

oh everything handmade

10 DAY PREMIUM STARTER KIT CHALLENGE!

DAY 1. SLEEP WELL

FILL YOUR DIFFUSER TO THE LINE WITH WATER AND ADD 3 DROPS OF **STRESS AWAY** & **LAVENDER** (DO THIS EVERY NIGHT FOR 10 DAYS)

DAY 2. DRINK MORE WATER

ADD 1-2 DROPS OF **LEMON** TO AT LEAST 12OZ. OF WATER IN A GLASS CONTAINER. SHAKE WELL AND ENJOY THE ENERGY BOOST! LEMON HELPS YOUR BODY FLUSH OUT TOXINS, & IT TASTES GREAT. (DO THIS EVERY DAY FOR 10 DAYS)

DAY 3. START FRESH

FILL A ROLLER BOTTLE HALFWAY WITH WHICH HAZEL. ADD 5 DROPS OF **FRANKINCENSE** AND **LAVENDER** AND 2 DROPS **PURIFICATION** AND **COPAIBA**. WASH YOUR FACE WITH A WARM WASHCLOTH. SHAKE YOUR OILS AND APPLY LIGHTLY TO YOUR FACE! TAKE A DEEP BREATH FOR ADDED BENEFITS.

DAY 4. WAKE ME UP

FILL YOUR DIFFUSER TO THE LINE WITH WATER AND ADD 3 DROPS **LEMON** & 3 DROPS **PEPPERMINT** TO GET UP AND MOVING IN THE MORNING.

DAY 5. WELLNESS BOOST

ADD 10 DROPS OF **THIEVES** AND 5 DROPS OF **PURIFICATION** TO A ROLLER BOTTLE. FILL THE REST WITH CARRIER OIL (VEGETABLE, COCONUT OR OLIVE OIL), SHAKE WELL AND APPLY TO FEET AT BEDTIME OR BEFORE LEAVING THE HOUSE. RESPIRATORY SYSTEM COMPROMISED? APPLY **RC** TO YOUR CHEST! DIGESTIVE SYSTEM A MESS? TRY **DIGIZE** AND **PEPPERMINT** DILUTED ON YOUR STOMACH.

DAY 6. MEDITATE

SET ASIDE A MINIMUM OF 5 MINUTES OF QUIET TIME. FILL YOUR DIFFUSER 1/4 - 1/2 OF THE WAY, AND ADD 3 DROPS OF **FRANKINCENSE**. SIT OR LAY COMFORTABLY, BE PERFECTLY STILL AND FOCUS ON BREATHING DEEPLY.

DAY 7. STINK NO MORE

FILL A SPRAY BOTTLE 1/4 OF THE WAY WITH WITCH HAZEL. ADD 10-15 DROPS OF **PURIFICATION** & FILL THE REST OF THE BOTTLE WITH PURIFIED WATER. SPRAY AROUND, TRASH CANS, DIAPERS, STINKY SHOES LAUNDRY, PET BEDS, USE AS AN AIR FRESHNER IN YOUR BATHROOM ETC.

DAY 8. RELIEVE SORE MUSCLES

IF YOU HAVE SORE OR STRAINED MUSCLES AFTER A WORKOUT OR LONG DAY, MIX A FEW DROPS OF CARRIER OIL WITH 2 DROPS OF **PANAWAY** IN THE PALM OF YOUR HAND. RUB IT IN ANYWHERE YOU NEED IT! ADD **COPAIBA** AND/OR **PEPPERMINT** FOR AN ADDITIONAL BOOST!

DAY 9. AFTERNOON PICK-ME-UP

FILL YOUR DIFFUSER TO THE LINE WITH WATER AND ADD 3 DROPS OF EACH **STRESS AWAY** AND **LEMON**.

DAY 10. DESINFECTING SPRAY

FILL A SPRAY BOTTLE 1/4 OF THE WAY WITH WITCH HAZEL. ADD 5-7 DROPS **THIEVES** FILL THE REST OF THE BOTTLE WITH PURIFIED WATER. SHAKE WELL, SPRAY ON TOYS, COUNTER TOPS, SHOPPING CARTS, ETC.