

# STRESS MANAGEMENT

## "PLO: Banished Blemish Elixir

Price point: \$21

<https://www.primallifeorganics.com/products/>



Acne is a sign of inflammation (or stress) in the body. And when your skin isn't clear, it can cause even more stress. This spot treatment helps quickly clear existing blemishes. Personal note: I still suffer from breakouts but this stuff works!

## Boodah Organics Gift Pack

Price point: \$50

<https://boodaorganics.com/>



The personal care industry is riddled with toxins which can cause stress internally. This brand only uses the highest quality, food-grade, organic ingredients.

## Vintage Tradition Tallow Balm

Price point: \$25-\$75

<https://www.vintagetradition.com/products/>



Skincare going way back to our ancestral days used tallow for moisturizing and therapeutic benefits. Made with only 3 ingredients, this is the "whole food of skin care."