

SELF CARE = HEALTH CARE

DAILY WATER INTAKE: TICK EACH DROP PER 8OZ GLASS OF WATER



IN THE MORNING

BEFORE BED

AT LUNCH TIME

ADDITIONAL NOTES

AT DINNER TIME

Daily Limits: Aromatically - no limit, Topically - 36 drops, Internally - 24 drops, Orally - 18 drops
Reduce Toxins and Chemicals, Reduce Stress, Get a Good Night's Sleep, Exercise Daily, Eat Wholefoods

**YOU'LL NEVER CHANGE YOUR LIFE UNTIL YOU CHANGE SOMETHING YOU DO DAILY.
THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE. JOHN C. MAXWELL**

DAILY CHECKLIST FOR WOMEN'S HEALTH

DAILY WATER INTAKE: TICK EACH DROP PER 8OZ GLASS OF WATER



IN THE MORNING

- Rub two drops of Balance on bottom of feet
- Add 1-2 drops of Citrus Oil in a green smoothie/water
- Rub 2 drops of Citrus Oils to palm of hands to inhale
- Apply Clary Calm to lower abdominal area/underneath inside of ankles/wrists
- Stretch/Yoga/Exercise
- Gratitude Journal - inhale 1 drop of bergamot, lavender and ylang ylang from hands and rub on back of neck

IN THE AFTERNOON AND EVENING

- Check mood - to feel more ENERGISED, diffuse.inhale motivate, cheer, grapefruit, peppermint or wild orange
- Check mood - to feel LESS STRESSED rub favourite oil on back of neck, ears, temples and wrists. Diffuse and inhale from palm of hands - whisper, serenity, clary calm
- Check mood - to improve FOCUS AND MEMORY - rub oils on back of neck, ears, temples and wrists and diffuse - rosemary combined with wild orange and peppermint, frankincense and In Tune
- Check mood - to help CRAVINGS - add 1-2 drops of Smart and Sassy to 20oz glass for water

BEFORE BED

- APPLY 2 DROPS OF FAVOURITE SLEEP OIL TO BOTTOMS OF FEET - LAVENDER, CEDARWOOD, VETIVER, SERENITY, SANDALWOOD
- DIFFUSE FAVOURITE SLEEP OILS AN HOUR BEFORE BEDTIME
- HAVE A BATH - ADD 5 DROPS OF A RELAXING OILS TO A HANDFUL OF EPSOM SALTS
- APPLY CLARY CALM TO LOWER ABDOMINAL AREA/UNDERNEATH INSIDE OF ANKLES/WRISTS

ADDITIONAL NOTES

- THE IDEAL - ADD SUPPLEMENTATION TO YOUR DAILY ROUTINE
- LIFELONG VITALITY SUPPLEMENTS (2 OF EACH IN THE MORNING WITH BREAKFAST, 2 OF EACH WITH DINNER)
- PHYTOESTROGEN ESSENTIAL COMPLEX (TAKE 1 WITH BREAKFAST AND 1 WITH DINNER)
- BONE NUTRIENT (TAKE 2 WITH BREAKFAST, 2 WITH DINNER)

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