



Top 10 Tips when you are sick!



1

THIEVES EO

Pop a roller on your Thieves Essential Oil bottle and roll on the bottoms of the feet. This is a daily habit to ward off the yuck and keep your body strong! When you are not feeling well, make sure to apply it several times a day!

2

THIEVES SPRAY

This is a spicy one but oh baby does it ever work! One drop right under the tongue and let it absorb in for 15-20 seconds before swallowing. It instantly helps a sore throat and stops a cough! Again, this can be a daily habit to avoid the nasty but crank it up if you're already feeling the nasty if you need an easy sore throat spray, grab the Thieves Spray.

3

DIFFUSE DIFFUSE DISFFUSE

Our favs to diffuse are RC, Thieves or LLP (Lemon Lavender Peppermint). These combos neutralize bacteria in the air that builds up and causes weaknesses in our respiratory and immune systems. It helps open airways, reduce congestion, and promote a calming environment which is key for the body to heal! If you do not have a diffuser in every room, this is your sign to grab one now.

4

NINGXIA RED

Ningxia Red is a whole food super antioxidant drink that is so good for your body. We drink it daily to fill in the nutritional gaps. Again, it is key to increase your intake when our bodies need more support! Bonus: add some oils to your shot! I like Thieves, Oregano, Orange, Thyme, Cinnamon, and Frankincense when I need to feel better quickly!

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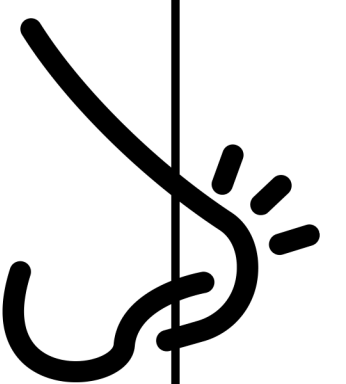
VITAMIN C

Super C supplement is a powerhouse for your immune system. Did you know your requirements for Vitamin C increase when you're unwell?? Yup!! And your body can naturally absorb up to 10X the amount when it needs to!! Pop a Super C every hour until you're well again, and then dial back to your maintenance dose.

6

SCENT TENT

Ooo baby do these drain the sniffer. Grab your fav respiratory oil (RC, Eucalyptus, Thieves, Peppermint, Raven, to name a few). Place a drop or two in your hands, rub them together, cup over your nose and mouth, and inhale as long and as deep as you can. Repeat this several times, switching oils as needed. Keep going and going until your sinuses release and drain



7

TOPICALLY

I'm always rubbing oils on my skin! Within seconds, oils applied topically reach the bloodstream and will be transported to every cell in the body! Some of my favourite places to apply oils when I'm feeling yucky are direct across my forehead, cheeks, and nose (aka the sinus cavities), down my throat and chest, spine, and feet! Germs hiiiiiide everywhere in the body and oils scavenge them out

8

DETOX BATHS

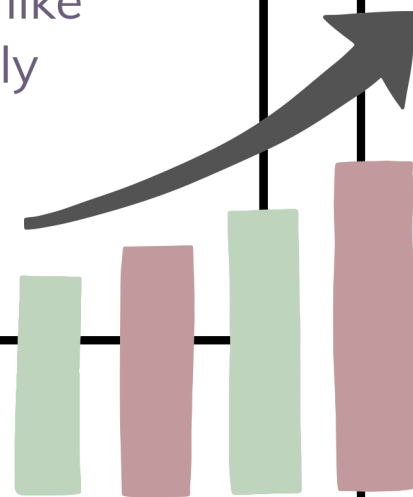
If you've been around, you know about these! USE EM! Whenever a kid of mine snuffles, they get tossed in honestly, it's such a great way to purge the body, induce relaxation, and get the healing property of oils into the body fast! If you need the recipe, hit up our blog.

www.spoilyourselfcanada.com/blog

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MAKE A CAPSULE

This route is definitely for a more intense approach, but nonetheless, I'll put it here. You can purchase empty vegetable capsules at the health food store or on Amazon and fill them up with your favourite immune-supportive oils! I like Oregano and Thieves! Take several times daily for a natural action.



10

EMOTIONAL CHECK

Did you know that a moment of shock creates the perfect time for invaders to hijack your body? A slip, a fall, feeling scared or unsafe, loss, grief, etc. All of these can end up making us sick in just a few days. Lean extra on your favourite emotional support oils. Oils that ground you, release sadness, improve your mood, and help lift the weight off your chest. Oils are amazing at releasing trauma held in our cells. My favs are Black Spruce, Orange, Release, Joy, Valor, and Stress Away! Diffuse, scent tents, and apply topically. You can even do an emotional detox bath! Next time you wonder why the heck your kiddos are getting sick or not getting better, do some thinking about their current stress level. Littles have BIIIIG feelings

I GOT YOU!

Remember to head to our Sp'Oil Yourself Product Education Facebook page or our website www.spoilyourselfcanada.com next time you're in need of some oily support. You'll find yourself feeling better faster and your body will be stronger the next time because you are supporting your body to heal naturally.



IMMUNE SUPPORT BUNDLE

Super C
Thieves Essential Oil
Oregano Essential Oil
Thieves Spray