



Essential Oils 101

Ditch & Switch Ideas:

- ☐ Bathroom: _____
- ☐ Kitchen: _____
- ☐ Laundry Room: _____
- ☐ Wellness Cabinet: _____
- ☐ Other: _____

What's the difference between the oils with white labels and the oils with solid-color labels?



Take Some Notes...

Lavender

Frankincense

PanAway

Raven

Valor

Peace & Calming

Take Some Notes...

Stress Away

Lemon Vitality

Peppermint Vitality

DiGize Vitality

Thieves EO

Citrus Fresh Vitality

Thieves Household Cleaner

Thieves Hand Sanitizer

NingXia Red





My Daily Routine: Essentials 101

Product Suggestions

OILS:

- Lavender
- Lemon
- Peppermint
- Raven
- Valor
- Peace & Calming
- Stress Away
- DiGize
- Thieves
- Citrus Fresh
- Frankincense
- PanAway
- Myrtle

HOUSEHOLD DITCH & SWITCH:

- Thieves Household Cleaner ☐
- Thieves Laundry Soap ☐
- Thieves Foaming Hand Soap ☐

PERSONAL CARE:

- Thieves Hand Sanitizer ☐

NOURISH YOUR BODY

- NingXia Red
- NingXia Nitro

[YOUR NAME]'s "Healthy Living Routine"

morning

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afternoon

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evening

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-
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30-Day Tracker

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My Daily Routine: Essentials 101

Product Suggestions

OILS:

- Lavender
- Lemon
- Peppermint
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- Valor
- Peace & Calming
- Stress Away
- DiGize
- Thieves
- Citrus Fresh
- Frankincense
- PanAway
- Myrtle

HOUSEHOLD DITCH & SWITCH:

- Thieves Household Cleaner ☒
- Thieves Laundry Soap ☒
- Thieves Foaming Hand Soap ☒

PERSONAL CARE:

- Thieves Hand Sanitizer ☒

NOURISH YOUR BODY

- NingXia Red
- NingXia Nitro

Paula's "Healthy Living Routine"

morning

- Diffuse 1 drop StressAway & 7 drops Citrus Fresh
- Lavender, Peppermint, Lemon, Myrtle - Toes
- Frankincense - breathe in aroma from hands
- Raven - apply to neck and chest
- Lemon - 1 drop in a cup of water
- Valor - apply to back of neck or as cologne
- DiGize - 1-3 drops in a vegetable capsule
- 2 oz of NingXia Red

afternoon

- 2 oz NingXia Red & 1 NingXia Nitro

evening

- PanAway - apply to back of neck and shoulders
- Thieves - apply to soles of feet at bedtime
- Diffuse 5 drops Lavender & 3 drops P&C
- P&C - apply to soles of feet as needed for sleep

30-Day Tracker

