

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 So Lavender	ome Notes Frankincense
PanAway	Raven
Valor	Peace & Calming

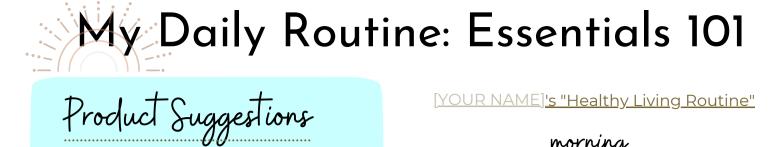
Take Some Notes...

Stress Away	Lemon Vitality
Peppermint Vitality	DiGize Vitality
Thieves EO	Citrus Fresh Vitality
Thieves Household Cleaner	Thieves Hand Sanitizer



NingXia Red





OILS:

- Lavender
- Lemon
- Peppermint
- Raven
- 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"

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afternoon													
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evening													
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30-Day Tracker



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



PERSONAL CARE:





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

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- 2 oz NingXia Red & 1 NingXia Nitro
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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