



INTIMATELY U

Begin

here



*A gentle introduction to intentional living,
meaningful rituals, and the Intimately U approach.*

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FOUNDER · INTIMATELY U

Welcome

If you've found your way here, I want you to know
something before we begin.

You don't need to have everything figured out.

You don't need to become someone new.

And you don't need permission to begin caring for yourself.

Intimately U was built from lived experience — not theory.

It was created because I needed a place where healing didn't
feel overwhelming, where growth wasn't measured by perfection,
and where small, intentional moments mattered.

This guide is simply an invitation.

An invitation to slow down.

To reconnect.

To return to yourself.

I'm so glad you're here.

— Kyla

What is *Intimately U ?*



Intimately U is more than candles.

More than body care.

More than community.

It's a philosophy.

One rooted in the belief that meaningful change
begins with intentional moments.

Whether that's lighting a candle after a difficult day...
Applying body butter with presence instead of rushing...
Sitting quietly with a journal...
Or choosing rest instead of constantly pushing forward...

These moments matter.

They become rituals.

*And rituals become the foundation
for a more grounded life.*



We believe...



Self-care is a practice — not a reward.



Small moments create lasting change.



You deserve spaces where you feel safe, seen, and supported.



Progress doesn't require perfection.



Caring for yourself allows you to care for others
from a fuller place.

SAFE · SEEN · SUPPORTED



What does it mean to

return to yourself ?



Life has a way of pulling us away from ourselves.

Responsibilities.

Work.

Relationships.

Expectations.

Somewhere along the way, we begin responding to life
instead of intentionally living it.

Returning to yourself isn't about becoming someone different.

**It's about remembering who you've always been
underneath the noise.**



The Power of *Ritual*

A ritual doesn't have to be elaborate.

It can be...



Lighting your candle before reading.



Applying body butter after your shower.



Making tea before bed.



Taking three deep breaths before opening your laptop.



Writing one sentence in your journal.

Small moments practiced consistently
create meaningful change.

Reflection

Pause for a moment. Ask yourself...

When do I feel most like myself?

What drains me?

What restores me?

When was the last time I intentionally slowed down?

WRITE YOUR THOUGHTS BELOW

YOUR PRACTICE

Creating Your Own *Ritual*

Choose one daily practice.

MORNING

AFTERNOON

EVENING

Keep it simple.

Consistency matters more than complexity.

MY RITUAL

Your *Intention*



Complete this sentence.

Today I choose

Because



REMEMBER THIS



Growth isn't measured by
how productive you are.

*It's measured by how connected you remain
to yourself while moving through life.*



*Give yourself permission
to slow down.*

CRAFTED WITH INTENTION

Meet the *Intimately U Collection*

Every product was created with intention.

CANDLES

To create space.

BODY BUTTERS

To nourish your body.

DIGITAL RESOURCES

To support reflection.

COMMUNITY EXPERIENCES

To remind you that you don't have to do life alone.

YOUR NEXT STEP

Continue Your *Journey*

Wherever you are today, there is a next step waiting for you.

Return To You

A guided digital workbook designed to help you reconnect with yourself through intentional reflection and meaningful practices.



Grounded Table

A welcoming community for women seeking connection, conversation, and consistent personal growth through weekly Zoom gatherings.



She Rebuilt

Our signature eight-week experience designed to help women rebuild from the inside out through guided learning, reflection, and community.



Handcrafted Products

Intentional candles and nourishing body care designed to support your everyday rituals.



WALKING ALONGSIDE YOU

Stay Connected

We'd love to continue walking alongside you.

WEBSITE

www.intimatelyu.ca

INSTAGRAM

[@intimat3lyu](https://www.instagram.com/intimat3lyu)

Join our email community for thoughtful reflections,
new releases, and exclusive updates.





Thank you

FOR BEGINNING HERE

I hope this guide reminds you that meaningful change
doesn't happen all at once.

It happens one intentional choice...

One quiet moment...

One gentle return to yourself at a time.

With gratitude,

Kyla Derry

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"Safe. Seen. Supported."