

RISE AND SHINE: Power Up Candle Making Workshop Coming to Hilton Head

Unlock Your Potential Through Creativity: A Transformative Candle Making Experience with Dr. Jackie Cawley



SEA LOVE® 
A CANDLE BAR AND BOUTIQUE

RISE & SHINE

Power Up Candle Making Workshop

Join **Dr. Jackie Cawley**, holistic wellness expert and author of *Power Up* for a hands-on workshop invites you to craft your own candle while embracing the powerful lessons of self-reflection and empowerment.

SEA LOVE HILTON HEAD
April 1st
12:00 PM - 2:00 PM & 6:00 PM - 8:00 PM
Space is Limited!

[Sign Up Today!](#)

Hilton Head Island, South Carolina Mar 21, 2025 ([IssueWire.com](https://www.issuewire.com)) - Be part of an exclusive experience at the **Rise and Shine: Power Up Candle Making Workshop**, a unique and immersive event designed to ignite transformation through the power of creativity and self-reflection.

Hosted at the elegant **Sea Love | A Candle Bar and Boutique in Hilton Head**, this *exceptional workshop* will be hosted by **Dr. Jackie Cawley**, renowned holistic wellness expert and author of *Power Up*.

Event Details:

Sea Love | A Candle Bar and Boutique | 71 Lighthouse Rd, Suite 612, Hilton Head Island, SC
April 1, 2025, | 12:00 PM - 2:00 PM & 6:00 PM - 8:00 PM

An Experience Like No Other

The **Rise and Shine: Power Up Candle Making Workshop** offers a unique opportunity to self-reflect while crafting a beautiful candle. Dr. Cawley will guide participants through key lessons inspired by her transformational *Power Up* framework, using each step of candle-making as a metaphor for personal growth:

- **Choosing Your Vessel** – Embracing self-worth and uniqueness.

- **Selecting Your Fragrance** – Creating a vision for growth and transformation.
- **Candle Creation** – Understanding the power of effort, reflection, and persistence.
- **Curing Process** – Learning patience, mindfulness, and resilience.

“Our journey through life mirrors the process of making a candle—it requires patience, intention, and a willingness to grow,” said **Dr. Jackie Cawley**. “Through this workshop, participants will not only create something tangible but also walk away with renewed energy and inspiration for their journey.”

Event Highlights:

Create Your Custom Candle – Choose from over 100 fragrances and unique vessels.

Book Signing and meet-and-greet with Dr. Cawley: Get a signed copy of *Power Up* and learn about its transformational framework.

Interactive Personal Development Experience – Discover how candle-making principles align with your growth and mindset, and actively participate in your own transformation.

Community & Connection: Join like-minded individuals on a journey toward empowerment. This is an opportunity to share experiences, learn from others, and build a supportive network for personal growth.

Reserve Your Spot Today!

Limited seats are available for each session. **Pre-registration is highly encouraged**, though walk-ins will be accepted based on availability. **Reserve your seat now.**

Hilton Head Registration: <https://booking.appointy.com/en-US/hiltonhead/bookings/calendar?sr=1210939> (Select April 1st date and select your preferred time)

About Dr. Jackie Cawley & The Delean Institute for Growth & Wellness

Dr. Jackie Cawley is an osteopathic family physician, holistic wellness coach, and the author of *Power Up*. With over 30 years of experience in leadership, mentorship, and personal development, Dr. Cawley empowers individuals to unlock their full potential through intentionality and transformation.

The **Delean Institute for Growth & Wellness** is dedicated to helping individuals achieve their highest potential through workshops, coaching, and community programs designed to foster mindfulness, self-improvement, and sustainable success.

About Sea Love Candle Bar and Boutique

Sea Love | A Candle Bar and Boutique is an artisan candle bar and boutique located in Hilton Head. It offers a **luxury, hands-on experience** where customers create personalized candles while embracing the calming art of scent. Sea Love provides a welcoming space for creativity, relaxation, and connection.

Contact Information:

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Sea Love Hilton Head

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Join us for an unforgettable experience that blends creativity, mindfulness, and self-discovery. **Let's create, reflect, and shine together!**

Media Contact

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