

Guide through Peri/Menopause

Kind to Yourself

Practical Protocols & Hormone Support

Get Calm

Adaptiv Oil + Capsules

InTune

Past Tense

Peace Touch/Peace

Magnolia

Neroli

Rose

Lavender

Clary Calm

Clary Sage

Serenity Oil + Capsules



Mood Stabilizers

Melissa
Clary Sage
Clary C alm
Spanish Sage
Forgive
Zendocrine
Complex
Phytoestrogen
Copaiba Softgels
Copaiba Oil
Madagascar Vanilla
Serenity Softgels

Alpha CRS
Microplex VMZ
Deep BluePoly
Birch
Wintergreen
Ylang Ylang
DDR Prime Softgel
Deep Blue
Align
Bone Nutrient
Complex
Console



Urinary Support

Juniper Berry

Cypress

Lemongrass

Onguard



Pain Support

Deep Blue Polyphenol
Alpha CRS
Turmeric Capsule
Frankincense Capsule
Microplex VMz
Magnesium
Vitamin D+ K2
EOMega+
Collagen Cherry Pom
Copaiba Capsules + Oil
Rescuer
Tamer



Heavy Cycle

Geranium
Helichrysm
Juniper Berry

** Best results if taken 5-10
daily before menstration*



Digest Easy

Celery Seed
Green Mandarin
Pepper
DigestZen Capules, Tabs, Oil,
Touch
Citrus Bloom
Fennel
Black Pepper
Tamer
Oregano



Hot Flashes

Marjoram

Rosemary

Fennel

Clary Calm

Clary Sage

Whisper



Brain Fog

In Tune

Arise

Align

Anchor

Citrus Bliss

Lime

Rosemary

Peppermint

Spearmint



Adrenal Chill

Tulsi

Citrus Bliss

Balance

Basil

Purify

TerraShield

Elevation

Serenity Stick, Oil, Capsules

Pink Pepper

Grapefruit

Steady

Calmer

Tamer



Circulation Flow

Cypress
Juniper Berry
Black Pepper
Passion
Lemon
Lime
Wild Orange
Fennel
DigestZen



Moisture Recovery

Blue Lotus
Beautiful Body Mist
Hydrating Face Cream
Anti Aging Face Cream



Helpful Links



MOOD STABILIZERS

GET CALM

URINARY SUPPORT

PAIN SUPPORT

HEAVY CYCLE

DIGEST EASY

HOT FLASHES

BRAIN FOG

ADRENAL CHILL

CIRCULATION FLOW

MOISTURE RECOVERY

About the Author



DeVola Samuelson is a passionate wellness professional with over 25 years of experience in the fields of physical therapy and holistic health. Specializing in essential oils, nutrition, and women's wellness, she has dedicated her career to helping women thrive by addressing their unique needs, particularly during peri/menopause. DeVola Samuelson believes in empowering women through daily fitness routines and personalized wellness programs that promote physical, emotional, and mental well-being. With a deep commitment to helping women feel their best, she

creates programs designed to boost confidence, vitality, and overall health, ensuring that every woman can embrace the changes in her life and thrive in the process.

You can find her on Facebook, Instagram, or reach out to her via email to create an appointment for a personalized approach at oilblissed@gmail.com