



My name is Anya and am passionate about sharing dōTERRA Essential Oils with you. I am Mum to 2 amazing boys aged 9 and 13, married to Carl, and have a gorgeous Mini Schnauzer called Milly.

I started getting interested in Essential Oils to help our well-being as a family. I started with Lavender, it is so very calming, it's antiseptic and promotes sleep – what is there not to love! BUT I bought a supermarket one and it was really pleasant but when you smell the dōTERRA Lavender Oil – there was no comparison!

I fell in love with dōTERRA oils and use them every day in my house for the wellness and health of my family, we use them to clean our house too, trying to eliminate toxins from our cleaning products (have you seen the ingredients list on a bottle of cleaner!) and for support for our emotions too.

It is so important to look after ourselves and I try and take time out (not easy with a family) but little things can add up, I love taking a Lavender and Epsom salt bath – it's so incredibly relaxing (with the door locked and some soft music), I love Pilates and can not wait to get back to my lessons – its been so hard to do anything online during this trying time of working from home, homeschooling and regulating emotions. I love my family time, I love a good movie and a Gin and Tonic! Having downtime, even 5 minutes a day to pray and be thankful is so important to our health and our mood. My happy place is walking along the beach at 7.00 am with Milly and the sun coming up.

I will be doing 121 sessions at Bridge the Gap and I am very excited to meet you and support your learning and using these beautiful oils to help and support your families.

You can join my private Facebook page by finding me at "[Be Blessed at That Rainbow Place](#)" for tips on how to use the oils, green cleaning, and lots of other interesting snippets.