



Hello Oily Family,

How are you doing? I'm just checking on ya'll. December can be a beautiful month filled with memory making and fun. But for some it can be a lonely and stressful time. I remember struggling through several holidays missing a family member. Although it was a struggle, the beauty of the season always prevailed. If you are struggling this holiday season, make sure to reach out to others and let people close to you know what's going on. Take your mind off yourself and volunteer, switch up some of your traditions, don't play the comparison game of holidays past. Watching what you eat, rest and exercise are all wonderful ways to support your body through the season.

As always, I'm here for you. Send me your prayer requests or reach out if you just need someone to talk to. Praying this holiday brings you peace and joy.

Blessings,

Karen



I just wanted to share some of my favorite GIFTS for this season, well any season really. If you're anything like me you appreciate any gift ideas or suggestions. These are actually great to give year round. 🎁🎁🎁

Enjoy!

✨ First up is the new Viya diffuser. This little number was originally introduced as part of our Black Friday bundle. However, you can now purchase it by itself for only \$39! It's actually a car diffuser. I absolutely love how portable it is and you can use it in the house too!

✨ Next, our Very Merry Vanillamint scrub and body butter. The gift of pampering is always welcomed and this luxurious duo is the best. I stock up on this stuff from the holiday catalog and gift it year round.

✨ You can never get enough Vanillamint. We also make a great Vanillamint Lip Balm. Grab one of our lip balms or our Savvy Lip Luxe and a pretty compact mirror. This makes for soft lips and beautiful gifts! 💋

✨ The Vitality drops and a water bottle. Our Vitality drops are so great. Choose the one with electrolytes or the energy version. This gift is always welcomed and with the addition of the water bottle its perfect.

✨ Bath bombs are great! You can gift the entire bag or give them separately with a fun loofah or bath sponge. I've also included a sleep mask with the lavender bath bombs.

🎁 So much fun and the list is endless!

The December eZine is here! One of my favorite parts of this year was discovering this awesome little resource. It's packed with lots of oily info, and this month's issue does not disappoint. Read up on our Northern Lights Farm located in the Canadian Boreal forest. Lot's of good info to give you a wellness boost, oily recipes and hacks and an article titled Making Spirits Bright with suggestions on how to use our lovely oils to lift your spirits this season. There's something for the whole family including the furry ones.

Go ahead click on the link below and flip through the pages for all the good stuff.



[December E-Magazine](#)



Step 1: Seed

Step 2: Cultivate

Step 3: Distill

Step 4: Test

Step 5: Seed





GIFT WITH PURCHASE:

△ **190PV** | Retail value: \$72.70 + free shipping

Christmas Spirit essential oil blend, 5 ml

- Tap into the magic of the season. Diffuse Christmas Spirit for a warm, joyful aroma reminiscent of holidays past.

Winter Nights Foaming Hand Soap, 3 pk.

- Formulated with moisturizing ingredients like aloe and ginkgo biloba, this holiday hand soap is ideal for the cold, dry season.

Pine essential oil, 5 ml

- Pine essential oil has an uplifting aroma that provides a refreshing breathing experience, encourages feelings of positive energy, and repels the influence of negative energy.

- Has a fresh, woody aroma.
- Shares many of the same properties as Eucalyptus Globulus; the action of both oils is enhanced when blended together
- Pairs well with other essential oils such as Peppermint, Lavender, and Eucalyptus.

⌒ **250PV** | Retail value: \$104.61

R.C. essential oil, 5 ml

- When the stuffy, cold-weather season hits, inhale R.C. for a refreshing experience.
 - Breathe in R.C. for a bold, invigorating aroma during your exercise routine
- Christmas Spirit 5ml
 - Winter Nights Foaming Hand Soap 3 pk.
 - Pine essential oil 5ml

⌒ **300PV** | Retail value: \$152.31

Thieves essential oil, 5 ml

- On chilly nights, keep spirits warm and bright with the spicy-sweet scent of Clove, Cinnamon Bark, Lemon, and other premium essential oils.
 - After indulging in your favorite cold-weather comfort foods, add a drop of Thieves to your toothpaste for naturally fresh breath.
- Christmas Spirit 5ml
 - R.C. essential oil 5ml
 - Winter Nights Foaming Hand Soap 3 pk.
 - Pine essential oil 5ml

Subscribe to Save



Spend **190 PV** on a subscription order, you'll also earn a bottle of Pine.

Pine essential oil, 5 ml

- Take time out from the holiday hubbub with a refreshing bath infused with 1 cup Epsom salt and 10 drops Pine.
-

Spend **400 PV** on a subscription order and you'll get Frankincense for free.

Frankincense essential oil, 15 ml

- As you meditate, pray, or reflect on what matters most this season, invite tranquility with Frankincense's grounding scent.
-



“Joy does
not simply
happen to us.
We have
to choose
joy and keep
choosing it daily.”

- Henri Nouwen

Happy to help!

Have any questions? Want to learn more?

Be sure to check out the Stellar Wellness [website](#) and [facebook](#) pages!



YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor

Karen Douglas
STELLAR WELLNESS, INC.

Young Living Diamond #733259
e-mail: karen@stellarwellness.com



Facebook



Website

Copyright © 2021 Stellar Wellness, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

