ESSENTIAL OILS TO AID YOUR WEIGHT LOSS JOURNEY

Don’t go into your weight loss journey without every possible advantage! Maintain momentum with your results by using targeted Essence by Isagenix Essential Oil products that support your weight loss goals. This bundle includes Content™, TumBliss™, Lemon, Lavender, and Peppermint essential oils and blends.

**Content** — For helping to support weight wellness goals when paired with one of the Isagenix Weight Loss Packs. Try adding one drop to your Cleanse for Life™ or diffusing it during your Cleanse Days.

**TumBliss** — For a soothing experience when used with Isagenix shakes, Cleanse for Life, or water.

**Lemon** — For a zesty way to start your day and help relieve colds and coughs. Don’t let anything keep you from reaching your weight loss goals! Apply this oil topically or diffuse it to help relieve common cold symptoms to keep you on track.

**Lavender** — For a great way to calm nerves and unwind before bedtime. Sleep is an important step in every weight loss journey. Try rubbing this on your feet to help relax before bedtime, or diffuse it to combat the negative effects of stress.

**Peppermint** — For providing joint and muscle pain relief as well as soothing your digestive discomfort. Keep it in your gym bag to apply to sore muscles post-workout.