



12 day challenge

day one: Add 1-2 drops of Lemon to your water to jumpstart your morning.

day two: Diffuse 3 drops of Peace and Calming and 3 drops Lavender to help with sleep support

day three: Mix 2-3 drops of Panaway with a carrier oil and apply to sore spots.

day four: Take one drop of Digize under the tongue with water before meal.

day five: Add a few drops of Citrus Fresh to your laundry for fresh clothes.

day six: Mix a few drops of Stress Away with epsom salts for a relaxing bath.

day seven: Diffuse 3 drops of Peppermint and 4 drops of Valor to help promote clarity.

day eight: Add one drop of Thieves to toothpaste to support healthy gums.

day nine: Rub 2 drops of Valor in your palms and breathe.

day ten: Mix 2-3 drops of Frankincense with moisturizer for skin support.

day eleven: Diffuse 4 drops of Raven and 4 drops of Peppermint to help with seasonal support.

day twelve: Mix 2 drops each of Frankincense, Lemon and Lavender with 1 tsp of jojoba oil and apply to freshly washed face. Wipe clean after 3 minutes.

*Raven is not recommended for children 6 years of age and under.