

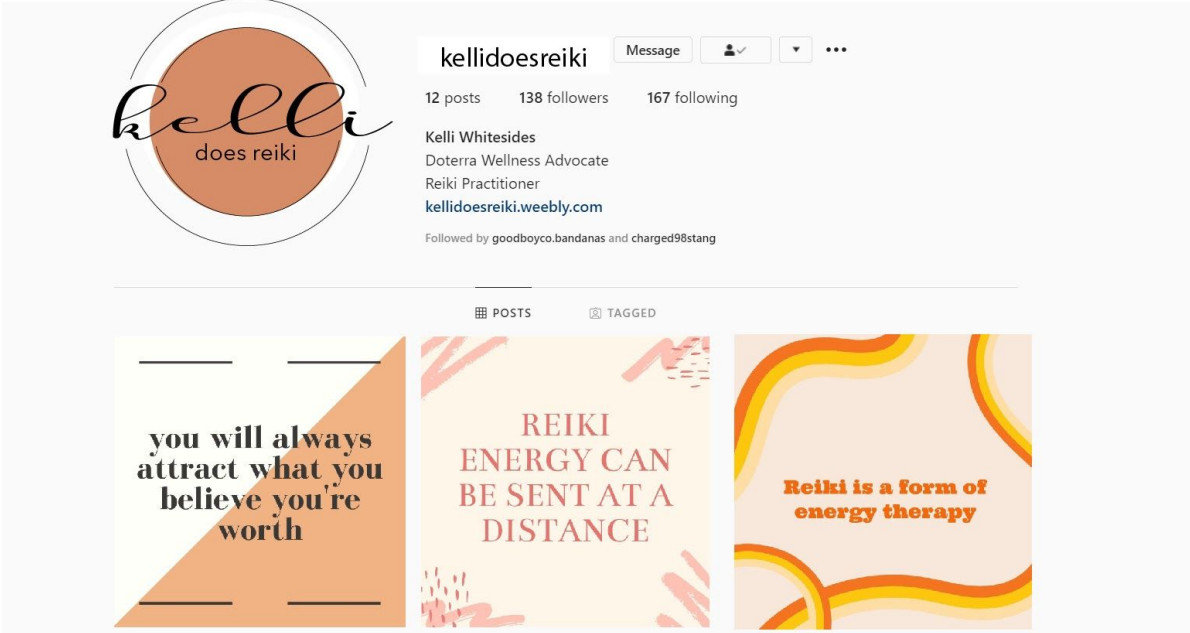
FACEBOOK



LOGO

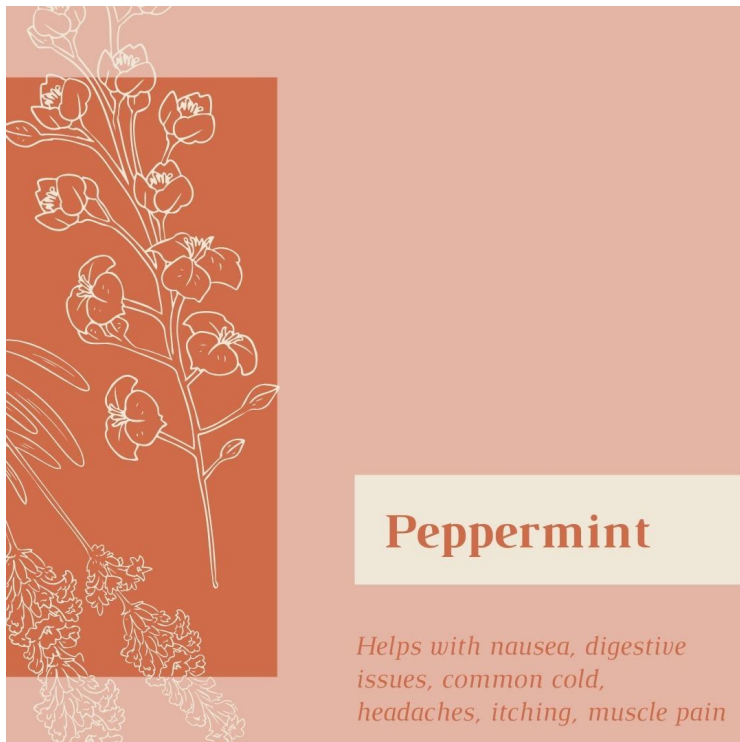


INSTAGRAM PROFILE EXAMPLE



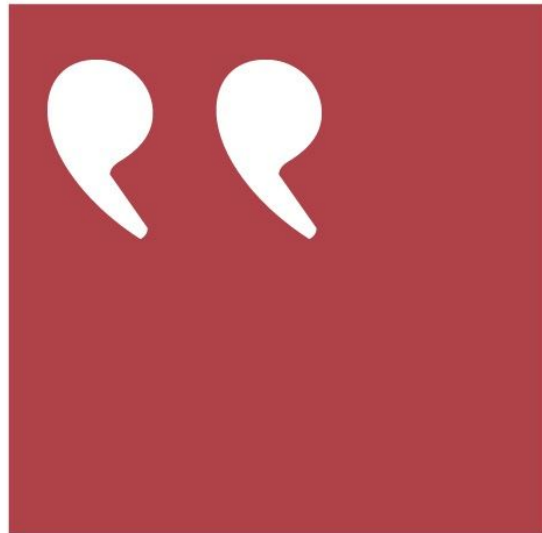
INSTAGRAM STORIES

- Products on DoTERRA, products through the chiropractic office, etc.
- Sales for those products
- Different oils & their uses
- Vitamins and what they can do for you

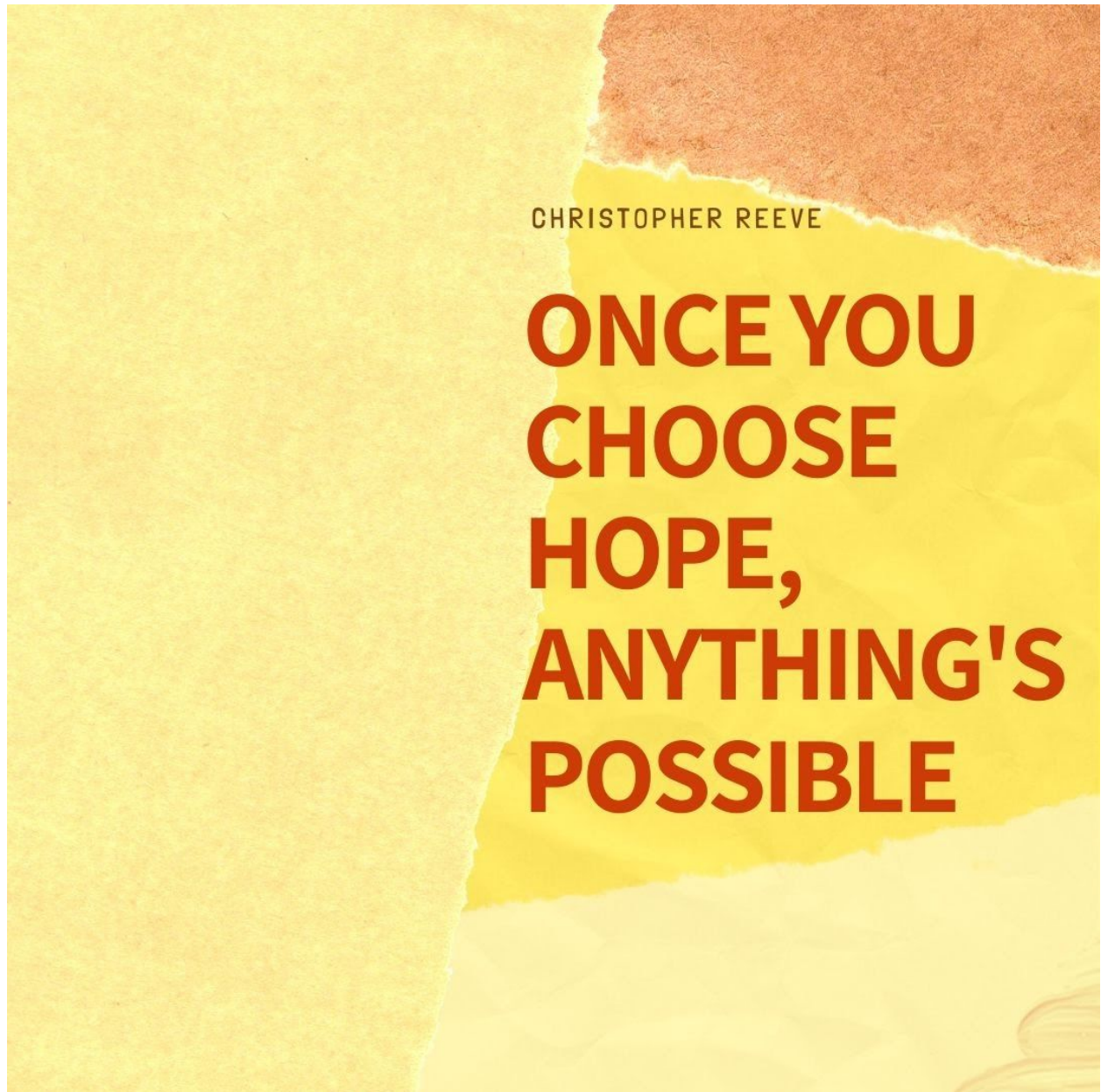


Instagram Highlights

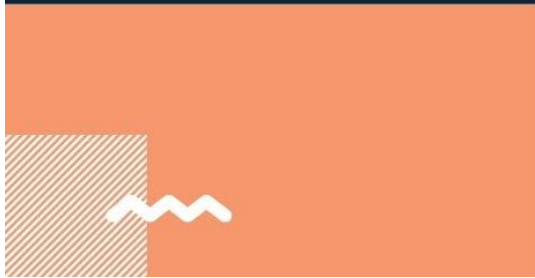
- DoTERRA oils
- Reiki
- Quotes
- Testimonials



INSTAGRAM & FACEBOOK POSTS



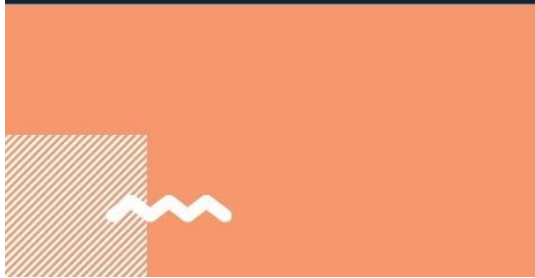
Weight Management



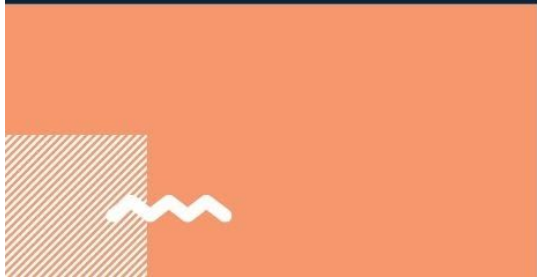
Emotional Health



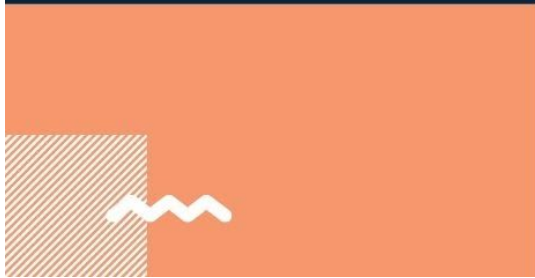
Boosting Immunity



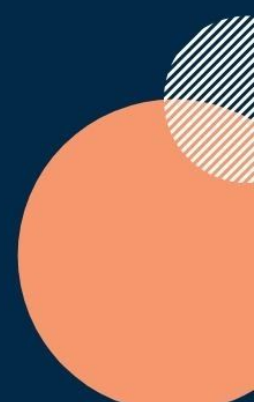
Sleep



Personal Hygiene



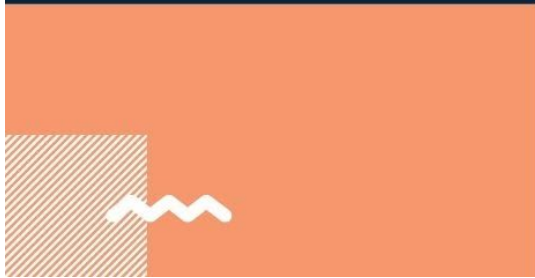
Cleaning

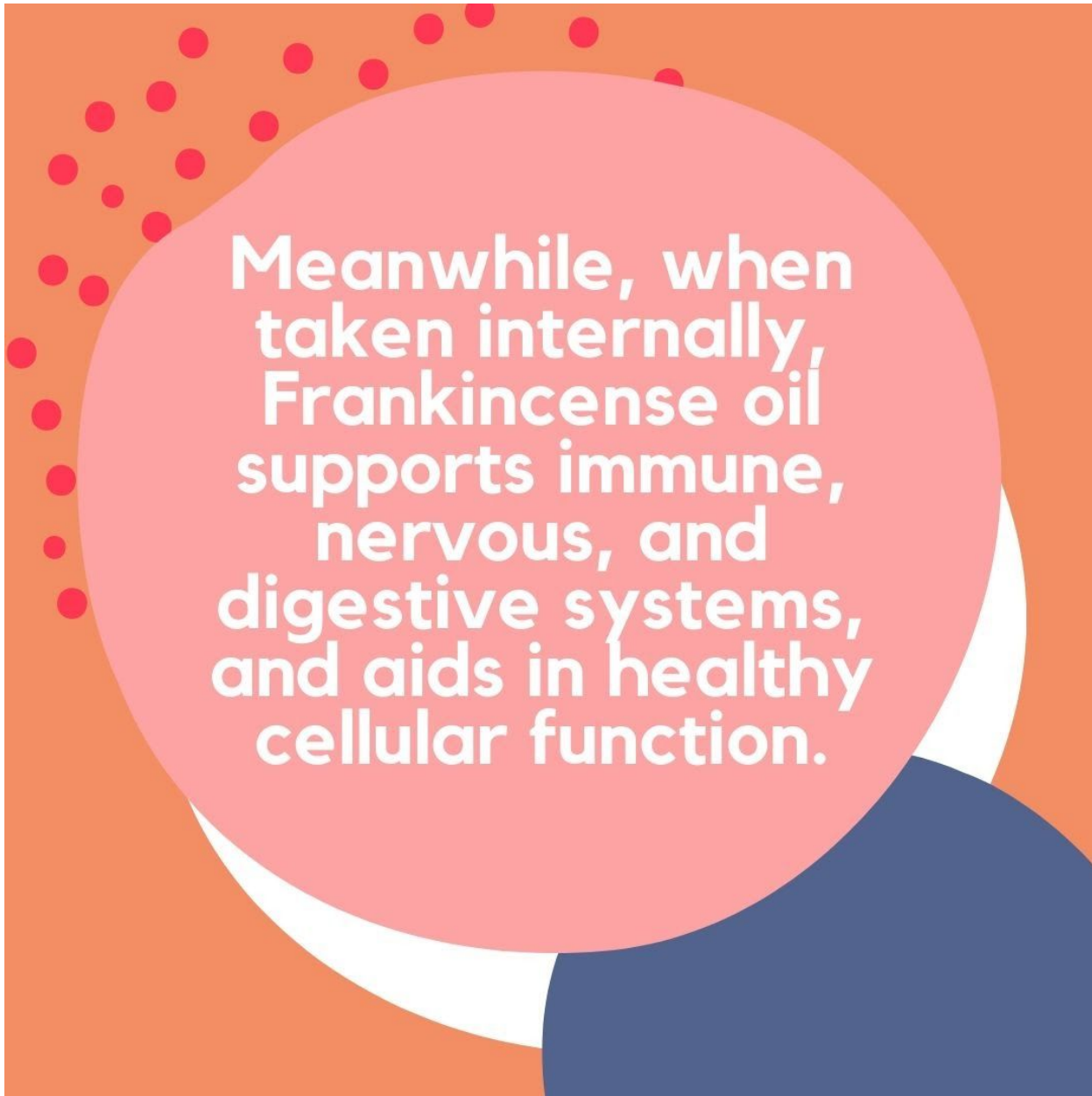


Cooking

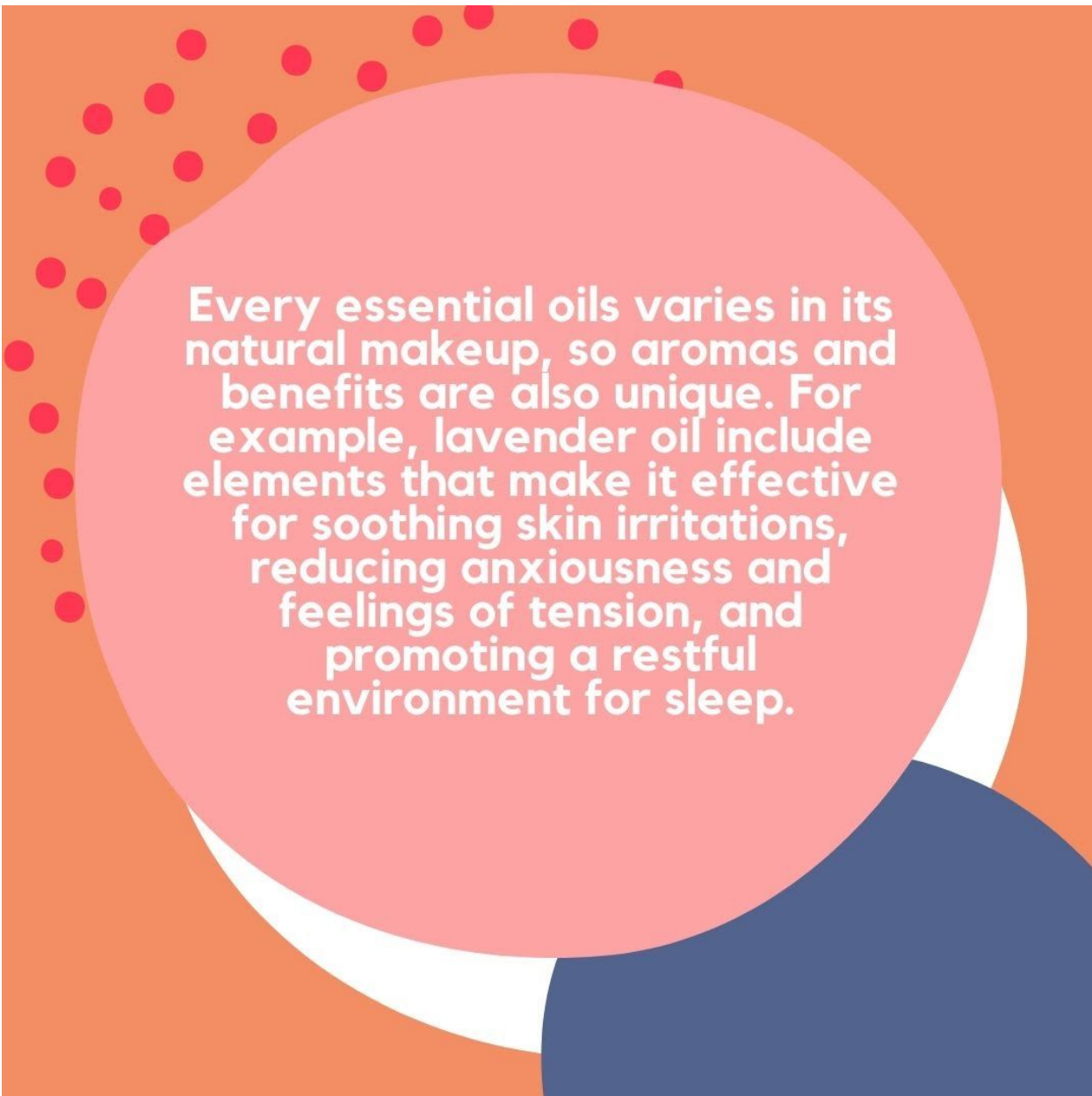


Ways to use your essential oils

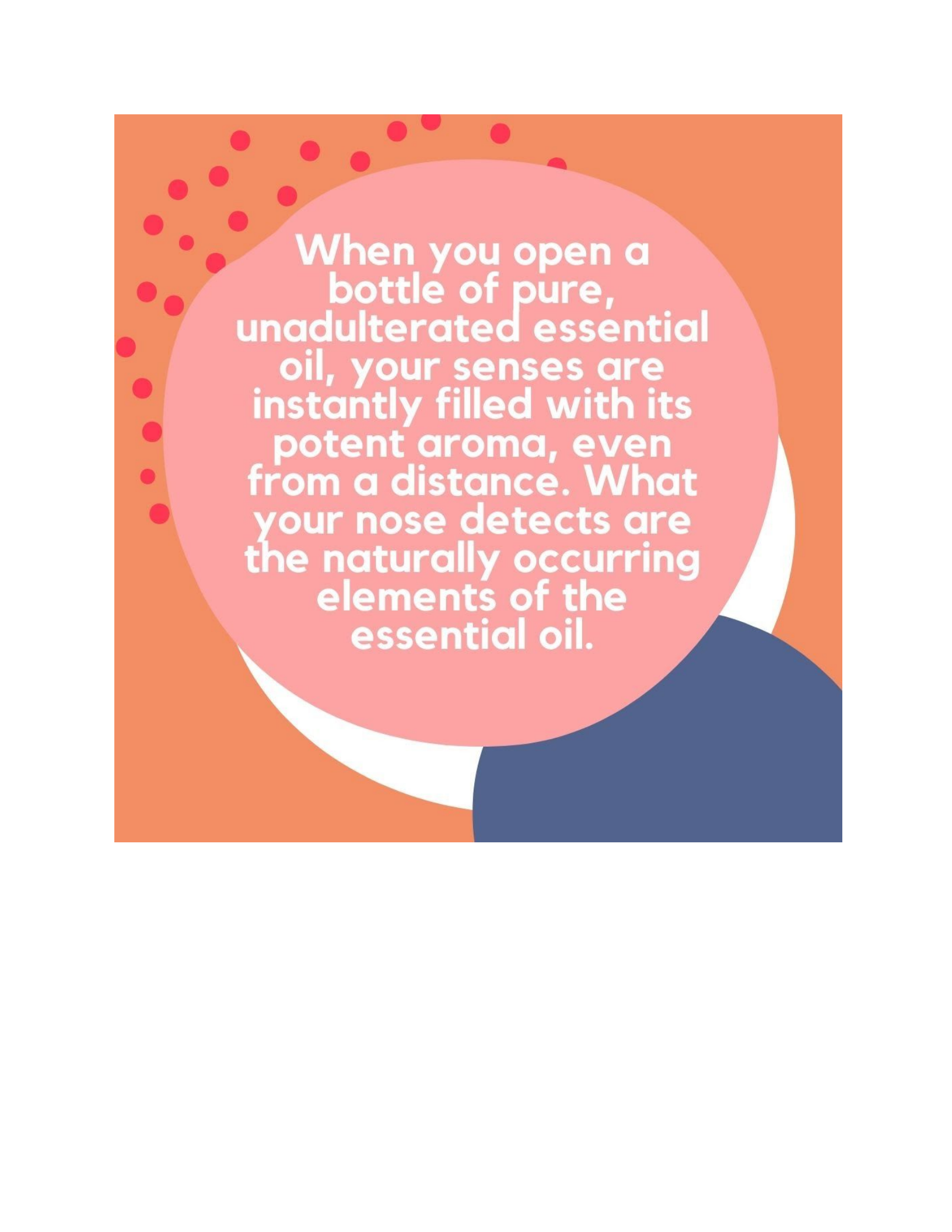




Meanwhile, when taken internally, Frankincense oil supports immune, nervous, and digestive systems, and aids in healthy cellular function.



Every essential oils varies in its natural makeup, so aromas and benefits are also unique. For example, lavender oil include elements that make it effective for soothing skin irritations, reducing anxiousness and feelings of tension, and promoting a restful environment for sleep.



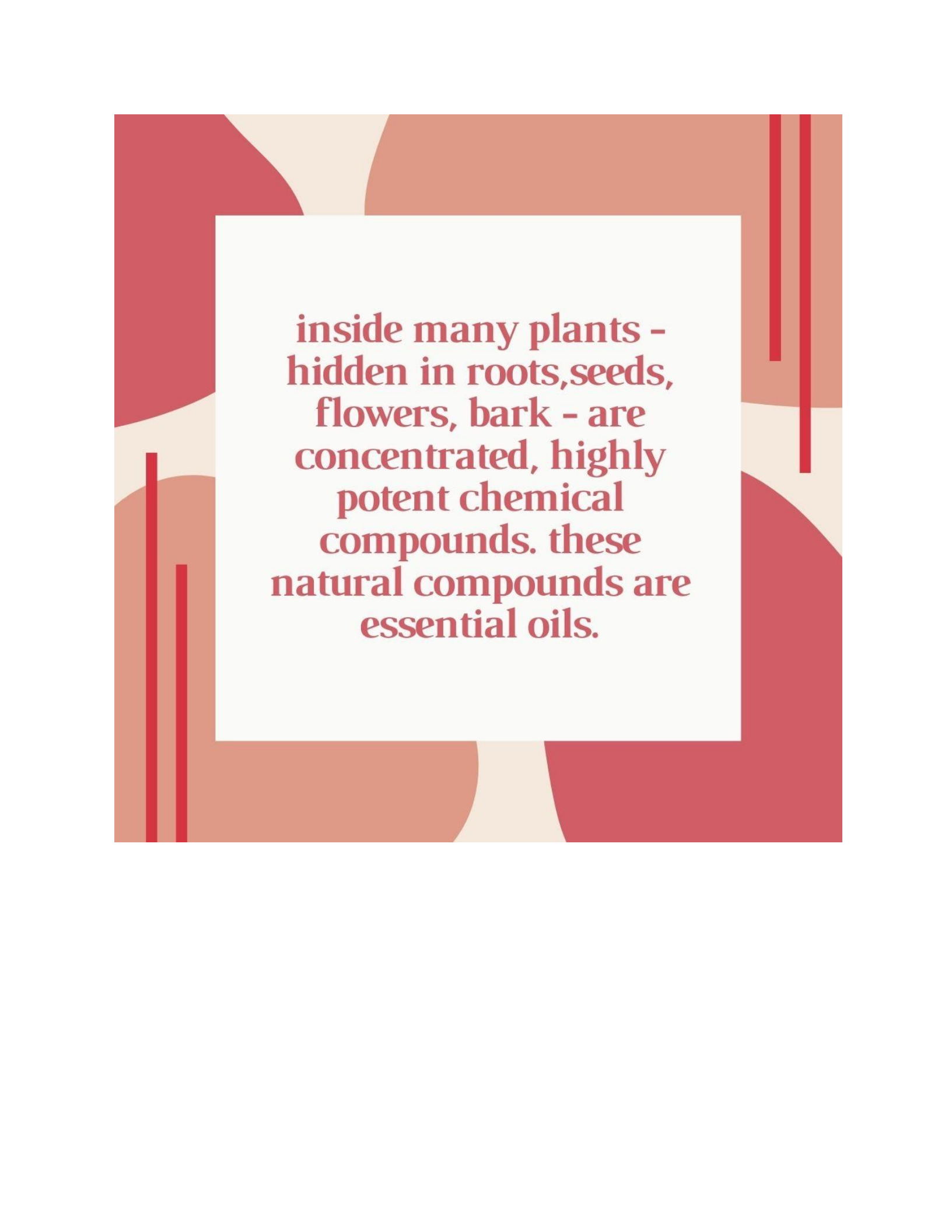
When you open a bottle of pure, unadulterated essential oil, your senses are instantly filled with its potent aroma, even from a distance. What your nose detects are the naturally occurring elements of the essential oil.




**How do
Essential
Oils work?**



**essential oils give a
plant its scent, protect it
from hazardous
environmental
conditions, and even
assist it with
pollination, among
other important
functions and benefits**




**inside many plants -
hidden in roots, seeds,
flowers, bark - are
concentrated, highly
potent chemical
compounds. these
natural compounds are
essential oils.**



**the essence of a
plant, a gift from
the earth, distilled
and prepared for
you to bring the
power of nature
into your home**

**you will always
attract what you
believe you're
worth**



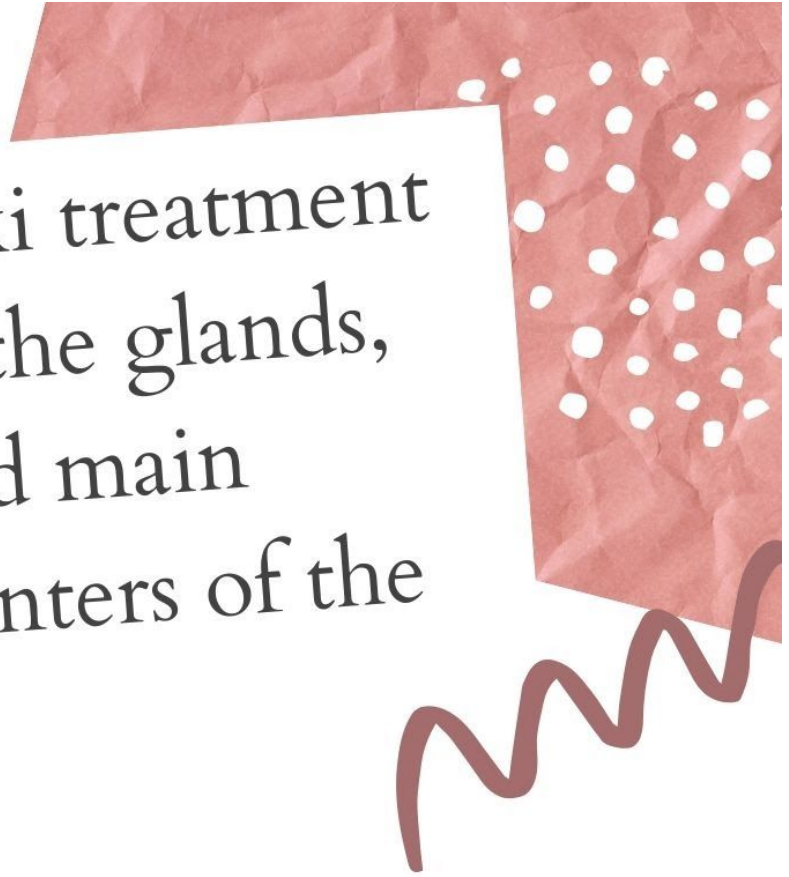
**YOU ACCEPTED
LESS BECAUSE YOU
THOUGHT A LITTLE
WAS BETTER THAN
NOTHING - KNOW
YOUR WORTH**




Sometimes you have to forget
what you feel, to remember
what you deserve

*Reiki acts at a
physical,
mental,
emotional and
spiritual level*

A full Reiki treatment
covers all the glands,
organs and main
energy centers of the
body



The background is a light beige color with decorative orange brushstrokes and dots in the corners. The text is centered in a dark red, serif font.

REIKI
ENERGY CAN
BE SENT AT A
DISTANCE

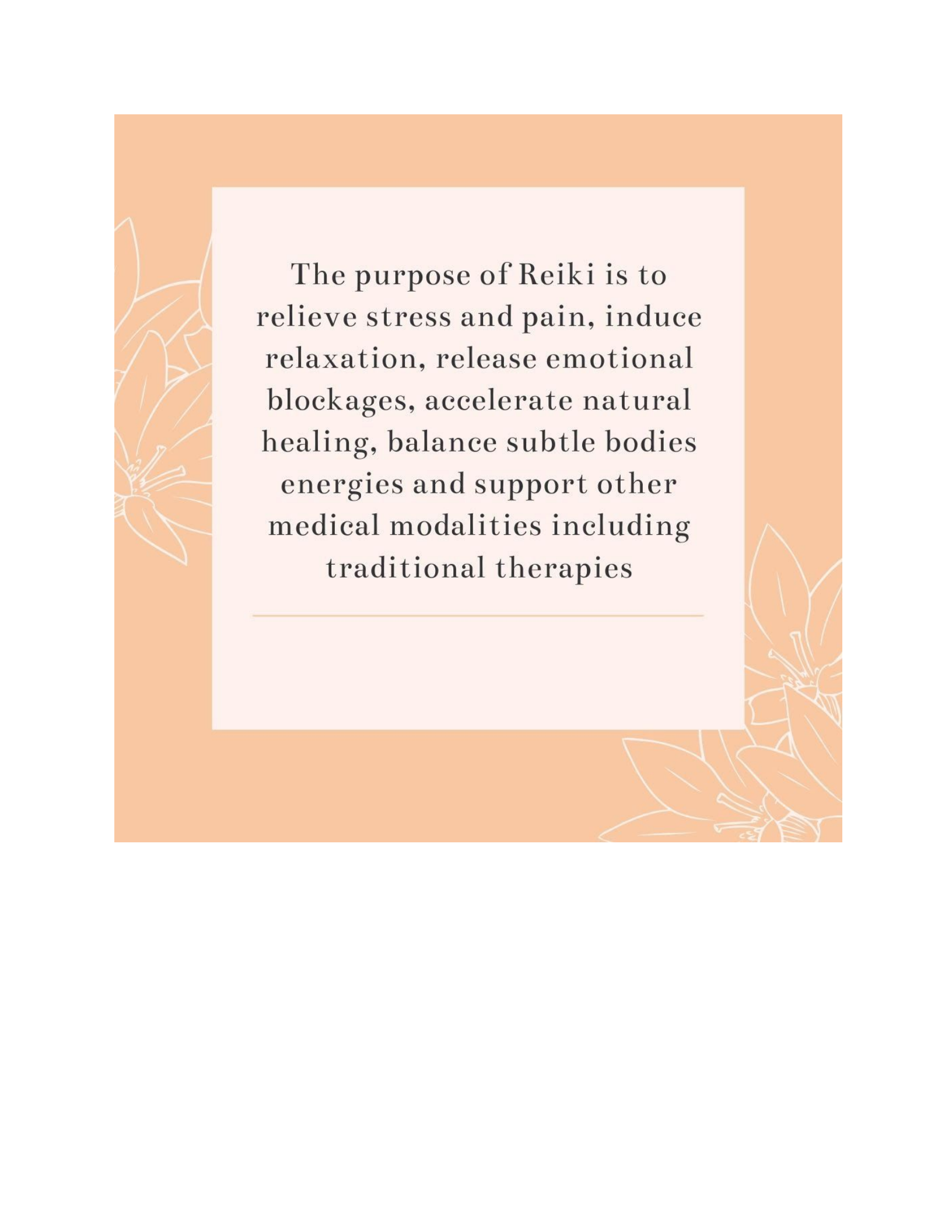


Three
Levels of
Reiki
expertise

The image features a hand-drawn title in a cursive, brown font. The text is centered on a light beige background. To the left of the text, there are three decorative elements: a horizontal brushstroke at the top, a cluster of small brown dots below it, and a thick, wavy brushstroke at the bottom right. The overall style is artistic and hand-drawn.

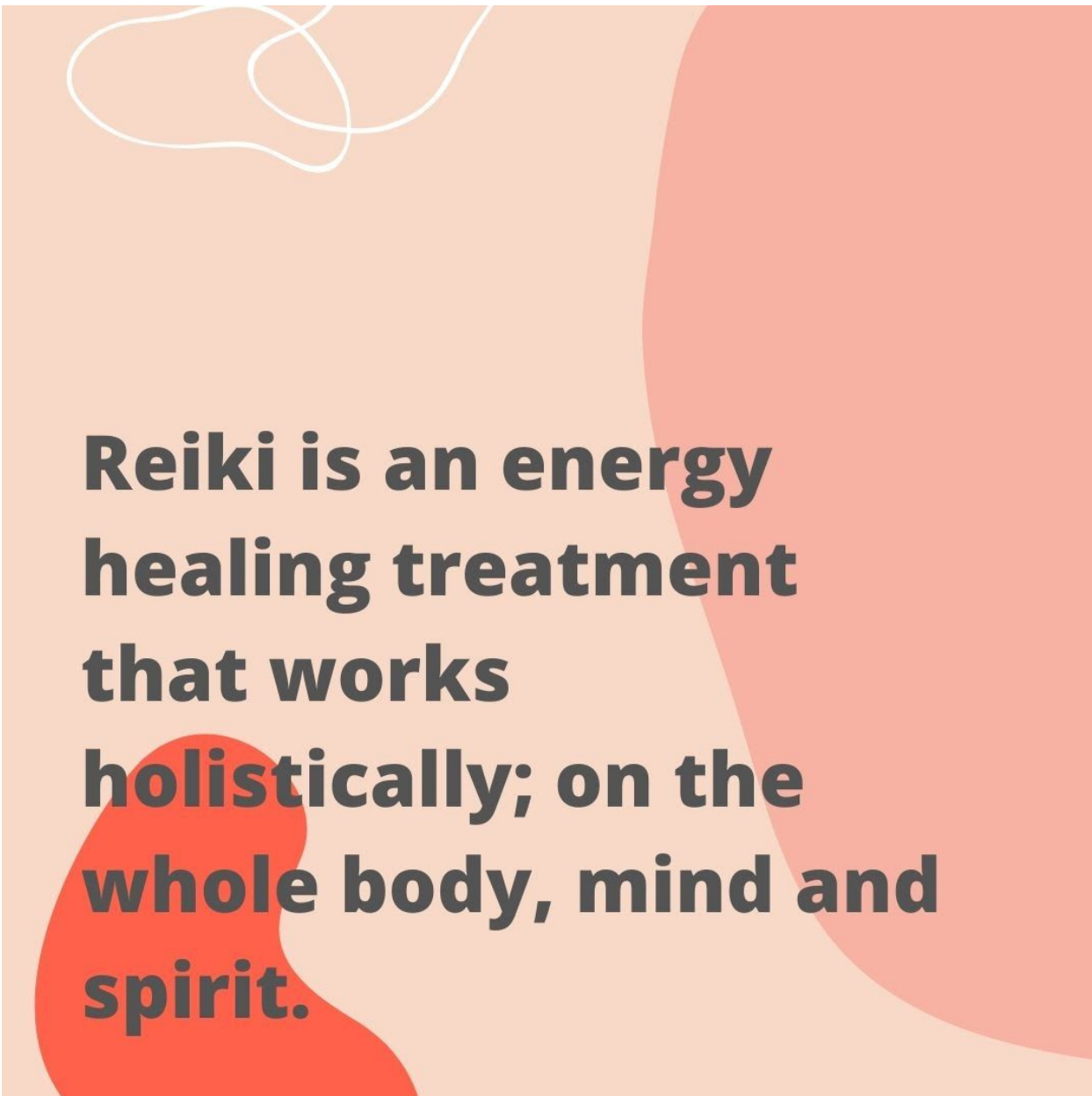
**Reiki can be given
to people,
animals, plants...**

almost anything!




The purpose of Reiki is to relieve stress and pain, induce relaxation, release emotional blockages, accelerate natural healing, balance subtle bodies energies and support other medical modalities including traditional therapies


REIKI IS A RELAXING
TREATMENT WHEREAS
NATURAL HEALING
VIBRATIONS ARE
TRANSMITTED THROUGH
THE HANDS OF A REIKI
PRACTITIONER TO THE
BODY OF THE RECIPIENT

The background features a light orange gradient with several abstract shapes: a large, soft-edged red shape on the right, a smaller, more vibrant red shape on the left, and a white, hand-drawn line in the top left corner.

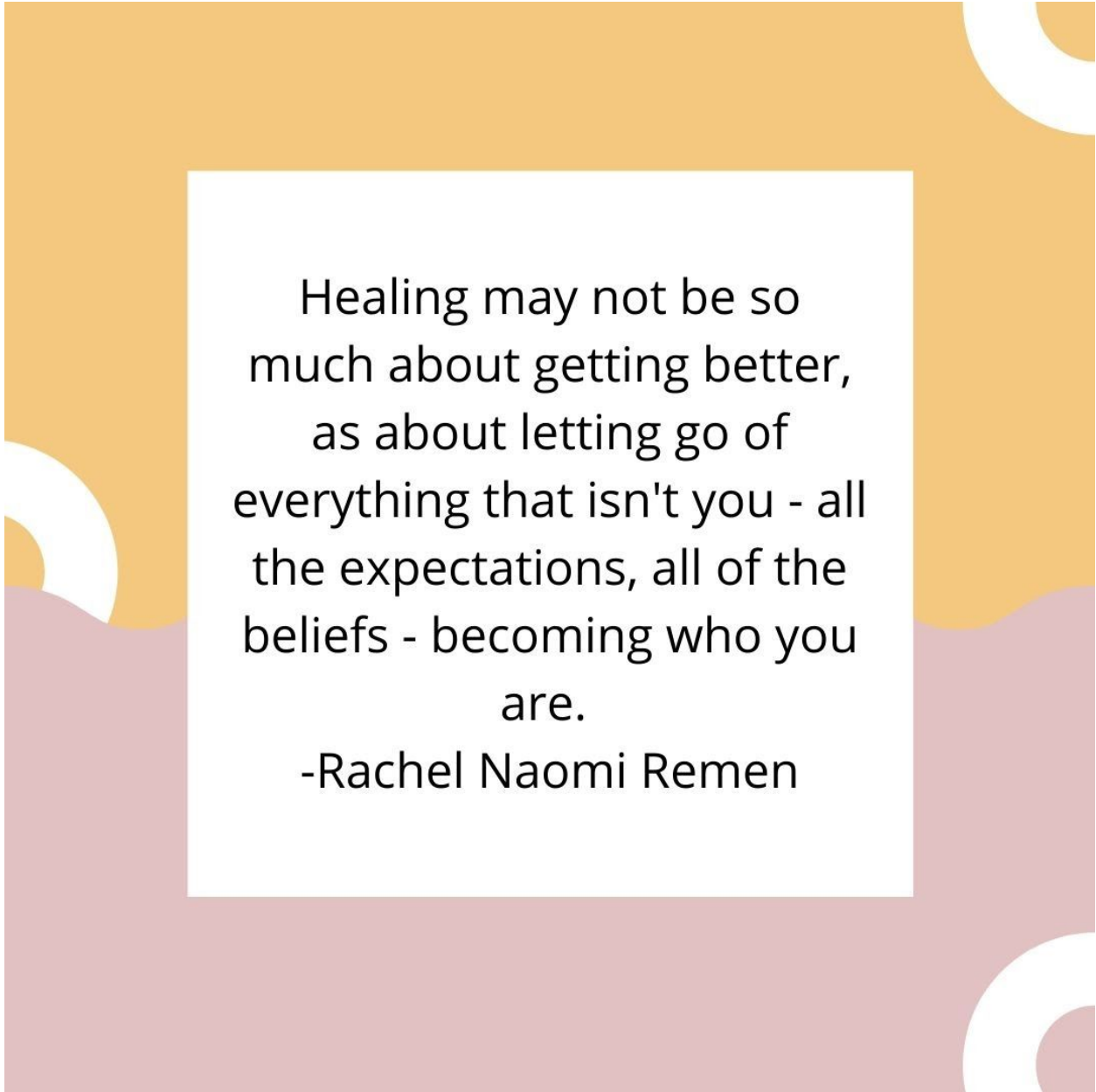
**Reiki is an energy
healing treatment
that works
holistically; on the
whole body, mind and
spirit.**



Reiki is a self-
perpetuating gift
that can be passed
from person to
person



Reiki is a safe energy healing technique to lower stress, promote relaxation and healing.

The image features a white rectangular card with rounded corners, centered on a background. The background is divided into two horizontal sections: a top section in a warm gold color and a bottom section in a muted pink color. The card contains a quote in a simple, black, sans-serif font. The quote is centered and reads: "Healing may not be so much about getting better, as about letting go of everything that isn't you - all the expectations, all of the beliefs - becoming who you are." Below the quote, the author's name is listed: "-Rachel Naomi Remen".

Healing may not be so
much about getting better,
as about letting go of
everything that isn't you - all
the expectations, all of the
beliefs - becoming who you
are.

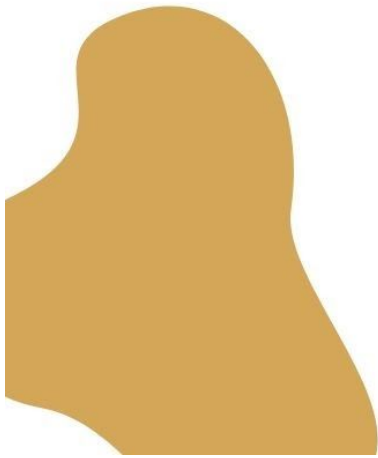
-Rachel Naomi Remen

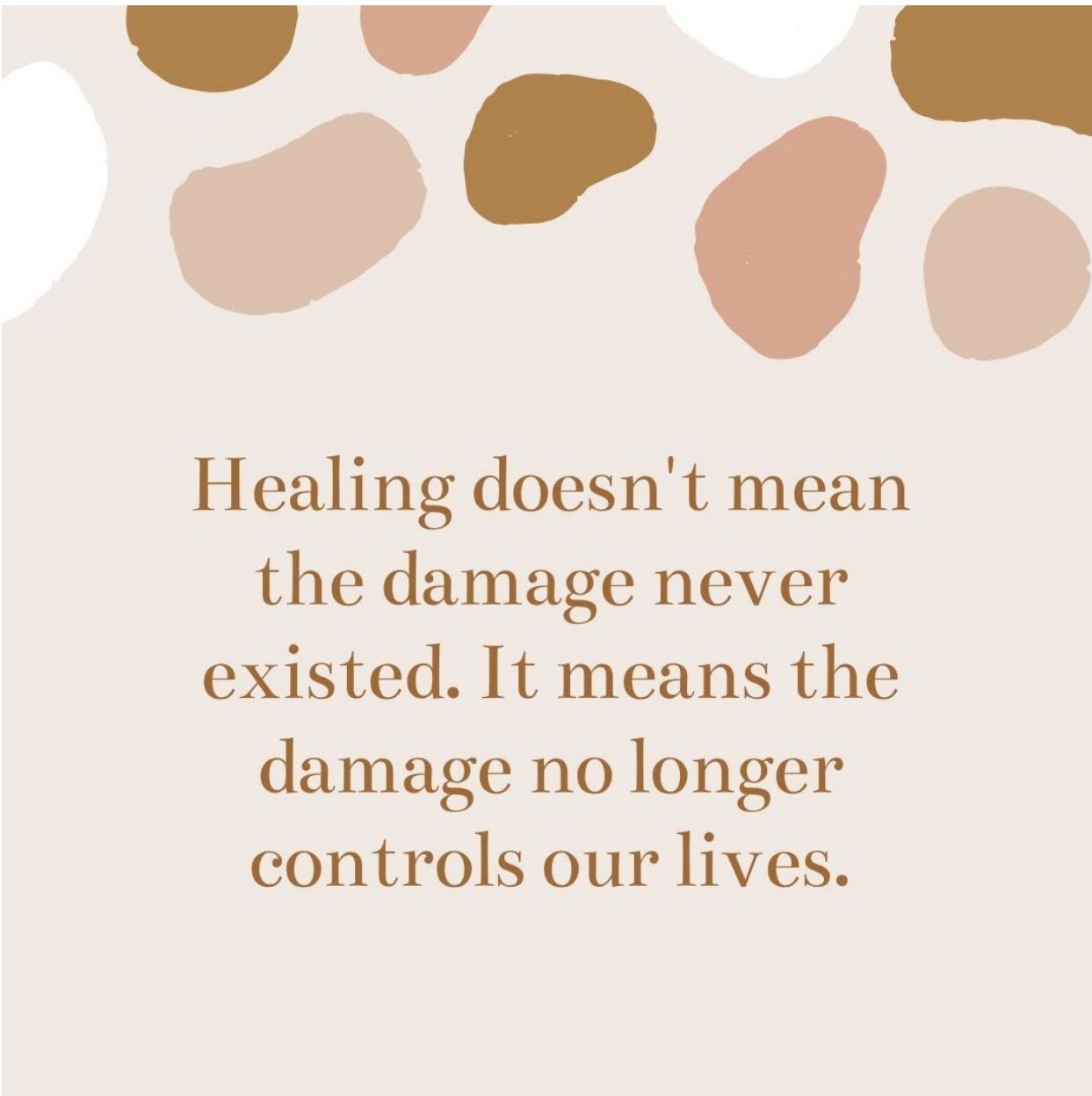


**Reiki is a form of
energy therapy**



WHAT TO EXPECT AT YOUR REIKI APPOINTMENT






Healing doesn't mean
the damage never
existed. It means the
damage no longer
controls our lives.

REIKI

*is the transfer of energy to
treat an ailing body has resulted
in countless miracles around the
world*



"be brave
enough to
heal
yourself
even when
it hurts."

-BIANACA SPARACINO