

Sharing Our Stories, Speaking Our Truth

poetry and prose at Café Crêperie

Guest Author Bio Sheet

Kelly Mayville



Kelly Mayville is the founder of Uniquely Pure, an aromatherapy and herbal body care line based in Belwood, Ontario, rooted in intentional living and everyday wellness. For over 15 years, she has supported women through holistic therapies, creating spaces where healing, reflection, and reconnection can unfold.

She is the author of *Empower HER: A 30-Day Transformational Journal*, a guided journey of ritual, reflection, and self-return. Through poetry, mantra, and intentional practice, Kelly invites women to come home to themselves—gently, honestly, and without expectation.

Her work blends the practical with the deeply personal, offering simple, effective rituals that support women through the rhythms of everyday life.

About the Book

Empower HER is a 30-day transformational journal rooted in ritual, reflection, and deep self-connection. Each day offers a guided invitation—through writing, presence, and embodied awareness—to return home to yourself.

This book is for the woman ready to remember her wholeness and yes—it is also for me. This is not a book to rush. It is a ritual to return to yourself.



Guest Author at Café Crêperie on Thursday, May 28, 2026