



Supporting Your Mood and Mind

What are some ways that Nicole recommended using essential oils internally to support the mind and mood?

Which essential oils did Nicole mention can help keep you in the best frame of mind?

What are the essential oils Nicole reaches for when she wants to create an uplifting environment?

Which dōTERRA products are your favorite to use to support your mind and mood?

What are some of the benefits of the Mind & Mood Wellness Program?
