

GETTING THE MOST FROM THE

# Seasonal Essentials

WELLNESS BOX



Available Now!

## MORNING DIFFUSER BLENDS

Start the day with a blend tailored just for you. When the seasons change, we love to anchor into these supportive blends that the whole family will love.

- 5 Peppermint, 5 Tea Tree
- 5 Peppermint, 5 Eucalyptus
- 5 Peppermint, 5 Easy Air

## RISE AND SHINE

When you awaken place a drop of Peppermint in the palms of your hands. Rub the oil into your hands and cup your hands bringing towards your face. Inhale the invigorating aroma of Peppermint to start your day off fresh and bright!

## SHOWER STEAM

To enliven your morning place a few drops of Eucalyptus, Peppermint or Easy Air on the shower floor, avoiding the drain area and where the water will wash the oil away too quickly. As the steamy water interacts with oils enjoy the clear scents of these oils.

## ARMOUR UP

As you get dressed don't forget to roll OnGuard Touch on the bottoms of your feet, spinal column and pulse points if you desire. This daily ritual is a great way to ensure you are ready for whatever the world is ready to throw at you.

## BE PREPARED

After brekkie don't forget to pack for the day! Pop the OnGuard Touch and Easy Air Touch in your bag to use throughout the day. Enjoy an Easy Air Throat Drop while you get ready for the day and don't forget to pop a few in your bag to have on hand too.

## KEEP HYDRATED

Flavouring your water is a great way to help you increase your hydration. Pop 1-2 drops of Peppermint in your glass or stainless-steel water bottle and enjoy a burst of Peppermint while staying hydrated.

## TAKE A BREATH

After running around all morning it's nice to take a moment to breath. Meditation is great way to clear your head. Before taking time out for a five-minute meditation roll Easy Air Touch over the chest, throat and pulse points. Take several deep inhalations and enjoy the clear, fresh scent of Easy Air while meditating.

For an extra boost of clear and calm swipe Easy Air Touch under the nose as well.

## FRESHEN THE HOME

Non-toxic cleaning is a breeze with Tea Tree and Eucalyptus. Create a simple bench spray, add a few drops to your laundry or freshen your mop water with a drop or two to keep the house smelling great and trusting your family is safe using non-toxic cleaning.

## OUT AND ABOUT

As you go out into the world be prepared by using your OnGuard Hand Sanitising Mist. It's not just for hands! Spritz your trolley at the shops, your seat on the plane or train and even the kiddos hands when you pick them up from school! The spicy, warm scent is a great reminder you are supported.

## AFTERNOON DIFFUSER BLENDS

The afternoon slump can set in fast but picking up the pace is as easy as using one of the blends below to help you get your day back on track.

- 5 Easy Air, 5 Eucalyptus
- 5 Easy Air, 5 Tea Tree
- 5 EasyAir, 5 Peppermint



## LET THE DAY SLIP AWAY

A bath is a great way to experience the pleasure and benefit of essential oils. While the bath is drawn add a handful of Epsom salts and a one to two drops of Lavender and Eucalyptus for a relaxing bath that will soothe and delight you.

## NIGHTTIME DIFFUSER BLENDS

These blissful bedtime blends will have you relaxed and set the scene for sleep in no time. You will love these as they support you during the seasons changing.

5 Lavender, 3 Eucalyptus, 2 Tea Tree  
5 Lavender, 5 Easy Air  
5 Lavender, 5 Eucalyptus

## LUXURY LINEN

Before you hop into bed create a cosy cocoon by rubbing a drop or two of Lavender on your hands, rub them together and then rub the Lavender over your pillow, bed linen, doona and pyjamas.

## TIME TO COUNT SHEEP

Before you turn the lights off make sure to roll OnGuard Touch on the bottoms of your feet again. This is especially important if you had a particularly challenging day! Sleep is especially important to your body's restoration. Consider layering a drop of Lavender on the feet as well to help relax before drifting off.

Also Available

ADD ONE OF THESE WELLNESS BOXES  
TO YOUR NEXT MONTHLY ORDER!



Active Sports  
WELLNESS BOX



Bedtime Bliss  
WELLNESS BOX