

# 10 Simple Changes for Better Wellness

## **Replace toxic products in your home with natural, plant-based ones.**

I've been using **Thieves Cleaner** for the past year. Not only are we not breathing in toxins every time we clean, we're also promoting our health and it all smells amazing.

## **Drink more water.**

Almost all of us fail to get enough water. One way I've been able to increase my water consumption consistently is by adding a drop of citrus oil, like **Lemon Vitality**, to each glass.

## **Get a good night's sleep.**

Not only are we not getting enough water, most of us aren't getting enough sleep. Adding **Lavender** to your nighttime routine can help. I typically diffuse a combination of Lavender and Cedarwood as well as rubbing a drop or two into my feet before I go to bed.

## **Upgrade your skincare routine.**

This is perhaps the easiest change to make! Add a drop of **Frankincense** to your moisturizer or make your own face serum using this incredible oil along with a carrier oil like almond or jojoba.

## **Decrease your caffeine intake.**

This one has been hard for me. But I've slowly been replacing the caffeine in my life with things like **Ninxia Red** (which is packed with essential oils and nutrients) and by adding **Copaiba Vitality** to a cup of tea each afternoon.

## **Identify your stress triggers and develop a strategy for minimizing or eliminating them.**

If you're like me, the big stressors in your life are pretty consistent. I've discovered I can minimize or even eliminate my reaction to them by rolling a little bit of **Stress Away** oil on the nape of my neck or just taking three or four deep breathes while inhaling the oil from the bottle or a drop on my hands.

## **Exercise more.**

We know exercise improves our health in multiple ways. And, when you're sore after a workout, add a drop or two of **Panaway** oil to the shower floor or on a rag and let it create an invigorating steam shower.

## **Create your own mood-lifting perfume.**

Citrus scents are known to elevate our moods. I love to diffuse them but also to wear them. It's easy to create your own perfume by mixing a drop or two of **Citrus Fresh** with a carrier oil and applying to pulse points.

## **Set the tone in your home.**

It's been said that as women we are the thermostat of our homes. One of my favorite ways to create a warm and welcoming atmosphere in my home is through diffusing oils. I love my new **Desert Mist diffuser** that runs for eight hours!

## **Choose wellness.**

The gist of each of these changes is this, when we have the opportunity to choose, let's choose what will make us most healthy in every way – physically, emotionally, mentally, and spiritually. **Young Living products have helped me make those simple changes, one at a time, to improve not only my health but also my family's.**

Each of the products I've highlighted above is included in the Young Living Personal Starter Kit.

# GET STARTED WITH THE *Premium Starter Kit* WITH THE DESERT MIST DIFFUSER

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*Oily Families*

INCLUDES: 5ML STRESS AWAY, LEMON VITALITY, COPAIBA VITALITY, DIGIZE VITALITY, THIEVES VITALITY, PEPPERMINT VITALITY, PANAWAY, FRANKINCENSE, CITRUS FRESH, RAVEN, LAVENDER, DESERT MIST DIFFUSER, AROMAGLIDE ROLLER FITMENT, 1 OZ THIEVES HOUSEHOLD CLEANER SACHET, 10 SAMPLE BOTTLES & CARDS, 2 NINGXIA RED 2OZ SAMPLES, PRODUCT GUIDE, ESSENTIAL OIL MAGAZINE, EDUCATIONAL RESOURCES, AND WHOLESALE MEMBERSHIP!

I'm thankful for the way these plant-based products are changing my life. And I'd love to help you experience the same benefits! Learn more about how to get your own personal starter kit on my website:

[terilynneunderwood.com/essential-oils](http://terilynneunderwood.com/essential-oils)

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