

# citrus fresh

ORANGE, TANGERINE, MANDARIN, GRAPEFRUIT, LEMON, SPEARMINT

AROMATIC | TOPICAL | INTERNAL

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PUT A FEW DROPS OF CITRUS FRESH IN YOUR WATER TO SUPPORT THE IMMUNE SYSTEM AND OVERALL HEALTH.

DIFFUSE IN THE MORNING TO START YOUR DAY WITH FEELINGS OF WELL-BEING, CREATIVITY, AND JOY.

RUB 2-4 DROPS ON YOUR FEET, NECK, AND CHEST TO BOOST ENERGY BEFORE A WORKOUT.

DIFFUSE WHILE STUDYING FOR A TEST TO HELP SUPPORT MENTAL CLARITY.

DIFFUSE IN THE KITCHEN TO HELP PURIFY THE AIR YOU BREATHE.

DIFFUSE OR INHALE TO REDUCE STRESS AND PROMOTE EMOTIONAL STRENGTH.

APPLY DURING WINTER MONTHS TO CUT DOWN ON SEASONAL SADNESS.

APPLY ON THE BELLY TO PROMOTE HEALTHY WEIGHT MANAGEMENT.



**BODY EDGE FITNESS**

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