

VIBRANT LIVING IN THE DARKER MONTHS

by Earth Beauty Conscious Creative Living

SIMPLE THINGS TO PRIORITISE AND INCORPORATE EVERYDAY

Fresh Air, Nature Immersion, Movement and Exercise, Meditation, Drinking 2 litres Water

Resources to Incorporate Often

Talking therapies, massage and body therapy, cleanses and mini fasts, warm foods/soups and drinks, warming oils in foods: ginger, cardamom, cinnamon

doTERRA CPTG OILS to INCORPORATE

Sadness and Depression

Uplifting and Fresh - Citrus Bliss, Cheer, Motivate, Air, Rosemary, Passion, Tangerine, Bergamot, Wild Orange, Elevation, Peppermint, Aromatouch, Lime, Whisper, ClaryCalm and Clary Sage, Ylang Ylang.

Colds, Flus and Immunity

On Guard - gargle, take beadlets or softgels, topical

AIR - respiratory blend, topical and inhalation,

Melaleuca, Oregano (diluted) - topical. Frankincense - topical and internal

Tri Ease softgels (PLL formula) Peppermint/Lavender and Lemon

Antioxidant Support

Lemon oil in water (if no colon inflammatory disease) Wild Orange Oil in Water or smoothies or rub onto skin. Use Mito2Max Supplement.

Aches, Pains and Joint Issues/Discomfort/Inflammation

Deep Blue Cream, Deep Blue Oil, Deep Blue Polyphenol Complex, Frankincense, Copaiba

Sluggish Circulation

Grapefruit, Cypress, Juniper. Dilute in carrier oil and massage area everyday.

Restlessness

Peace, Serenity, Vetiver, Lavender, Roman Chamomile, Whisper, Wild Orange

Low Energy

Motivate, Peppermint, Rosemary, Geranium

Sluggish Digestion

Zengest - internal in water or topical massaged into abdomen diluted. Wheat/Dairy FREE diet.