YOGA PRICES

OPEN EVERYDAY 7AM TILL 9PM

Class times and instructors can be found on the **MINDBODY** app.

per class	$15
1 month	$40
3 month	$100
year membership	$250

ESSENTIAL OILS

15ml for $10 - 30ml for $20

basil	lemongrass
cedarwood	orange
cypress	peppermint
eucalyptus	pine
fennel	rosemary
ginger	tea tree
grapefruit	thyme
jasmine	tumeric
lavender	wintergreen

CONTACT

wanderlustshop.com

555-657-9248

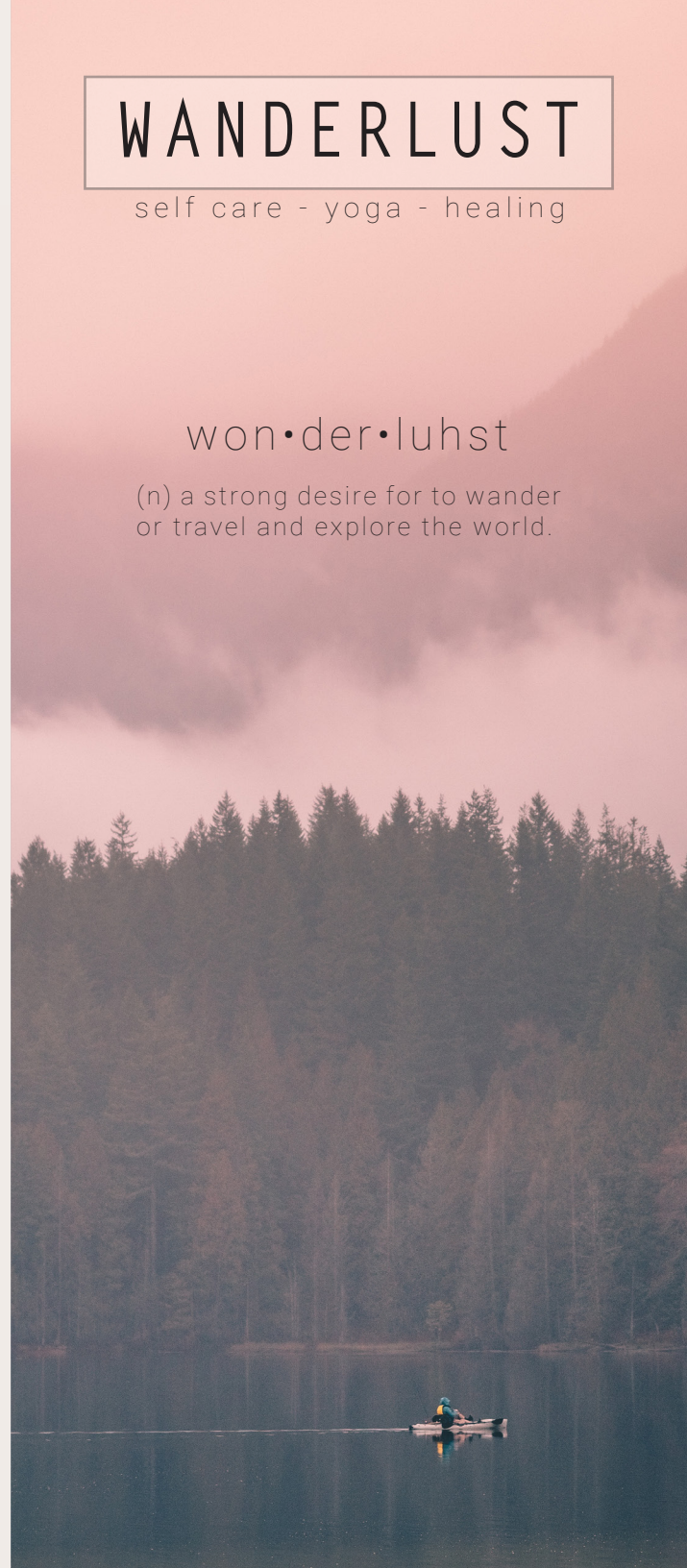wanderlustshop@gmail.com

WANDERLUST

123 Paulista Avenue,
Los Angeles, California
01310-9878

WANDERLUST

self care - yoga - healing

won·der·luhst

(n) a strong desire for to wander or travel and explore the world.
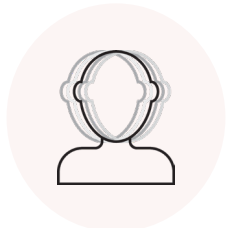
BENEFITS
of yoga and essential oils

IMPROVES QUALITY OF LIFE

Yoga helps enhance spiritual well-being, improves social functioning, and reduces symptoms of depression.

INCREASES FLOW OF ENERGY IN YOUR BODY

Prana means life force; the aromatherapy qualities of essential oils can help stimulate this spiritual energy.

REDUCES STRESS AND ANXIETY

It is believed that when you use essential oils during your yoga practice regularly, it can curb your stress and anxiety level efficiently and effectively

JOIN US *for* YOGA
$40 a month plus first month FREE

ESSENTIAL
oils

LAVENDER $10

The health benefits of lavender essential oil include its ability to reduce stress and anxiety, eliminate nervous tension, relieve pain, disinfect the scalp and skin, prevent acne, and treat respiratory problems.

GRAPEFRUIT $10

The health benefits of grapefruit essential oil can be attributed to its properties as a diuretic, disinfectant, stimulant, antidepressant, antiseptic, aperitif, lymphatic, and tonic substance.

EUCALYPTUS $10

The powerful health benefits of eucalyptus essential oil include treating colds and flu, hair care, relieving muscle pain, and preventing cavities. It also aids in boosting immunity and healing fungal infections as well as wounds.

PEPPERMINT $10

The health benefits of peppermint oil include its ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms, as well as pain.

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