



## Veronique Golloher Soothe Your Body with Essential Oils

### Essential oils for deep breathing in the morning:

- \_\_\_\_\_
- \_\_\_\_\_

### Three relaxing flower oils:

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- \_\_\_\_\_
- \_\_\_\_\_

### What chemical constituent makes Lavender, Magnolia, and the other flower oils so relaxing?

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### Essential oils for post-exercise soothing:

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- \_\_\_\_\_
- \_\_\_\_\_

### Essential oils for evening and bedtime:

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### Additional notes:

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