

# 7 TIPS FOR A RELAXING WITH ESSENTIAL OILS

#1: **STRESS AWAY:** Carry the stress roller in your pocket and take a sniff or rub it on when you need it.



#2: **LAVENDER:** Take a lavender bath. Add a few drops to some epsom salts and voila! Heaven!

#3: **FRANKINCENSE:** Use for spiritual grounding, place a drop on your forehead to help you remember the true meaning of life.



#4: **THIEVES™:** Place a drop of Thieves in your water bottle to help you stay healthy. (Only use glass or stainless steel.)

#5: **PEPPERMINT:** Place a drop on your tongue to stimulate your body when you need a little energy.



#6: **VALOR:** Need a little confidence to face your stressors? Place valor onto the sole of your feet.

#7: **PEACE & CALMING™:** Diffuse Peace & Calming™ in your home to keep everyone peaceful and calm.



SIMPLY SERENDIPITY CENTRAL  
the Oils you never knew you always LOVED

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