



## Using Essential Oils in Your Mindfulness Routine Featuring Johanna Nichols

What is mindfulness?

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What are some of the benefits of living mindfully?

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What are some things you can do to begin practicing mindfulness?

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What are some essential oils and blends that Johanna likes to use when she practices mindfulness?

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What tips did Johanna give to make mindfulness a part of your daily routine?

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