



A
HEALTHY SCHOOL YEAR
WITH
ESSENTIAL OILS

MORNING

Diffuse **LEMON** in the morning to feel energized and to boost spirits

Apply **THIEVES** and **PURIFICATION** to the bottom of the feet to support a healthy immune system

Apply **VALOR** to the wrists and temples to promote feelings of courage, confidence and positive self-esteem

Apply **FRANKINCENSE** to crown of head to promote emotional strength

AFTERNOON

Apply **LAVENDER** to bumps, bruises and scrapes

Diffuse **PEPPERMINT** while studying for a pick-me-up or to ease head tension

Massage **DIGIZE** around belly button to aid tummy trouble

Apply **R.C.** to chest and sinuses to combat respiratory congestion

Apply **PANAWAY** to sore muscles after a sporting practice

EVENING

Diffuse **LAVENDER & NORTHERN LIGHTS** **BLACK SPRUCE** to relax and promote a restful night's sleep