



12 popular oils & 60 WAYS TO USE THEM

Lavender

1. Rub 1-2 drops on feet at bedtime
2. Add to your favorite shampoo
3. Rub 1-2 drops behind your ears before traveling
4. Unwind with a Lavender-infused massage
5. Combine 1 drop w/ coconut oil and apply to lips

Lemon Vitality

6. Add 1 drop to a glass of water
7. Use 1-2 drops to remove sticky adhesives
8. Add 1-2 drops to your morning smoothie
9. Add 1 drop to plain or vanilla yogurt
10. Add 2-3 drops to your favorite salad dressing recipe

Frankincense

11. Dilute 50/50 & apply to skin
12. Diffuse to refine your sense of purpose
13. Add to lotion to support the look of healthy skin
14. Make glow moisturizer
15. Diffuse for an uplifting aroma

Peppermint Vitality

16. Add 1 drop to a glass of water to support digestion
17. Add a drop to a chocolate or vanilla protein shake
18. Add a drop to a brownie recipe
19. Diffuse 4 drops to wake up
20. Add a drop to your pre-workout beverage

Raven

21. Rub 3 drops on feet before bedtime
22. Add to carrier oil for an invigorating massage
23. Rub on feet or chest before exercise to uplift
24. Dilute with carrier oil and rub on the chest
25. Diffuse to create a comforting atmosphere

Thieves Vitality

26. Add a drop to oatmeal to elevate your breakfast
27. Add 1 drop w/ lemon and warm water and sip slowly
28. Add 1 drop to toothpaste to support healthy gums
29. Add a drop to your daily Ningxia Red
30. Diffuse to purify the air

PanAway

31. Rub on muscles after exercise
32. Rub 1-2 drops onto aging hands
33. Rub 2-3 drops diluted along the spine
34. Dilute 50/50 and rub into little ones growing legs
35. Rub 1-2 drops diluted onto the back of your neck

Citrus Fresh Vitality

36. Add 1-2 drops to your favorite smoothie recipe
37. Use in salad dressings and marinades to enhance the flavor
38. Infuse your water with 2-3 drops
39. Take 1-2 drops in a vegetable capsule to promote wellness
40. Add to fruit salad for a refreshing taste

Peace + Calming

41. Diffuse to promote a calm environment
42. Dilute with carrier oil and rub onto neck and back
43. Diffuse or apply to wrists to uplift
44. Add a couple drops to epsom salts and add to bath
45. Apply to bottoms of feet as part of bedtime routine

Digize Vitality

46. Add 1-2 drops to a gel capsule & take daily
47. Add 2 drops w/ honey to hot tea
48. Take 1 drop under the tongue with water before meals
49. Take w/ Essentialzymes-4 before meals
50. Rub 1-2 drops diluted onto little tummies for support

Stress Away

51. Use as cologne or perfume to promote confidence
52. Roll onto bottoms of feet before bed
53. Diffuse or apply to ground and uplift
54. Apply to spine to promote balance and alignment
55. Roll diluted on jawline before sleep

Valor

56. Diffuse or apply neat to wrists to unwind
57. Mix with epsom salts for a relaxing bath
58. Diffuse while sleeping for a comforting aroma
59. Rub a few drops diluted onto toddlers feet
60. Rub on temples and jawline to aid tension

heating well

