



Be ready for 'Back to School'



Worry Blend

5 Drops Balance EO and Serenity EO

Immunity Blend

5 drops On Guard and 5 drops Frankincense

Sweet Dreams Blend

5 drops lavender and 5 drops cedar wood (or vetiver)

Focus and Concentration

5 drops each peppermint, frankincense and wild orange or
IRosemary or In Tune Blend

DIY

**And other essentials that will support the
brain and learning, mood, skin and gut
health:**

-Vitamin D

-Essential Fatty Acids

-Probiotics

-Multi-vitamin

All supplies available here!