



Energy, Mood, & Focus



The Morning Sets the Mood



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Habits for a Great Day

HABIT 1- HYDRATION

75% of us are chronically dehydrated despite thinking you are drinking enough water. The body must absorb minerals first in order to absorb water. Water follows minerals (salt). If you don't have adequate mineral balance in your water, your body will use up its stores of minerals to get the job done.

HABIT 2- GET IN THE SUN

Did you know that the first hour in the morning can make and break whether you sleep soundly at the end of the day? Light suppresses melatonin and can increase cortisol. exposing your body to sunlight will increase its production of serotonin. Serotonin is also a precursor to melatonin. And sunlight is the only natural way that we make vitamin D and vitamin D deficiency has been linked to poor energy and stamina. Nature is fuel for our soul, so instead of reaching for another cup of coffee, get outside!

HABIT 3- APPLY YOUR OILS

Get in the habit of applying your oils every day. Try to be consistent for 30 days and see how you feel.

- Endoflex twice or more daily. You can apply it over your thyroid (neck), forearms, neck of the big toe, and adrenals (on the back above the kidneys).
- Progessence Phyto Plus - on the sides of the neck and forearms. Also, drop 10-20 drops down the spine before bed every 1-2 times a month.
- En-R-Gee - apply to the bottoms of feet each morning, diffuse during your commute, and reapply to feet, wrists, or neck during sluggish periods of the day.

HABIT 4- SUPPLEMENTATION

Just like applying your oils, getting into a routine of using your supplements to support wellness will make a big difference in your overall energy levels, mood, focus, and sleep.

- Super B - is AMAZING for energy and mood support. Take one in the morning. Take a second one in the early afternoon if needed.
- Ningxia - drink 1-2 ounces in the morning. Take another ounce for that mid-afternoon slump.
- Super D - take 2-4 daily for improved energy & stamina.

Diffuser Blends for Energy & Focus

FRESH ENERGY

- Lime
- Purification
- Spearmint
- Lemongrass

HARD AT WORK

- Rosemary
- Citrus Fresh
- Cypress

MORNING LATTE

- Clove
- Cassia
- Ginger

UPLIFT ME

- Bergamot
- Lemongrass
- Orange

IN FULL BLOOM

- Eucalyptus
- Bergamot
- Frankincense
- Patchouli

SWEET SUNSHINE

- Lemongrass
- Orange
- Peppermint

MEMORY BOOST

- Rosemary
- Basil
- Peppermint

ENERGY

- En-R-Gee

Going on a brisk walk every day is a good start to increasing your level of physical activity while increasing your energy.



Top 5 Products to Support Energy

1

Vitalyte Drops

A great way to get your water in every day.

2

Ningxia

Liquid energy that also supports better sleep!

3

Super B

There are 8 different forms of B vitamins in Super B

4

En-R-Gee

a blend of oils that have been used traditionally to restore mental alertness.

5

EndoFlex

Boost your energy and stamina with Super Vitamin C



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Sleep

Hey Mr. Sandman



Tips for Winding Down

DEVELOP A ROUTINE

So much of getting a good night's rest is in establishing a routine, even for adults! Try to walk through the same steps each evening. This helps you create a habit and also creates cues for your brain that it's time to rest.

Here are some tips that have helped us all get a full night's rest in our home:

- Keep the lights low and warm after dinner time. Think more ambient lighting and candles and avoid overhead lights if possible.
- Run your diffuser with calming oils or blends to help your mind calm.
- With your diffuser running, take a warm bath or shower. You can also add Epsom salts + sleepy oils here! Then use Relaxation Massage Oil or Lavender Hand & Body Lotion all over. You can also add a drop or two of your favorite oil to the massage oil or lotion for an extra boost!
- Apply oils directly on the chest, wrists, neck, and bottom of the feet just before bedtime.
- Run a ceiling fan, box fan, or sound machine to help drown out any noise if desired.
- Keep your rooms cool (but not overly cold). Your body sleeps better when it has a cooler temperature.
- Make your bed a comfy, cozy space. Think of soft textures that are inviting and feel good against your skin.
- Spray Seedlings Linen Spray or DIY Sleep Spray with your favorite sleep oils! Gently spray pillows, sheets, and blankets.

Diffuser Blends for Sleep

RELAXATION

- 3 Lavender
- 3 Tangerine
- 3 Northern Lights
- 3 Black Spruce

IN FULL REM

- 3 Cedarwood
- 3 Lavender
- 3 Northern Lights
- 3 Black Spruce

RELEASE ME

- 3 Lavender
- 3 Release
- 3 Northern Lights
- 3 Black Spruce



Roller Blends for Sleep

SNORE BLEND

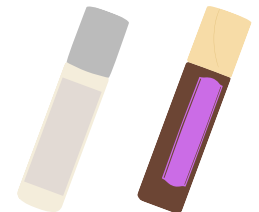
- 35 Thyme
- 30 Lavender
- 15 Valor
- 10 Peppermint

SWEET DREAM

- 15-20 Cedarwood
- 15-20 Lavender
- 15-20 Valor

SWEET SLEEP

- 15-20 Cedarwood
- 15-20 Lavender
- 10-15 Orange



TIP: If you get up multiple times a night to empty your bladder, try applying a few drops of cypress over your lower abdomen and lower back.

Top 5 Products to Sleep

1

SleepEssence

Four powerful essential oils that have unique sleep-enhancing properties in a soft gel.

2

Immupro

A blend of mushrooms and melatonin that encourages restful sleep and immune system support.

3

Alkalime

blend of biochemical mineral salts, lemon powder, and essential oils that works to soothe upset stomach

4

Tranquil

Roll-On with Cedarwood, Lavender, and Roman Chamomile that create a calming peaceful experience.

5

Peace & Calming

creates a relaxing environment that's especially great for homes with children.