OVERALL WELLNESS PLAN

MORNING ROUTINE

Rub 1 drop Peppermint Vitality over adrenals (under bra strap on back).

Drink half your body weight in ounces daily. Add a drop of Citrus Fresh to 8 oz!

AFTERNOON ROUTINE

Put 1 drop of DiGize Vitality over your stomach or in 8oz of juice (lunch).

Put 3 drops of Citrus Fresh & 3 drops of Peppermint in your diffuser for uplifted mood & energy.

EVENING ROUTINE

Put 1 drop of DiGize Vitality over your stomach or in 8oz of juice (dinner).

Put 2 drops of Panaway in some carrier oil & massage onto sore muscles & joints.