CALM & REST PLAN

MORNING ROUTINE

Put 1 drop of Endoflex Vitality over adrenals & 1 drop over thyroid.

Put one drop of Bergamot over your heart & back of neck.

Put 3 drops of Citrus Fresh in your diffuser for uplifted mood.

AFTERNOON ROUTINE

Put one drop of Bergamot over your heart & back of neck.

EVENING ROUTINE

Put one drop of Bergamot over your heart & back of neck.

Put 2 drops of Peace & Calming II on the bottom of your feet before bed.

Roll Tranquil behind your ears and back of neck before bed.