CALM & REST PLAN

MORNING ROUTINE

Put a drop of Valor in your hands & breath in & rub on inside of wrists.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Put one drop of Lavender over your heart & back of neck.	000	0	0	0	0	000	0	0	000	0	000	0	0	0	0
AFTERNOON ROUTINE															
Put 3 drops of Stress Away in diffuser for a calming atmosphere.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Put one drop of Lavender over your heart & back of neck.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
EVENING ROUTINE															
Put one drop of Lavender over your heart & back of neck.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Put 2 drops of Peace & Calming on the bottom of your feet before bed.	0	0	0	0	0					0		0	0	0	0