

WHAT'S IN MY gym bag?



INDIVIDUAL OILS:

rosemary + pepper mint

+COMBINE A COUPLE DROPS WITH MASSAGE OIL FOR MUSCLE SORENESS OR INFLAMMATION



panaway

+MAKE A DIY BATH BOMB AND ADD A COUPLE DROPS OR ADD A COUPLE DROPS DIRECTLY TO YOUR BATH

on-t-gee

+ROLL THIS ON THE BOTTOM OF YOUR FEET BEFORE A WORKOUT OR RIGHT OUT OF BED IN THE MORNING

workout grind diffuser BLEND

2 DROPS PEPPERMINT
2 DROPS ORANGE
2 DROPS GRAPEFRUIT

ROLLERS + MASSAGE:

deep relief roller

(READY-MADE)
+APPLY TO ANYWHERE I HAVE KNOTS OR TENSION

post-workout

ONCE YOU'RE FINISHED STRETCHING, ROLL YOUR POST-WORKOUT ROLLER OVER YOUR TIRED MUSCLES FOR RELIEF
15 DROPS PANAWAY
15 DROPS COIABA
ADD DROPS TO A ROLLER AND TOP WITH A CARRIER OIL

pre-workout

ROLL OVER YOUR CHEST TO OPEN UP BREATHING AS YOU WORKOUT
20 DROPS RC OR RAVEN
15 DROPS PEPPERMINT
ADD DROPS TO A ROLLER AND TOP WITH A CARRIER OIL

cool azul sports gel

MESSAGE ON SORE OR TIRED MUSCLES
+HELPS WITH ARTHRITIS
+PAIN RELIEF



ortho sport massage oil

+THOROUGHLY MESSAGE INTO AREAS OF THE BODY FOLLOWING EXERCISE

CBD joint + muscle balm

+MUSCLE RUB (GREAT FOR TARGETED MASSAGE)
+PAIN RELIEVER
+REDUCES MUSCLE SPASMS
+EASY INFLAMMATION

SUPPLEMENTS:

aminowise

COMBINE A SCOOP WITH WATER AND DRINK BEFORE, DURING OR AFTER WORKOUT
+ AMINO ACIDS AND ANTIOXIDANTS THAT HELP WITH FATIGUE AND ENHANCE MUSCLE RECOVERY DURING AND AFTER EXERCISE
+ AIDS IN REDUCING MUSCLE FATIGUE
+ HELPS ENHANCE RECOVERY AND PERFORMANCE
+ SUPPORTS HYDRATION BY REPLENISHING IMPORTANT MINERALS LOST DURING EXERCISE
+ GOOD SOURCE OF VITAMIN E AND ZINC

aglease

+COLLAGEN SUPPLEMENT
+JOINT SUPPORT
+REDUCES INFLAMMATION

powergize

+SPEEDS UP MUSCLE RECOVERY
+HELPS WITH ENERGY (BUT YOU CAN ALSO TAKE ANY TIME OF DAY)

protein powder

GREEN SMOOTHIE
SERVES ABOUT 2
2 CUPS LEAFY GREENS OF YOUR CHOICE
2 CUPS LIQUID BASE (I LIKE ALMOND/COCONUT MILK)
2-3 CUPS RIPE FRUIT OR VEG (POSSIBILITIES ARE ENDLESS!)
YL PURE PROTEIN COMPLETE OR BALANCE COMPLETE
COMBINE IN BLENDER AND ENJOY!
FOOD ADD-INS CHIA SEEDS, COCONUT OIL, ALMOND BUTTER, FLAX SEEDS
SUPPLEMENT/OIL ADD-INS- LIFE-9 PROBIOTIC OR MIGHTYPRO, MULTIGREENS, OR WHATEVER OILS YOU WANT!
I LOVE PEPPERMINT VITALITY WITH THE CHOCOLATE PURE PROTEIN AND LOVE ADDING CITRUS VITALITY OILS IN THE SUMMER!



flavored water

+DRINK MORE WATER!! ADD A COUPLE DROPS OF VITALITY GRAPEFRUIT, PEPPERMINT, ORANGE OR SLIQUE ESSENCE TO YOUR WATER TO CURB CRAVINGS!

nesting well