



Mary Hyatt Building a Positive Body Image with Essential Oils

Mary shares three self-care practices you can implement that will move you towards more body positivity and acceptance. As she talks about each one, write down the practice as well as the essential oil she recommends to accompany that practice.

1. What is the first practice?

Which essential oil does Mary recommend and why?

2. What is the second practice?

Which essential oil does Mary recommend and why?

3. What is the third practice?

Which essential oil does Mary recommend and why?

Record here any other notes
