



12 Tips for staying well

even if you

- stay up too late
- hold hands with runny-nosed kids,
- hug people who are desperately ill and on antibiotics,
- sleep with spouses who are sick

DO THIS

1. Use your oils every night before bed.

On your feet, wrists, behind ears and/or in your diffuser. Also, direct inhalation.

2. Keep your oils out on the counter during this season so you remember to use them.

3. **Immupower:** roll it on your toes and end of your feet (this oil is my secret weapon)
4. **RC or Eucalyptus:** put drops in a cream and rub on your chest
5. **Raven:** put in the diffuser, rub on your chest
6. **Peppermint + lemon** in your diffuser
Peppermint + orange in your diffuser
7. Carry a tiny rollerball of **peppermint, lemon + lavender** and roll it on your wrists thru the day (inhale)
8. Drink ginger tea with a drop of **EO** (made from real ginger) if you feel your body is trying to get sick (recipe below)
9. **Thieves oil:** A drop in your tea (any kind of tea)
10. **Peppermint:** A drop in your smoothie or tea
11. Rub diluted **RC, RAVEN and/or THIEVES** on your children's feet at night too! Keep them stronger.
12. Use **Thieves Hand Purifier** while out and about in the world.

Everything about this hand sanitizer is beautiful. Even the denatured alcohol is made from peppermint so it's completely different from the store bought versions.