



my top 5
essential oils
for busy entrepreneurs





Quality Sleep

dōTERRA Serenity Restful Blend

Apply to bottoms of feet at bedtime to help unwind before going to sleep

Add 2–3 drops into a warm bath with Epsom salts to create a relaxing experience

Diffuse 3-4 drops to create a calm and peaceful environment

Feeling Calm

dōTERRA Adaptiv Calming Blend

Soak in a relaxing Epsom Salt bath by adding three to four drops of diluted Adaptiv to bathwater

Mix three drops with Fractionated Coconut Oil for a soothing massage.

Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace



Immune Support

dōTERRA OnGuard Protective Blend

Add one drop On Guard to water, tea or juice to support overall wellness

Dilute with Fractionated Coconut Oil and massage onto feet, or behind ears before bed, to support health and vitality whilst sleeping



Motivation

doTERRA Motivate Encouraging Blend

Apply in the morning to jump-start your day

Use doTERRA Motivate when working on a project to stay motivated

Apply to neck or shirt collar to instill feelings of confidence before a presentation

Focus

doTERRA InTune Focus Blend

Use InTune topically on wrists to promote a sense of focus during the workday

Apply InTune to bottom of children's feet to encourage focus and the ability to stay on task

Apply InTune to temples and back of neck before certain tasks



Contact me if
you'd like to learn
more!