



MORNING ROUTINE

JUST UPON WAKING UP

- One drop of **Peppermint** inhaled from palms
- Two drops each of **Peppermint** and **Wild Orange** in your diffuser
- One drop of **Lemon** oil in a glass of water (*no ice and must be a glass container*)

SHOWER

- One drop of **Melaleuca** added to your shampoo
- Two drops of **Frankincense** in your body and/face lotion

VEGGIE CAPSULE CONCOCTION

- Two drops of each in veggie capsule: **Lemon**, **Frankincense**, and **On Guard**

AS YOU ARE DRESSING

- One drop on **On Guard** applied to your solar plexus
- One drop of **Lavender** applied to your throat
- Two drops of **Balance** applied to your feet





M I D D A Y

R O U T I N E

SYSTEMIC BOOSTS

- Use **On Guard** preventatively at least once mid-day by inhaling from palms. And use anytime you are around germs.
- Once arriving at Mid Day destination inhale one drop of **Breathe** from Palms and topically onto chest.

WORKING OUT

- Pre and Post work out apply **Deep Blue** to any tight areas.
- Apply topically one drop of **Breathe** or **Peppermint** prior to activity
- Use 2 drops of **Maleluca** on feet and yoga mats if you exercised barefoot

EATING YOUR LUNCH OR SNACKING

- One to two drops of **DigestZen**: Either in a glass of water, in a veggie capsule or applied directly to your abdomen (be warned you will smell very herbaceous)

LATER IN THE DAY

- One drop of **Peppermint** inhaled anytime you are tired or need *focus*
- One drop of each: **Lavender** and **Balance** applied to back of neck when *stressed*





EVENING

ROUTINE

ARRIVING HOME

- Use a drop of **Deep Blue** on shoulders and low back (feet if sore)
- Add three drops each of **Breathe** and **Lavender** in diffuser

TROUBLE SLEEPING

- Add two drops of **Frankincense** and **Lavender** to an empty veggie capsule and take right before getting into bed

DINNER

- One to two drops of **DigestZen**: Either in a glass of water, in a veggie capsule or applied directly to your abdomen (be warned you will smell very herbaceous)

FAVORITE SLEEP DIFFUSER COMBOS

- Serenity + Balance
- Lavender + Breathe
- Frankincense + Wild Orange

