



## Tips to Support Your Immune System and a Look at Tangerine

Of the habits Samantha talked about—sleep, getting outside, movement, taking a quiet moment for yourself—which one could you be better at? Write it down.

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Samantha mentions her routine before going to bed. Which doTERRA products does she use to promote a restful night of sleep? If there are products she mentioned that you haven't tried yet, which one(s) do you plan on trying? Write them down.

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What oils does Samantha use when she wants to support her immune system?

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What was the important safety note that Samantha made about Oregano, when using it internally or topically?

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Where does the name Tangerine come from?

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