

Navigating the Holidays

PILLAR 1: AWARENESS

Recognizing What You're Really Feeling

Essential Oils for Pillar 1: AWARENESS

Frankincense

Enhances enlightenment and spiritual connection, helping you tune into your true feelings

Lavender

Calms the mind and the insecurities that arise when acknowledging your true thoughts and feelings. Helps you feel safe to recognize what's really there.

Balance

My go-to for centering myself before the day begins

Vetiver

Deeply grounding when emotions feel scattered

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.*