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<https://www.myhart.ca/>

<https://www.facebook.com/wellnesswithHART/>

The 3 Oils I Use Every Day:

*Ginger in my smoothie, or
topically on sore muscles for a relaxing warming feeling.*

Motivate on my wrists and back of neck for focus.

*Serenity in the diffuser so my and my littles
get a good night's sleep.*

The Quote My Heart is Singing to Right Now:

“It always seems impossible, until it's done.” – Nelson Mandela

The One Thing I Consistently do for Self-Care:

Exercise – preferably outside because I find nature so uplifting.

What I Love Most about doTERRA:

*I love learning about all of the different products and having
healthy, natural alternatives for taking care of my family.*