



My Daily Routine

Product Suggestions

OILS:

- Lime Vitality
- DIGize Vitality
- Envision
- Believe
- Valor
- R.C.
- Peppermint
- Stress Away
- Joy
- Orange
- Clarity
- Lemon
- Thieves
- Rutavala
- Citrus Fresh
- En-R-Gee

SUPPLEMENTS:

- ICP Daily
- AminoWise
- Balance Complete
- Super B
- MultiGreens
- Sulfurzyme
- Life 9
- OmegaGize³
- NingXia Red
- NingXia Nitro
- NingXia Zyng
- Allerzyme
- SleepEssence
- Thyromin

PERSONAL CARE:

- Lavender Mint Shampoo & Conditioner
- Morning Start Bar Soap
- Lavender Hand & Body Lotion
- Mirah Hair Oil
- Cool Azul Sports Gel
- Thieves Whitening Toothpaste
- Thieves Mouthwash
- Mirah Cleansing Oil
- BLOOM Brightening Cleanser
- ART Toner
- ART Light Moisturizer
- Wolfberry Eye Cream

Add 1-5 products to each time of day.

morning

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afternoon

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evening

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30-Day Tracker

