

Essential Oils list 101

-Post workout -

Deep Blue Lotion! It is great for soothing overworked muscles, and for any acute or chronic pain and discomfort.

- Aid sleep-

Lavender and *Serenity*, separately or together. The *Breathe* proprietary blend can also be helpful for those who have breathing and snoring issues.

- Boost immune-

OnGuard, a combination of *Cinnamon*, *Clove*, *Wild Orange*, *Eucalyptus* and *Rosemary* oils used to support the body in fighting infection. doTERRA also has a vitamin supplement line for adults and children, as well as probiotics and Omega oils.

- Kid friendly-

All essential oils are kid friendly, but the number of drops will be less.

- Alert or focus -

Wild Orange and *Peppermint* are known for their invigorating, happy smells!

- Traveling-

We travel internationally, so I always travel with *Lemon*, *Lavender*, *Peppermint*, *OnGuard*, *Breathe*, *DigestZen* and *Deep Blue* lotion. *Frankincense*, *Melaleuca* and *Oregano* as well!

As a mother of active boys, I like to be prepared, so carrying my Home Essentials, I am ready for anything!