

BACK TO SCHOOL

It's time for school to start. Are you ready?



FIRST DAY JITTERS



DIY ROLLER BLEND

5 drops Balance®
5 drops Serenity®
5 drops Citrus Bliss®

Add oil in a 10 mL roller bottle.
Top with a carrier oil.

HOMEWORK HELPER



DIFFUSER BLEND

2 drops Rosemary
2 drops Peppermint
2 drops Wild Orange

Get ready for your next study session.

RISE AND SHINE



ROLLER BLEND

10 drops Peppermint
10 drops Wild Orange

Add oil to a 10mL roller bottle.
Top with a carrier oil.
Roll in palms, and inhale deeply.

ON GUARD® ON THE GO!



With 70% ethyl alcohol they are 99.9% effective against most common germs*

Kills 99.9% of germs and bacteria

Cleanses hands when soap and water are unavailable.

Each contain the On Guard® blend which provides an uplifting citrus spice aroma and its protective benefits.



DIFFUSER BLEND

2 drops Bergamot
2 drops Green Mandarin
2 drops Lavender
2 drops Lemongrass

daily IMMUNE SUPPORT



ROLLER BLEND

10 drops Frankincense
10 drops Lemon
10 drops On Guard®
5 drops Oregano
10 drops Tea Tree

Add oils to a 10mL roller bottle. Top with a carrier oil. Apply down the spine morning


www.WellnessSpilled.com

SNACK ON IT

Nutrient-Packed Power Bites



get the recipe here!

KIDS KIT

For kids of all ages



PEPPERMINT BROWNIES

Craving a sweet treat?



get the recipe here!