

Navigating the Holidays

PILLAR 3: SUPPORT

You Don't Have to Do This Alone

Essential Oils for Pillar 3: SUPPORT

Adaptiv Calming Blend

Soothing and uplifting; helps you adapt to stressful situations and new surroundings

Adaptiv Capsules

Internal support for reducing stress and restoring resilience

Copaiba

Reduces anxious feelings and promotes calm; a key ingredient in Adaptiv Calming Blend

Bergamot

Reduces stress and tension

Cedarwood

Supports the heart in softening self-protective patterns, helping you open to connection and receive care

www.myperfectlifetoday.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.