

THE SCOUT GUIDE

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INDULGE IN ESSENTIAL OILS GOOD HEALTH

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Based in Charlotte, NC, the health and fitness experts at *HILLIARD STUDIO METHOD* write a really informative blog that covers a wide range of topics. It's worth a read, as is looking into their amazing workout programs, which are custom Pilates based workouts that incorporate resistance. Started by mother/daughter team Liz Hilliard and Clary Hilliard Gray, these dynamic duo have a cult following in Charlotte because of the results their healthy lifestyle tips provide for the customers.

Case in point: They have a totally holistic approach to dry skin, suggesting the use of natural oils that you would even cook with as moisturizers. "I keep Emu oil in my shower to rub into my skin just before I get out. Olive oil was Sofia Loren's go-to face and body moisturizer for years." Upon their suggestion, we tried Emu Oil and can say that it works wonders, more so than you'd expect! Be sure to investigate their entire approach to exercise and intentional living via their *WEBSITE* or call them to get first hand information:

Hilliard Studio Method // info@hilliardstudiomethod.com // 704.236.3377

READ THE FULL STORY FOR DETAILS.

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