



Creating Routines with Essential Oils

What are some of the benefits of healthy routines?

How can you start creating routines?

How does Kari use dōTERRA Breathe® in her daily routine?

How does Kari like to use Spearmint?

When it comes to diffusing, how does Kari use dōTERRA Peace® and Citrus Bloom™?

What are Kari's favorite ways to use Blue Tansy?

What is a routine you'd like to develop?
