



Hello Oily Family,

Fall has arrived, well sort of here in Texas, and back to school activities, last minute vacations and other life events are upon us.

Back to school still looks a little different for some. Whether you are homeschooling from your kitchen table like I do and have done for the past 20 plus years or headed back to in person classes, it's always a time of transition. There is always a bit of stress, anxiety for the kiddos, and a need to refocus as we get back on schedule. I love to reach for my emotional oils for support during this time.

So grab some Stress Away, slather yourself in Motivation and lets finish out this last quarter of 2021 with a bang.

Abundant Blessings,

Karen

Before you open up this month's eZine below, let me share a couple more oils I use for emotional support.



Valor, the real MVP. This blend was formulated based on historical writings about Roman soldiers who were said to apply plant extracts and botanicals to instill feelings of courage and confidence before going into battle.

Reach for **Kidscents Kidpower** and send your kiddos back to school with the support they need to conquer the school year.



Need to get your mind focused and ready for things to come? **Envision** essential oil blend stimulates feelings of creativity and resourcefulness, encouraging renewed faith in the future and the strength necessary to achieve your dreams.

Drum roll please! The September eZine is below. Let's continue this healthy journey together by enjoying this great resource. Some of my favorite articles include recipes for Vitality drop slushies, tips on putting together a winter wellness cabinet and more info on the correlation between a healthy gut and how it affects your immune system. Go ahead, open it up for these articles and much more.



September E-Magazine





Step 1: Seed

Step 2: Cultivate

Step 3: Distill

Step 4: Test





Keep moving with
September's gift with purchase!



GIFT WITH PURCHASE:

⌒ **100PV** | Free shipping

- Treat yourself. Stock up on gym-ready favorites and let us cover the cost of your deliveries.
- Get easy savings. Reach our 100 PV tier and we'll ship your order for free.

⌒ **190PV** | Retail value: \$76.31

Lemon Vitality essential oil

- Zest it up! And some sparkle to your daily routine by putting 1–2 drops of Lemon Vitality in a vegetarian gel capsule and taking with a meal.
- Make breakfast fun. Blend a drop in pancake or waffle batter and top your breakfast with fresh fruit for a healthy meal that tastes like lemon-poppyseed cake.

Citrus Fresh Vitality essential oil blend

- Season like a boss. Use Citrus Fresh Vitality in recipes such as fruit salads, salad dressings, and marinades to enhance the flavor.
- Personalize your beverages. Add 1–2 drops of Citrus Fresh Vitality to every 2 ounces of your favorite fruit and vegetable juices and smoothies.

DiGize Vitality essential oil blend

- On the go. When road tripping, enhance your traveling experience by adding a few drops of DiGize Vitality to your water bottle.
- Time for tea! Make a soothing tea with antioxidant properties by adding honey and DiGize Vitality.

Bonus Subscribe to Save (previously ER):

Orange Vitality essential oil

- Boost your cooking. Use Orange Vitality in sweet or savory dishes for added flavor and zest in a healthy life.
- Hydrate like royalty. Add Orange Vitality to your drinking water after a run to give it a burst of flavor.

Copaiba Vitality essential oil

- Post-workout routine. Add Copaiba Vitality to Pure Protein Complete™ or your favorite protein drink.
- Flavor it up! Add Copaiba Vitality to your favorite smoked salmon or smoked meat recipes.

△ **250PV** | Retail value: \$128.97

YL Vitality Drops, Lavender Lemonade (single)

- Add some delish. After setting a personal record at the gym, cool down with a drink infused with flavorful Lavender Lemonade YL Vitality Drops.
- Sweeten the deal. Add a great taste to an ordinary glass of water, plus get an extra boost of trace minerals when you add YL Vitality Drops to your daily hydration routine.

EndoFlex Vitality essential oil blend

- Build healthy habits. Keep up your overall wellness by building a daily checklist of things like stretching for 15 minutes, meditating, and adding EndoFlex Vitality to a relaxing cup of tea.
- Juice it up. Spice up a well-balanced breakfast with a delicious fruit smoothie that has a few drops of EndoFlex Vitality for a refreshing boost.

Longevity Vitality essential oil blend

- Keep grooving. Add a little movement to your day by dancing around to a few favorite tunes, then hydrate by adding Longevity Vitality to a cool glass of water.
- Treat yourself. After a hard day burning calories, take time for a breather and pour yourself a cup of tea with a few drops of Longevity Vitality.

△ **300 PV** | Retail value: \$182.92

Life 9

- Go pro with probiotics. Support your healthy lifestyle by moving your body, eating a balanced diet, and taking Life 9 to promote healthy digestion.*
 - Support your systems. Add taking a Life 9 pill to your daily multivitamins and supplements for an extra boost of probiotics.
 - YL Vitality Drops, Grapefruit Bergamot (single).
 - Up your hydration game. Add a few drops of YL Vitality Drops to your water bottle for a yummy taste that will encourage you to keep sipping throughout the day.
 - Boost your body. After a hard workout, add some YL Vitality Drops to your green smoothie for a kick of flavor and extra electrolytes.
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Happy to help!

Have any questions? Want to learn more?

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



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Independent Distributor

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