



Happy June Beautiful Souls!

This is my first ever double edition newsletter! April and May were busy months for me. The above picture was taken of me during my time in Guatemala this past April. It was at a restaurant named Fridas know for their delicious tacos and Frida Kahlo artwork I cannot wait to go back!

I hope that you are all doing well and practicing self-care regularly. Remember, "What good are you to other people if you aren't being good to yourself." Spring is

here and summer is right around the corner. I'm looking forward to Paddleboarding and spending days at the beach as part of my summer self-care routine.

This month's newsletter is short and sweet- doTerra monthly specials and a DIY recipe as well as information about free Reiki services.

Light and love,

Rose



June Specials

When you place a 200 PV single order between June 1–30, you'll receive 15mL doTERRA Balance®, 10mL PastTense®, and 15mL AromaTouch® for FREE!

[Get Your Oils](#)



Ease and Grace Rollerblend

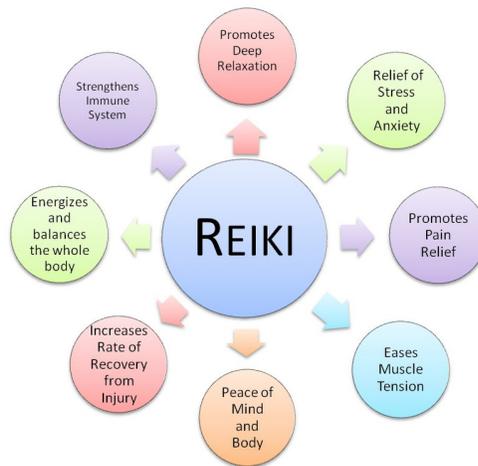
Ingredients:

- 8 drops Lavender
- 7 drops Wild Orange
- 6 drops Cedarwood
- 4 drops Ylang Ylang

Directions:

Add essential oils to a cute 10ml rollerball. Top off with Fractionated Coconut Oil. Roll the blend over your pulse points, palms, heart and temples.

To experience instant relief from stress and feelings of anxiousness roll the blend over your palm and take 3-5 deep breathes so that the aroma goes straight to the limbic brain and calms down the amygdala.



Free Reiki Services

A very dear friend of mine recently became a certified Reiki practitioner and is offering her services for **FREE** for a limited time. If interested, please email her at kamilahd@gmail.com.

Individual support, Workshops and Events

If you're interested in working with me, please don't hesitate to reach out. I have more flexibility this summer. Click on the button below to make an appointment.

In celebration of my 3 year anniversary, I am offering 50% off services through June 15th! Take advantage of this discount today!

[Appointments](#)



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