

## STAY TRUE TO YOUR WEIGHT MANAGEMENT GOALS ALL DAY LONG



### Morning

- Add two drops of **Thyme oil** to a veggie cap and swallow to support healthy metabolism and weight management.\*
- In your morning smoothie, add two drops of **Slim & Sassy®** to help support your weight management efforts.\*
- Rub **Peppermint oil** on your chest before your morning workout to produce energizing feelings and promote clear airways as you exercise.



### Afternoon

- Diffuse **Grapefruit oil** at your desk at work or around the house while trying to lose weight to increase motivation when afternoon cravings hit.
- If you are trying to avoid sugary drinks and sodas, try adding essential oils like **Lemon, Grapefruit,** or **Lime** to your water for added flavor.



### Evening

- Before dinner, consume **Slim & Sassy** to help control your appetite and avoid overeating.\*
- Add **DigestZen®** to water or tea to help promote a healthy gastrointestinal tract.\*
- If you like to work out in the evenings, add **Slim & Sassy** to water and drink before exercising for a revitalizing energy boost.\*



### Nighttime

- If you are feeling stiff from your workout, apply essential oils like Wintergreen, Lemongrass, or Cassia to the muscles and massage for soothing comfort.
- After dinner, add a few drops of essential oils like **Frankincense** or **Ylang Ylang** to a warm bath to help prepare yourself for rest.
- To encourage a good night of sleep that will help the body recuperate, diffuse essential oils like **Lavender** and **Clary Sage** in the bedroom.

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