



Mariza Snyder

Essential Oils for Mental Clarity and Motivation

Supplementation

What two dōTERRA supplements does Mariza Snyder recommend?

What two supplements does she recommend for gut health?

Oils

As Mariza Snyder talks about her favorite oils for concentration and focus, write down anything that you want to remember or try for yourself!

ROSEMARY: _____

BASIL: _____

FRANKINCENSE: _____

PATCHOULI: _____

CITRUS OILS: _____

PEPPERMINT: _____

INTUNE: _____

MOTIVATE: _____

AROMATOUCH: _____

CITRUS BLISS: _____

CHEER: _____

Go back and circle two oils or blends that you want to try this week