



**CREATE
YOUR WISH
LIST**

18

**Ways To Stay
Healthy With
Natural Products**

WWW.WOMENSINTEGRATIVEHEALTHNY.COM

WISH LIST



VITALITY PACK SUPPLEMENTS

- Food Nutrient Complex
- Cellular Vitality Complex
- Essential Oil Omega Complex

EMOTIONAL

- | | | |
|-------------------|--------------|--------------------|
| • Grounding Blend | • Spikenard | • Juniper Berry |
| • Lavender | • Vetiver | • Renewing Blend |
| • Patchouli | • Arborvitae | • Inspiring Blend |
| • Sandalwood | • Cedarwood | • Comforting Blend |
| • Bergamot | • Geranium | • Reassuring Blend |

8 A.M. CLASSES

- | | | |
|----------------------|--------------|---------------------|
| • Peppermint | • Basil | • Tangerine |
| • Wild Orange | • Arborvitae | • Grapefruit |
| • Invigorating Blend | • Lemon | • Spearmint |
| • Siberian Fir | • Lime | • Lemongrass |
| | | • Encouraging Blend |

BATHROOM SHARING

- | | |
|--------------|-----------------------|
| • Melaleuca | • Cleaner Concentrate |
| • Peppermint | |
| • Lemon | |

WISH LIST



WATER BREAK

- Lemon
- Grapefruit
- Lime
- Metabolic Blend
- Tangerine
- Wild Orange
- Lavender
- Peppermint
- Cinnamon
- Frankincense
- Ginger
- Fennel
- Protective Blend
- Detoxification Blend

ON THE GO CLEAN

- Protective Blend Sanitizing Mist

TAKE A DEEP BREATH

- Lemon
- Lavender
- Peppermint
- Respiratory Blend
- Eucalyptus
- Cardamom
- Black Pepper
- Coriander
- Frankincense
- Juniper Berry
- Lime
- Protective Blend
- Rosemary
- Thyme
- Arborvitae
- Cedarwood

UNDER PRESSURE

- Citrus Oils
- Lavender
- Lemon
- Basil
- Ylang Ylang
- Petitgrain
- Cedarwood
- Bergamot
- Roma Chamomile
- Frankincense
- Focus Blend
- Joyful Blend
- Restful Blend
- Comforting Blend
- Invigorating Blend
- Uplifting Blend

WISH LIST



T U M M Y T R O U B L E

- Digestive Enzyme Complex
- Digestive Blend
- Peppermint
- Lemon
- Black Pepper
- Cardamom
- Ginger
- Fennel
- Cassia
- Cilantro
- Frankincense
- Lime
- Melissa
- Oregano
- Petitgrain
- Rosemary
- Spearmint
- Thyme

S T U D Y T I M E

- Focus Blend
- Peppermint
- Grapefruit
- Wild Orange
- Encouraging Blend
- Rosemary
- Grounding Blend
- Roman Chamomile
- Lemon
- Spearmint
- Cardamom

C L E A N I N G

- Citrus Oils
- Cleansing Blend
- Thyme
- Cedarwood
- Protective Blend
- Lemon
- Lavender
- Melaleuca
- Eucalyptus
- Peppermint
- Wild Orange

WISH LIST



WHAT'S THAT SMELL?

- Lemon
- Wild Orange
- Lime
- Peppermint
- Spearmint
- Tangerine
- Cedarwood
- Siberian Fir
- Lavender

IMMUNE SUPPORT

- Protective Blend
- Oregano
- Frankincense
- Clove
- Cilantro
- Juniper Berry
- Geranium
- Cinnamon
- Lavender
- Melaleuca
- Citrus Oils

DISCOMFORT

- Tension Blend
- Soothing Blend
- Lavender
- Frankincense
- Basil
- Clary Sage
- Marjoram
- Peppermint
- Cedarwood
- Ginger
- Fennel

SKIN ISSUES

- Topical Blend
- Lavender
- Melaleuca

WISH LIST



TOOTH AND GUM HEALTH

- Clove
- Peppermint
- Frankincense
- Protective Blend Natural Whitening Toothpaste

CATCH ENOUGH ZZZZZ'S

- Restful Blend
- Restful Complex
- Patchouli
- Lavender
- Arborvitae
- Bergamot
- Frankincense
- Wild Orange
- Tension Blend
- Focus Blend
- Grounding Blend
- Roman Chamomile

OTHER ITEMS

- Fractionated Coconut Oil
 - Rollerball Bottles
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**Mark items you would like to
create so it is easier for ordering**

**Items can be ordered at:
my.doterra.com/womenshealth**