

My Daily Routine Habits

From the moment I open my eyes to the last flicker of my eyelids, the days are full and busy. I'm healthy, energetic and have a positive outlook on life and I want to share my routine with you!

My intention is to bring some clarity and provide guidance on how to feel healthy and maintain your physical and mental wellbeing.

You don't need to be a "full bottle" on Essential Oils to enjoy the natural benefits they can offer. By sharing my own routine I hope you'll be inspired to add some natural elements to your life and home.

Each morning I wake up and head straight to the bathroom. I weigh myself, brush my teeth with OnGuard toothpaste and rinse with OnGuard mouthwash. I shower with dōTERRA's Refreshing Body Wash, I use the dōTERRA Facial Cleanser daily, and I use the dōTERRA Shampoo and Conditioner. A couple of times a week I'll use dōTERRA ESSENTIAL Skin Care Invigorating Scrub.

After my shower, I finish my skincare routine with dōTERRA toner and moisturiser and apply dōTERRA underarm deodorant; I am loving the Natural Deodorant with dōTERRA Citrus Bliss.

I head back to the bedroom and make my bed, before applying my Yoga oils. As a mum I don't have the opportunity to meditate often when I wake up, so these help me to relax and focus. In a perfect world 20 minutes of meditation followed by 20 minutes of yoga or stretching, and 20 minutes of journaling would be the ideal start to the day.

Keeping it real, I'm a mum and a business owner and dōTERRA's Essential Oils allow me to have some self-care without abandoning the morning family commitments.

I apply the OnGuard Touch Roller and the Oregano Touch Roller to my throat area (either side of the Trachea). I'm constantly using the OnGuard Hand Wash and Sanitiser through the day. I fill up my water bottle and add a 3 drops of lemon essential oil and 3 drops of any additional citrus oil.

I then apply Adaptiv Roller to the back of my neck, or use InTune throughout the day.

Then it's time to focus on the kids. They each carry a homemade hand sanitiser, and I apply the Motivate Touch, Adaptiv Blend Touch, or Cheer Touch to the kids' heart or back of their necks. I also apply the FLOOM roller to the soles of their feet or to their throat.

Once the kids are taken care of, I spend some time pressing the reset button at home before settling into my workday.

I set up the diffusers in the house (Holiday Joy which has spice oils in it and is very cheery and stimulating and Elevation, are my favourite) then take my Lifelong Vitality (LLV) and Phytoestrogen





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and the Daily Bone Nutrient and DDR Prime. I also take 2 drops of Copaiba under the tongue. This is to support my immune system and assists my body with stress.

I've made some major changes in our household around TV and social media. We've turned off the TV and jumped off Facebook, for the sake of our mental health. This isn't information avoidance, however it's important to balance the stream of negative information flooding our ears. I check-in with Government updates at certain times throughout the day, and resist the ongoing stream of information being emailed.

Eating lunch is best sitting in the sunshine. I step outdoors into our yard, find a spot in the sun and enjoy the fresh air. It's a great opportunity to kick off our shoes, and feel the earth beneath our feet. We can lay on the grass to ground ourselves. I often play with the dog after lunch, because he's usually missing the boys by this time of the day.

Late afternoons, I take my second dose of Lifelong Vitality (LLV) and make a frozen fruit smoothie for the team. I add 3 drops of any citrus oil on hand and refill my water bottle. If smoothies aren't possible, I'll wash and cut-up fruit for us to enjoy.

In the evening, I make sure we eat as a family at the dinner table and I don't eat at all after 8pm. I set up the diffuser in the master bedroom with the Adaptiv Blend so it's ready for bedtime, and I try to wind down before calling it a day.

I make sure the kitchen's clean, the dishwashers on, and teenagers are settled for the night. I usually sit at the end of the bed and have a chat as I say goodnight.

If it's been a tough day and I need to check-out for a while, I'll watch some TV (I love the reno shows!).

Before jumping into bed, I'll brush my teeth with OnGuard Toothpaste and rinse with OnGuard Mouthwash. To finish the day, I'll pop on my headphones and drift away as I listen to my 60 minute Holosync Meditation.

The days are busy and we all know that family and work-life can be demanding. My routine helps to keep me and my family healthy and focused on a daily basis.

I've put together a checklist to share my daily habits, and to help you find a happy and healthy routine for your family with dōTERRA. Don't forget to join my mailing list to receive a FREE download of The Essential Oils Handbook. This can be done on my website www.joannarusling.com.

Stay safe,

Joanna x



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My Daily dōTERRA Routine

Teeth:

- OnGuard Toothpaste and OnGuard Mouthwash

Shower:

- dōTERRA Body Wash
- dōTERRA Facial Cleanser
- dōTERRA Salon Essentials Shampoo and Conditioner
- dōTERRA ESSENTIAL Skin Care Invigorating Scrub

Daily Life:

- dōTERRA ESSENTIAL Skin Care Toner and Moisturiser
- dōTERRA Natural Deodorant with Citrus Bliss
- dōTERRA Yoga Oils
- dōTERRA OnGuard Touch Roller (either side of the trachea)
- dōTERRA Oregano Touch Roller (either side of the trachea)
- dōTERRA OnGuard Hand Wash
- dōTERRA citrus oils such as Lemon, Tangerine, Green Mandarin, etc.
- dōTERRA Adaptiv Roller to the back of my neck
- dōTERRA InTune throughout the day
- dōTERRA Lifelong Vitality (LLV)
- dōTERRA Phytoestrogen Essential Complex
- dōTERRA DDR Prime
- dōTERRA Copaiba essential oil

Kids, apply to the heart or back of their necks:

- dōTERRA Motivate Touch
- dōTERRA Adaptiv Blend Touch
- dōTERRA Cheer Touch
- dōTERRA FLOOM (to the soles of their feet or on throat)

Diffusers:

- dōTERRA Holiday Joy
- dōTERRA Elevation
- dōTERRA Adaptiv Blend