

THERE'S AN OIL FOR THAT!

*Pilates Platinum is now using
Young Living Essential Oils!
Go ahead and try a few drops!*

PEPPERMINT OIL

Cooling pre-class muscle rub & Appetite suppressant!

LEMON

A drop in your H₂O for Detox & metabolism boost!

LAVENDER

Inhale & de-stress!

PANAWAY

Rub on sore muscles after your workout!

FRANKINCENSE

Lift your spirits and get motivated to work hard!

THIEVES

Immunity boost in your water & hand-sanitizer!

COPAIBA

Anti-inflammatory for aches & pains!

PURIFICATION

Odor-eliminator for sneakers, gym bag, mat & underarms!

RC (RESPIRATORY CARE)

Open up airways and support circulation!

STRESS AWAY

Decompress and promote healthy cortisol levels!

DIGIZE

Promotes a healthy gut!

