

# STRESS, SLEEP & SADNESS



## The Morning Sets the Mood

### Great Day Protocol

Use these four oils early in the morning to have a great day.

#### Step 1: Valor

Promotes courage and self-esteem and helps to balance the body's energies. Place one drop in your hand, rub together, cup over nose, and breathe deeply.

#### Step 2: Harmony

Helps to create a positive attitude, reduce stress, and repel feelings of discord and chaos. Apply this oil over your solar plexus, the area just below your sternum and above your belly button.

#### Step 3: Joy

Inspires a calming and uplifting aroma that is used to bring joy to the heart and mind. Place a couple of drops in your hand, inhale through your nose, then rub over your chest (heart).

#### Step 4: White Angelica

Creates deeper feelings of security and protection by offsetting the negative energies. Place a drop in your hands, rub your palms together, breathe in deep, then rub your hands over the crown of your head, down your neck, shoulders, and midsection, all the way to your toes.



## Oils for your Mid-Afternoon Slump

**Stress Away** - Feel calmer, more relaxed, and ready to tackle your day with ease.

**Peace & Calming** - Work through and lessen feelings of occasional stress and overwhelm.

**Bergamot** - Elevate your mood. This is found in other amazing blends like Acceptance, Believe, Gratitude, and Harmony.

**Vetiver** - Ground and calm yourself to overcome stress from past emotional trauma.

**Lavender** - Improve concentration with this relaxing and balancing oil.



## Tips for Your Evening Down Time

- Turn off your phone.
- Add a drop of Lemon Vitality to a cup of hot tea.
- Mix 10 drops Lavender with 1 cup Epsom salts for a relaxing bath.
- Get your diffuser going with some of the calming oils.
- Stretch to help ease the tension in your tired muscles.



## Hey Mr. Sandman



Five products for a restful night's sleep

1.

SleepEssence

Gives you a restful night's sleep.

2.

Rutavala

Promotes feelings of calm and relaxation.

3.

Tranquil

Calms and relaxes with a blend of Lavender, Cedarwood, and Roman Chamomile.

4.

Roman Chamomile

Minimizes fears; stabilizes and releases negative emotions.

5.

Dream Catcher

Protects against negative thinking. Use to inspire creativity as you chase your dreams.