

BACK-TO-SCHOOL WELLNESS GUIDE

New experiences, new routines, new exposures and challenges... all of it requires some major maintenance for our bodies. Use this handy guide to support you and your child throughout the school year and beyond.

SUPPLIES LIST:

- | | |
|---|--|
| <input type="checkbox"/> AROMA RINGS | <input type="checkbox"/> SUPER C |
| <input type="checkbox"/> CBD CALM ROLLER | <input type="checkbox"/> SUPER VITAMIN D |
| <input type="checkbox"/> EINKORN PRODUCTS | <input type="checkbox"/> THIEVES COUGH DROPS |
| <input type="checkbox"/> IMMUPRO | <input type="checkbox"/> THIEVES CHEST RUB |
| <input type="checkbox"/> INNER DEFENSE | <input type="checkbox"/> THIEVES FOAMING HAND SOAP |
| <input type="checkbox"/> KIDSCENTS PERSONAL CARE PRODUCTS & SUPPLEMENTS | <input type="checkbox"/> THIEVES HAND SANITIZER |
| <input type="checkbox"/> LIFE 9 | <input type="checkbox"/> THIEVES HOUSEHOLD CLEANER |
| <input type="checkbox"/> MINERAL ESSENCE | <input type="checkbox"/> THIEVES LAUNDRY SOAP |
| <input type="checkbox"/> NINGXIA RED | <input type="checkbox"/> THIEVES SPRAY |
| <input type="checkbox"/> PROTEIN POWER BITES | <input type="checkbox"/> YL ROLL-ON COLLECTION |

DIFFUSER RECIPES

Pour water into your diffuser to the fill line and add the indicated number of drops. Enjoy!

HOMEWORK HELPER

- 3 DROPS LEMON
- 2 DROPS CLARITY
- 2 DROPS PEPPERMINT

BODY BOOST

- 3 DROPS THIEVES
- 3 DROPS CITRUS FRESH

HAPPY KIDS

- 3 DROPS GERANIUM
- 2 DROPS BERGAMOT
- 2 DROPS LAVENDER

KEEP IT TOGETHER

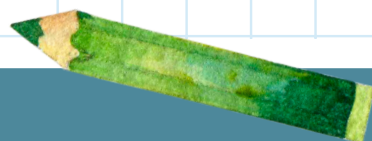
- 3 DROPS PEACE & CALMING
- 4 DROPS ORANGE

BE BRAVE

- 3 DROPS STRESS AWAY
- 2 DROPS VALOR
- 2 DROPS IDAHO GRAND FIR

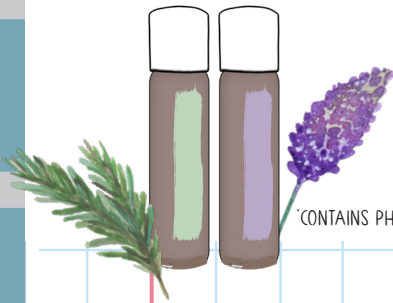
DREAMER

- 4 DROPS ENVISION
- 4 DROPS BELIEVE



ROLLER RECIPES

Add essential oils to an empty 10 ml roller bottle and top with a liquid carrier oil. It's that easy!



*CONTAINS PHOTOSENSITIVE OILS

BREATHE EASY*

- 2 DROPS LEMON
- 2 DROPS LAVENDER
- 2 DROPS PEPPERMINT
- 2 DROPS COPAIBA

REST EASY

- 3 DROPS LAVENDER
- 2 DROPS ROMAN CHAMOMILE
- 1 DROP CEDARWOOD

FOCUS

- 5 DROPS LAVENDER
- 5 DROPS CEDARWOOD
- 5 DROPS VETIVER

HAPPY TUMMY

- 3 DROPS DIGIZE
- 2 DROPS PEPPERMINT

JUST CHILL*

- 4 DROPS PEACE & CALMING
- 4 DROPS STRESS AWAY

BE WELL*

- 5 DROPS THIEVES
- 3 DROPS FRANKINCENSE
- 3 DROPS LEMON

VITALITY CAPSULE RECIPES

Add essential oils listed to an empty vegetable capsule and enjoy!



'BELLY BUSTER' CAPSULE

- 3 DROPS DIGIZE VITALITY
- 3 DROPS PEPPERMINT VITALITY
- CARRIER OIL, IF DESIRED

'UCKY-YUCKIES' CAPSULE

- 3 DROPS THIEVES VITALITY
- 3 DROPS LEMON VITALITY
- CARRIER OIL, IF DESIRED

'KEEP CALM' CAPSULE

- 4 DROPS FRANKINCENSE VITALITY
- 1 DROP CITRUS FRESH VITALITY
- CARRIER OIL, IF DESIRED

NINGXIA RED RECIPES



NINGXIA RED GUMMIES

- 1 CUP ORGANIC JUICE
- 1/2 CUP NINGXIA RED
- 4 T GELATIN
- 3 T HONEY
- 4-6 DROPS ORANGE VITALITY

DIRECTIONS

IN A SAUCEPAN, HEAT JUICE AND HONEY ON LOW HEAT. WHEN LIQUID IS HOT, ADD GELATIN ONE TABLESPOON AT A TIME. USE AN IMMERSION BLENDER (OR BRISKLY WHISK BY HAND) UNTIL GELATIN IS WELL-ABSORBED AND THICKENED. REMOVE FROM HEAT AND ADD ESSENTIAL OIL. POUR INTO SILICONE MOLDS AND REFRIGERATE UNTIL THE GUMMIES HARDEN (ABOUT 3-4 HOURS). WHEN FIRM, REMOVE GUMMIES FROM MOLDS AND ENJOY! STORE IN A COOL, DRY PLACE.

PB & J SMOOTHIE

- 1 CUP MIXED FROZEN BERRIES
- 1/2 FROZEN BANANA
- 2 T. ALMOND BUTTER
- 1/2 T. GROUND CINNAMON
- 8 OZ. UNSWEETENED ALMOND MILK
- 1 OZ. NINGXIA RED

ADD ALL INGREDIENTS TO BLENDER AND ENJOY!

WELLNESS NINGXIA RED SHOT

- 1 OZ. NINGXIA RED
- 1 DROP THIEVES VITALITY
- 1 DROP COPAIBA VITALITY

