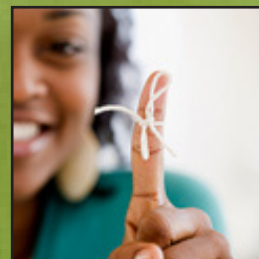




Maintain Energy

Benefits of Sleep



Have breakfast... even if you don't feel hungry.

Eat every three to four hours.

Improve memory

Live longer



Fill up on more fiber.

Fuel your brain with omega-3s.

ONLY \$10 with a \$200 Show! (\$40 value)



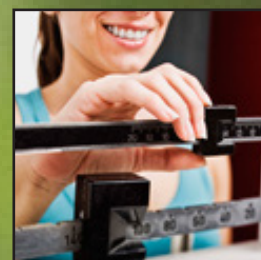
Spur Creativity

Improve your grades



Stay hydrated.

Watch caffeine intake after noon.



Sharpen attention

Have a healthy weight



Our Energy Herbal Support Blend will give you that added boost of energy to start your day. A refreshing blend of Peppermint, Rosemary, Lemon, and Eucalyptus Oils. A couple of mists throughout the day can help with the afternoon slump!

We also offer a great Herbal Support Blend to help you get a good night's sleep. Our Sleep Herbal Support Blend has Lavender, Neroli, Sweet Orange, and Chamomile. The perfect combination to help relax you before bed!

Ask me about my open September party dates!

By Hosting a \$200 Show during the month of September you can get your own Energy & Sleep Essential Oil Spray Duo for only \$10!! Such a great way to start your family's day and an even better way to help calm them down before bedtime to ensure a good night's sleep!