

Navigating the Holidays

PILLAR 5: REFLECTION

Finding Meaning in the Journey

Essential Oils for Pillar 5: REFLECTION

Frankincense

The oil of truth and spiritual insight

Roman Chamomile

Calming for evening reflection

Holiday Peace (Limited Time)

Captures the natural dormancy of winter, inviting stillness and deep introspection.
Connects you to ancestral wisdom and helps you reflect on what's been unresolved across generations

Holiday Joy (Limited Time)

Illuminates family dynamics with compassion, fostering honest reflection on boundaries, connection, and what truly brings joy beyond obligation

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The 5 Pillars of Navigating Change

*These statements refer to doTERRA essential oils and have not been evaluated by the FDA.
These products are not intended to diagnose, treat, cure, or prevent any disease.*