

5 Pillars of Navigating the Holidays

Your Essential Oil Guide for Navigating the Season

PILLAR 1: AWARENESS *Recognizing What You're Really Feeling*

- Frankincense • Balance • Lavender • Vetiver

PILLAR 2: ADAPTATION *Finding Different Ways Forward*

- Wild Orange • Peppermint • Rosemary + Grapefruit
- Owl Diffuser + Calmer Essential Oil (while supplies last)

PILLAR 3: SUPPORT *You Don't Have to Do This Alone*

- Adaptiv Calming Blend (FREE Product of the Month!)
- Adaptiv Capsules (10% off)
- Copaiba • Bergamot • Cedarwood

PILLAR 4: INTENTION *Setting Your Course Through the Season*

- Together Touch • Guaiacwood • Lavender • Frankincense • Clary Sage • Holiday Peace

PILLAR 5: REFLECTION *Finding Meaning in the Journey*

- Holiday Peace (limited time) • Holiday Joy (limited time) • Frankincense • Roman Chamomile
- Recipe: Siberian Fir + Wild Orange + Clove + Cinnamon (or Holiday Joy)

Quick Reference: Holiday Rescue Recipes

For Holiday Cheer: Diffuse Holiday Joy blend or create: Siberian Fir + Wild Orange + Clove + Cinnamon

For Holiday Energy: Diffuse or inhale Rosemary + Grapefruit

For Holiday Stress: Diffuse Holiday Peace during family gatherings or apply Frankincense to temples/neck, Wild Orange to wrists—breathe for 10 min

For Grounding: Apply Balance to feet each morning or diffuse Holiday Peace

For Sleep: Diffuse Lavender + Roman Chamomile in your bedroom

Wishing you peace & everyday magic this season

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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.