



Nicole Moultrie—Essential Oils for Energy

What?

You can receive various energizing benefits from a few different types of oils. List a few example oils for each category.

MINT: _____

CITRUS: _____

TREE, HERB, GRASS: _____

How?

Essential oils can be used aromatically, topically, or internally.

Nicole explains how to use oils for energy in all of three ways. Take notes on each method and circle which provides the most immediate—nearly instantaneous—results.

AROMATICALLY: _____

TOPICALLY: _____

INTERNALLY: _____

Tips, Tricks, and Favorites

Throughout the podcast, Nicole shares several “tips and tricks” to using energy oils; record here any you would like to try.

- _____
- _____
- _____
- _____
- _____

Below are Nicole’s four favorite oils for energy. Pick one or two to use this week.

- Motivate Encouraging Blend Spearmint Red Mandarin Elevation Joyful Blend