

Navigating the Holidays

PILLAR 2: ADAPTATION

Finding Different Ways Forward

Essential Oils for Pillar 2: ADAPTATION

Wild Orange

Uplifting and energizing; I wear it as a 'human diffuser' to help myself and those around me

Peppermint

Quick energy boost when you're running on empty

The perfect pairing for mental clarity and renewed energy:

Rosemary

Brings mental clarity when you need to think differently about old traditions

Grapefruit

Renewed energy and uplifting, pairs perfectly with Rosemary

Owl Diffuser + Calmer Essential Oil

Adapts your environment to support your wellbeing (while supplies last)

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.*