

SO, WHAT'S THE POINT OF USING THESE PARTICULAR OILS AT THESE SPECIFIC TIMES THROUGHOUT THE DAY?

EACH OIL HAS A SPECIFIC PROFILE AND CAN BE USED TO SUPPORT OUR SYSTEMS, EMOTIONS, AND ENERGY LEVELS DIFFERENTLY. LET'S TAKE A QUICK AND SIMPLE LOOK AT WHY EACH WAS CHOSEN BASED ON THEIR PROFILES, KEEPING IN MIND THAT THERE IS MORE THAN JUST ONE BENEFIT IN EACH OIL OR BLEND OF OILS.

•GOOD MORNING•

Why these oils?

Lemon: promotes clarity & is invigorating
Peppermint: is purifying & stimulating
RC: helps open up our respiratory system
Thieves: supports healthy immune functioning
Lavender: is comforting & calming

•HOME AGAIN•

Why these oils?

Stress Away: promotes relaxation
Lavender: balancing physically & emotionally
Peppermint: can help with attention, focus, & performance
Copaiba: loosens tense muscles, supports good concentration

•GET TO WORK•

Why these oils?

Lemon: promotes clarity & is invigorating; is warming
Peppermint: can help with attention, focus, & performance
Thieves: supports healthy immune functioning
Stress Away: helps relieve daily stress & nervous tension
Copaiba: lightens spirits & improves mood; can lessen anxiety
Frankincense: uplifting, stimulates healthy immune system
Purification: neutralizes odors





•GOOD MORNING•

Rise n Shine

- 3 lemon
- 2 peppermint

Breathe Easy

- 4 RC
- 4 lemon
- 4 thieves

Seasonal Support

- 3 lemon
- 3 lavender
- 3 peppermint

•BONUS•

Zen

- 3 frankincense
- 3 lavender

•HOME AGAIN•

Unwind

- 4 stress away
- 2 lavender

Homework Helper

- 4 peppermint
- 2 stress away

Go to Sleep

- 4 lavender
- 2 stress away
- 2 copaiba

•GET TO WORK•

Happy Days

- 3 stress away
- 4 peppermint
- 2 copaiba

Immune Booster

- 4 thieves
- 2 frankincense

Clean House

- 3 purification
- 2 lemon

