How do you use the Everyday Oils Collection?

Each day brings a new set of challenges. With the Everyday Oils™ collection, you’ll be ready for whatever life throws at you.

**STARTING THE DAY**

**7 A.M.** Lemon Essential Oil

Add a drop of Lemon essential oil to your morning beverage for a refreshing start to your day!

**Did You Know?** Lemon is also a great source of d-limonene, believed to support a healthy immune system.

**8 A.M.** Joy Essential Oil Blend

Face the world with a smile on your face! Diffuse Joy™ essential oil blend to create an uplifting, magnetic atmosphere for your morning routine.

**9 A.M.** Thieves Essential Oil Blend

Your immune system is fighting for you all day. Why not repay the favor? Take a few drops of our Thieves® blend in a capsule and give your immune system the support it needs.

**Did You Know?** The Thieves blend was inspired by the legend of 15th-century thieves who believed a special aromatic combination of clove, rosemary and other botanicals kept them free of illness.

**10 A.M.** Peppermint Essential Oil

Don’t let stomach discomfort sneak up on your day! Add a drop of Peppermint essential oil to an herbal tea in the morning to support digestion.

**POWERING THROUGH**

**1 P.M.** Stress Away Essential Oil Blend

Add a couple drops of Stress Away™ to a glass of water to lighten your mood as you push through your afternoon tasks.

**Did You Know?** Stress Away is also available as a roll-on, making it easy to enjoy this special blend’s relaxing fragrance.

**3 P.M.** Frankincense Essential Oil

Focus your concentration with Frankincense essential oil and finish off that to-do list!

**COMING HOME**

**5 P.M.** Purification Essential Oil Blend

Refresh your mind at the end of a long day by diffusing Purification®!

**3 P.M.** PanAway Essential Oil Blend

With the soothing touch of Wintergreen, Clove, and other essential oils, PanAway®, is a great way to wind down after a hard day’s work.

**BEDTIME**

**9 P.M.** Tea Tree Essential Oil

Worn out at the end of the day? So is your skin. Use Tea Tree oil to cleanse and refresh, and your skin will thank you.

**Did You Know?** Tea Tree, also known as Melaleuca alternifolia, is valued in many cosmetic products for its cleansing properties.

**10 P.M.** Lavender Essential Oil

When you’re finally ready to call it a night, let the calming scent of Lavender help you to a peaceful night’s rest.

**What is your everyday routine?**