

Self Care Guide

**** Try these tips for a week, & see how you feel <3**

Healthy Morning Routine

- Swipe of your favourite oil under the nose
- Complete a 10-20 minute yoga flow to help wake up the body with a **refreshing spray** spritzed in the room
- Dry brush skin before shower. Refer to our Dry Brush Guide on how to do this effectively
- A few drops of peppermint or eucalyptus in the corner of the shower or drop a **shower melt** in the shower to help open up airways or spritz the **shower spray**
- Oil pull while showering with coconut oil & one drop of peppermint
- One drop of tea tree, rosemary & lavender in shampoo
- Tongue scrape over tongue at least 3 times
- Brush teeth & gums with an electric toothbrush
- Rinse mouth with OnGuard mouth rinse or make your own **mouth rinse**
- Wash & moisturize face with the Verage Skin Care line
- Moisturize body with homemade **body serum** or **body butter**
- Apply **natural deodorant**
- Drink warm water with fresh ginger & lemon to help cleanse the body
- Have a healthy smoothie or breakfast bowl loaded with plant proteins & real foods
- Take the quality supplements your body needs after a nutrient dense breakfast, lunch or dinner. Always speak to a recommended naturopath first & see what your body/blood needs. I usually take the Lifelong Vitality from doTerra (multivitamin, omegas & antioxidant blend) two times per day with my largest meals, a probiotic one time each day & magnesium at night



Day Tips

- Drink at least 8 glasses of water per day in a glass container
- Move for at least 30 minutes each day. This can be yoga throughout the day, walks, fitness classes at the gym, from YouTube or an app, cardio machines, or weight training. Find a workout buddy or hire a personal trainer if you need motivation
- Use MyFitnessPal app to track activity or food
- Eat a big salad loaded with vegetables, plant based proteins like avocado, seeds, hemp hearts &/or nuts at least once per day
- A 20 minute walk after lunch, exercises at desk or stretches every few hours
- A drop of peppermint & wild orange in palms to inhale, & the leftover rubbed over neck & stomach after lunch or as a natural pick me up
- Use the **headache roller** when tension arises
- Use the **immortelle blend** or the **glowing skin roller** to refresh the face
- Eat a healthy nutrient dense lunch & dinner. Our goal should be half a plate of vegetables, a quarter healthy carbohydrates & a quarter lean protein
- **ZenGest touch, tamer** or **digestive aid** roller over stomach after meals
- 20 minute walk after dinner
- Only water or tea after 7:30pm
- A 10-20 minute peaceful yoga flow to help with digestion & to help relax the body with **calming spray** or a calming oil rolled under nose
- Plan healthy meals/snacks for the next day & pack food ready to go if needed

Bedtime Rituals

- **Calming/linen spray** around the room
- No screen time at least one hour before bed
- Wash & moisturize face with the Verage Skin Care line
- Sheets dried with dryer balls & serenity
- **Sleep aid roller** diluted with coconut oil & rubbed on feet
- Lavender, cedarwood, &/ or easy air diffusing
- Journal/agenda/reflection checklist by bedside to assess day, write out brain dump & share gratitude
- Listen to a peaceful meditation using the calm app, insight timer or headspace

Spa Night at Home at Least Once Per Week

- Use the **mud mask** for 10 minutes
- Have a bath with **salts**, soothing **bubble bath** or moisturizing **bath bomb**
- Sugar or **salt scrub** on feet & hands
- Massage with hot stones & **massage oil**
- Scalp massage with **hair spray**



Natural Easy Recipes

****Block out some time on the weekend making some of these recipes too**

Refreshing Room or Body Spray (4oz bottle)

- 10 drops elevation
- 10 drops orange
- 5 drops lavender
- 3 drops geranium
- 1 tsp of witch hazel
- Top bottle with water
- Shake before use

Sleep Aid Roller (10ml bottle)

- 7 drops vetiver
- 7 drops lavender
- 5 drops cedarwood
- 1 drop Roman chamomile
- Top with carrier oil

Shower Melts

- 1 cup baking soda
- ½ cup Epsom salt
- 2 tbsp water
- 10 drops of peppermint
- 10 drops eucalyptus
- 10 drops siberian fir
- 10 drops easy air
- Mix dry ingredients, then add the water & oils slowly to evenly disperse
- Scoop into silicon moulds (should hold together when squeezed but does not need to be wet)
- Let it sit in the fridge for at least 2 hours or until dry & place in airtight container

Mouth Rinse (500 ml bottle)

- 2 drops peppermint
- 2 drops onGuard
- 1 drop myrrh
- 1 drop clove
- 2 cups distilled water
- 1 tsp of baking soda
- Shake before use

Digestive Aid Roller (10ml bottle)

- 10 drops wild orange
- 5 drops peppermint
- 5 drops fennel
- 5 drops ginger
- Top with carrier oil

Bath Bomb

- 1 cup baking soda
- 1 cup Epsom salts
- 1 cup citric acid
- 1/2 cup cornstarch
- 3/4 cup coconut oil
- 8-10 essential oils
- Mix dry ingredients, then wet & then mix the dry ingredients into the wet
- Scoop into moulds (should be wet not crumbly. If so, add more coconut oil if needed)
- Let it sit in fridge for at least 2 hours



Body Serum (15 ml bottle)

- 5 drops frankincense
- 3 drops lavender
- 3 drops cypress
- 3 drops juniper
- 3 drops sandalwood
- 2 drops geranium
- 2 drops grapefruit
- Top with FCO or jojoba oil

DIY Face Mask

- 1 tbsp clay
- 1 tbsp aloe vera gel
- 1 drop of tea tree oil
- Mix & place over face/neck for ~3 minutes

Bath Salts

- 3 cups Epsom salts
- 1 cup baking soda
- 20 drops of essential oil of choice
- Mix & pour in large jar
- Leave a 1/2 cup scoop so it's ready to use for baths. (I enjoy aromatherapy, lavender, frankincense or geranium essential oil)

Calming/Linen Spray (4 oz bottle)

- 20 drops serenity
- Or
- 13 drops lavender
 - 7 drops cedarwood
 - 1 drop Roman chamomile
 - 1 tsp of witch hazel
 - Top bottle with water
 - Shake before use

Natural Deodorant Roller (10 ml bottle)

- 10 drops lavender
- 3 drops geranium
- 3 drops tea tree
- Top with carrier oil

Shower Spray (repurpose perrier bottle)

- 10 drops easy air
- 10 drops siberian fir
- 5 drops peppermint
- 3 drops eucalyptus
- 1 tsp of witch hazel
- Top bottle with water

Sugar or Salt Scrub

- 1/3 cup solid organic coconut oil
- 1/4 cup of sugar or salt
- 5 drops of essential oil of choice



'In the Mood' Roller for Men (5 ml roller)

- 3 drops cedarwood
- 2 drops peppermint
- 1 drop cinnamon
- 1 drop ylang ylang
- Top with carrier oil

All Natural Body Butter

- 3/4 cup grape seed or fractionated coconut oil
- 1/3 melted shea butter
- 2 tbsp melted beeswax
- 1/3 cup aloe vera gel
- 2/3 cup distilled water
- 1 tbsp vitamin e
- 5 drops lavender
- 5 drops frankincense
- 3 drops geranium
- Mix & whip with a hand mixer

All natural soothing bubble bath (250ml jar with pump)

- 1 cup lavender Castile soap
- 1 tbsp vegetable glycerin
- 1/4 tsp of sugar
- 1 pump fractionated coconut oil
- 2-3 different essential oils of choice

If for an infant or child:

- 1- 3 drops of Roman chamomile or Frankincense

If for an adult:

- 5 drops of 2-3 essential oils of your choice

'In the Mood' Roller for Women (5 ml roller)

- 4 drops wild orange
- 2 drops geranium
- 1 drop ylang ylang
- 1 drop patchouli
- Top with carrier oil

Massage Oil (250ml jar with pump)

- 15 drops Aromatouch
- 5 drops Deep Blue
- 5 drops Balance
- 2 drops ylang ylang
- 2 drops frankincense
- Topped with carrier oil

