

START USING OILS

one habit at a time

The Three Ways to use Oils



TOPICAL

The first way to use essential oils is topically. This means you apply the oil to the skin. Some oils come already diluted in a roller (pictured). Other oils come undiluted. If you have sensitive skin or are using an oil that is considered "sensitive" or "hot", I recommend diluting it with fractionated coconut oil or jojoba oil. When applying topically you would apply to the area of concern or pulse points for emotional or mental support.

AROMATIC

The second way to use essential oils is aromatically. This means putting the essential oils into the air around you and breathing it in. When you breathe in pure essential oils your brain's memory and emotion storage is triggered and you can support emotional and mental health. Breathing in essential oils can also help opening up airways. You can either breathe in from the bottle, the palm of your hand or use a diffuser.



INTERNAL

The third way to use essential oils is internally. Not all oils are created equal so to be sure that you are using the highest quality of PURE therapeutic grade essential oils (like doTERRA) is essential to safety and effectiveness. You can either take any of our supplements that are infused with essential oils or you can put a drop directly in your mouth or drink.



WHEN TO USE OILS

in your daily habits

The SandraDaher.Co edition



MORNING ROUTINE

- Start diffuser in kitchen
- apply peppermint on temples
- apply breathe to your chest before your workout
- drop some lemon oil in your water bottle
- Take your life long vitality supplements

EVENING ROUTINE

Take your life long vitality supplements with dinner
Start diffuser in bedroom
Apply on gaurd and serenity to the bottom of feet
take 2 serenity pills



BEAUTY ROUTINE

- Wash, cleanse and moisturize face with our verage line
- Use yarrow pom serum for anti-aging support and skin health
- Use the immortelle roller around eyes
- Oil cleanse with lavender or frankincense once a week



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CLEANING ROUTINE

Did you know that household products contain 52% of the toxic chemicals in our home? A great way to avoid these harmful ingredients is to make your own cleaners with simple recipes or purchase our all natural and oil infused aböde line of cleaners and household products.

WELLNESS ROUTINE

We all know that time...when its that time of year that we usually see many sicknesses at work, school or home. Start safeguarding yourself and your family with natural protocols to keep immune systems supported and healthy in the bathroom, the kitchen and in your body!



PRODUCTIVITY ROUTINE

work can be stressful whether you are home or in the office. Want to get your work done in a more peaceful and focused environment? Want to manage stress by using protocols to help your nervous system relax in order to be inspired about your work and feel motivated to get tasks done. Let's change the mood around productivity!



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EMOTIONAL WELLNESS

When you breathe in pure therapeutic grade essential oils the scent and molecules will trigger the part in your brain which holds our emotions, memories and mood hormone. Did you know how powerful aromatherapy could be? Using a diffuser or breathing oils in from the palm of your hand can help calm anxiousness, worry and feelings of overwhelm. Let's get a grip the natural way! What a powerful legacy to teach our kids.

METABOLIC HEALTH

Only 6.8% of Americans are metabolically healthy. That means most of us will have a longer life span but probably not a healthy one.. We have a 3 step daily system to reset our bodies and slow down the aging process and all the symptoms that come with it. Like fatigue, brain fog, joint pain, weight gain, wrinkles and more...



TARGETED HEALTH

- Digestive Health
- Pain & Inflammation
- Stress Management
- Heart Health
- Gut Health
- Sleep and Restfulness
- Energy and Focus
- Immune Health
- Respiratory Support
- Skin Care and Repair
- Kids and Teen Health
- Detoxing
- Nutrition