

## ESSENTIAL OIL SELF-CARE TIPS



### A Healthy Start

#### Lemon Essential Oil in the Morning

- Breathe it in! The aromatic benefits from lemon essential oil are uplifting, clarifying and brings about positive energy.
- Add several drops to a wellness roller blend. Lemon essential oil is high in D limonene which is great for a healthy immune system and it is very cleansing and detoxifying.
- Diffusing lemon essential oil is a wonderful way to naturally and safely deodorize the air in your home + it will uplift your mood!

### Managing Your Day

#### Lavender Essential Oil

- Add a drop to your pulse points; wrists, behind ears and side of neck.
- Cup your hands over your nose and take three long inhalations through your nose.
- Relax your shoulders, loosen your neck and limbs.
- Close your eyes and continue breathing deep long breathes as you smell the oils. Visually scan your body from the top of your head to your toes - notice where you may be holding tension and release it.

### Afternoon Pick Me Up

#### Peppermint is Going to Re-energize You Both Physically & Mentally

- Add several drops of peppermint oil to your diffuser or breathe it in directly from the palms of your hand to help with mental focus plus it will give you a great energy boost!
- Mix a few drops with coconut oil and apply to the back of your neck or any area causing discomfort to ease tension and soreness in muscles.
- Apply a small amount to your temples to soothe head tension and breathe it in to help with mental focus.

### Unwind Before Bed...

#### Cedarwood is a Beautiful Oil to Help Unwind

- Apply Cedarwood to the bottoms of your feet and inhale after evening activities. This will help to relax the mind and body. Doing this consistently will send a message to the brain that it is time to rest.
- Unplugging from electronics 30 minutes before bed is going to help quiet the mind and calm the central nervous system.
- Diffusing cedarwood essential oil will help lower your heart rate and support a restful nights sleep.