

Essential Oils 101

Ditch & Switch Ideas:

- Bathroom: _____
- Kitchen: _____
- Laundry Room: _____
- Wellness Cabinet: _____
- Other: _____

What's the difference between the oils with white labels and the oils with solid-color labels?



Take Some Notes...

Lavender

Frankincense

PainAway

Raven

Valor

Peace & Calming

Take Some Notes...

Stress Away

Lemon Vitality

Peppermint Vitality

Dilgize Vitality

Thieves Vitality

Citrus Fresh Vitality

Thieves Spray

Thieves Hand Sanitizer

NingXia Red

