



About Me

I run **Essentials with Sarah**, with a tagline: **Habits, Happiness & Essential Oils**. It allows me to touch on a number of topics in the positive psychology field, my coaching, healthy, whole foods, and incorporating one of my favorite tools, essential oils.

Since acquiring my Positive Psychology Master Coach certificate several years ago, I continue to learn and add more tools for my essential oil clients while advancing my coaching practice. It's a great fit!

My essential oil clients want a more fulfilling life, better alignment, and more happiness, too! And my coaching clients learn the benefits of incorporating essential oils into their own daily practice. **Win-win-win!!**

Today, hundreds are making the most of my services and incorporating essential oils into their healthcare practice, mood management routine, exercise, and meditation practices. And their kids are using them, too.

Please take a look at the links I've shared, and, please, reach out! Yes! I am happy to share all the ways essential oils have improved my and my family's health. And I have the expertise to guide you in your family's day-to-day healthcare needs, and beyond.

I hope to talk to you soon!

In good health,

Sarah Pipher, dōTERRA Certified Essential Oil Expert

Positive Psychology Master Coach (Habits, Happiness, and Productivity)

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[dōTERRA Essential Oils](http://www.mydoterra.com/sarahpipher) - www.mydoterra.com/sarahpipher