect with your body.



BREATHE DEEPLY
Relax your shoulders and soften your heart.



OFFER YOUR BREASTS GRATITUDE, COMPASSION, AND LOVE
Nurture a loving relationship with your body.

Daily consistency supports healthy lymphatic flow, circulation, tissue vitality, and deeper body awareness.

MENSTRUAL REST

Pause the Breast Radiance Serum, Tonic, Balm, castor oil packs, and other breast self-care practices during menstruation.

Allow this time to be devoted to rest, warmth, nourishment, and inward reflection.

Resume your Breast Radiance Ritual after menstrual bleeding has ended.

CASTOR OIL PACK DIRECTIONS

- 1 Apply a generous layer of Breast Radiance Balm directly over the area needing support.
- 2 Place clean cotton or wool flannel over the area.
- 3 Apply gentle warmth for 20–45 minutes while resting.
- 4 Remove the pack and wipe away any excess balm as needed.
- 5 Use the castor oil pack according to the weekly balm directions or the Intensive Breast Support Protocol.

- Do not use during menstruation.
- Do not apply over broken, irritated, or infected skin.

IMPORTANT BREAST AWARENESS

Become familiar with the normal appearance and texture of your breasts. Contact your healthcare provider promptly if you notice:

- A new or persistent lump
- Increasing or unexplained pain
- Redness, warmth, or swelling
- Skin dimpling or other skin changes
- Nipple changes
- Unusual nipple discharge
- A persistent area of thickening
- Any other new or concerning change

The Breast Radiance Collection is intended to support breast wellness, healthy lymphatic function, circulation, and skin nourishment. It is not intended to diagnose, treat, cure, or prevent disease and does not replace medical evaluation, imaging, diagnosis, or treatment.

BREAST HEALTH IS NOT ISOLATED.

It reflects the flow of the entire system.



LYMPHATIC
MOVEMENT



TISSUE
NOURISHMENT



OVERALL
BREAST VITALITY



HEALTHY
MOVEMENT



HEALTHY
NOURISHMENT

A simple botanical ritual to reconnect with your body.

LISTEN TO THE BREAST RADIANCE MEDITATION

Scan the QR code to access the meditation and deepen your daily ritual.



AVAILABLE AT AGAPE HEALING ARTS

Dr. Bella's Botanicals • Agape Healing Arts
Tequesta, Florida