



HOW TO USE ESSENTIAL OILS TO CREATE A HEALTHY LIFESTYLE

In the hustle and bustle of today's world, it can be difficult to maintain all those good intentions to live a healthier lifestyle. But healthy living doesn't have to be hard. Check out our favorite oils to help in all four areas of health: physical, emotional, mental, and social.

PHYSICAL

Feeling rundown? Check out our favorite oils for wellness.

THIEVES®

Thieves Vitality: Add this spicy, sweet oil to tea for a morning pick-me-up.



Diffuse bedside for a comforting aroma.

TEA TREE OIL

Add to facewash to diminish the appearance of blemishes.



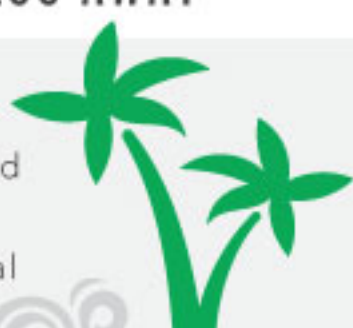
Get a spa-quality upgrade by adding a few drops to your favorite facial masque.

EMOTIONAL

We know you're spread too thin, and motivation is hard to find. Give these inspiring oils a try.

STRESS AWAY™

Rub between your palms and inhale for an instant tropical vacation.



Diffuse to brighten the mood in your home.

GRATITUDE™

Inhale from the bottle for a positive aroma.



Diffuse during prayer, meditation, and yoga to invite a feeling of emotional and spiritual progress.



MENTAL

There are times when you just need more clarity. Use these oils to create the positive atmosphere you're looking for.

BRAIN POWER™

Wear it as a personal scent while studying or working on difficult projects.



Diffuse in children's play areas and study spaces.

COMMON SENSE™

Diffuse this oil during meetings and stressful situations to create an atmosphere of clarity.



Inhale this aroma that promotes increased wellness, purpose, and abundance.

SOCIAL

Picture it: homework time. It's the end of the day, and everybody is hungry. Here are some essential helps for making it to dinnertime.

HARMONY™

Add 8 drops to a warm bath with Epsom salts for a grounding ritual.



Diffuse in the activity centers of your home to create a sense of harmony and love.

OOOLA™ FAMILY™

Diffuse to support feelings of unconditional love, patience, and respect.



Create a room spray and spritz its grounding aroma during times of tension.