

# ESSENTIAL OILS FOR LIFE



Are you looking for a tool to naturally and easily upgrade your life?

Come and join the fun as we explore how dōTERRA essential oils can support our physical + emotional health and why they are revolutionising the way we live.

Over healthy sweet treats and tea we will look at how to easily integrate essential oils into your daily life to naturally support:

- Immune function
- Stress, anxiety and depression
- Quality sleep
- Colds and congestion
- Energy & mood management
- Digestion
- Inflammation
- Low tox living

**Empowering yourself with tools to joyfully rock your health is something you will never regret.**

This is a Free workshop but space is limited so please rsvp to reserve a spot!

**Date:** Tuesday 13th November

**Venue:** Classic Wellness, 583 Hampton Street, Hampton

**Time:** 7:30pm - 9:30pm

**RSVP:** [lucy@thevitalityspace.com.au](mailto:lucy@thevitalityspace.com.au)

