

Navigating the Holidays

PILLAR 4: INTENTION

Setting Your Course Through the Season

Essential Oils for Pillar 4: INTENTION

Together Touch

Purifying and empowering blend that helps you move forward with clarity and purpose

Guaiaacwood

Connects you to your innermost truth and reveals what your heart is ready to release

Lavender

Calms the mind and the insecurities that arise when setting authentic intentions, helping you feel safe to honor your true needs

Frankincense

Enhances spiritual connection and clarity, supporting you in setting intentions aligned with your highest self

Clary Sage

Natural sedative that enhances relaxation during meditation or prayer, deepening your intention practice

Holiday Peace

Grounding blend that creates a calm atmosphere for reflection and intention-setting during the busy season

www.myp perfectlifetoday.com

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.*