

SHARING *The Good Inside* ON SOCIAL MEDIA

How to improve your social media engagement with Touchstone Essentials!

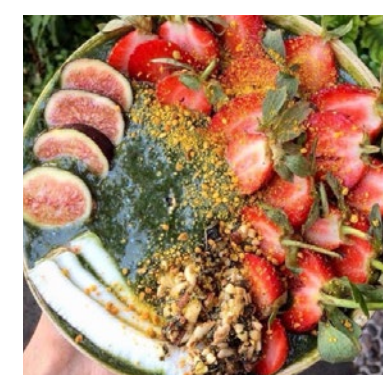
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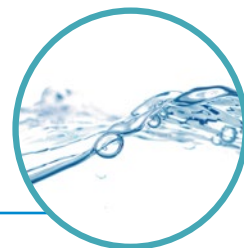
POST INSPIRATION

Be an influence for good on social media by showing how the good inside fits your lifestyle. Whether it's staying safe from toxins, achieving calm with hemp oil, or being energized by organic nutrition, post a variety of pictures that reflect your life and favorite activities. Training, relaxing, having fun with friends and family, and recipes. Below are some existing posts and testimonial images to spur your creativity.





DETOX:



#naturalremedies
#naturalmedicine
#nochemicals
#toxinfree
#mineralsupplement
#nontoxic
#thegoodinside
#zeolite

#heavymetals
#pesticides
#familyhealth
#brainhealth
#toxinfree
#naturalhealth
#naturalwellness
#holistichealing

#holisticliving
#wellnessjourney
#nontoxicliving
#chemicalfreehome
#guthealth
#holisticwellness
#cleanliving
#organiclifestyle

#naturalliving
#chemicalfreeliving
#crunchymom
#sleepsupport
#naturaloptions
#crunchymama
#nanotechnology

CBD OIL:



#cbdlife
#cbd
#cbdOil
#cbdheals
#sleepaid
#hearthealth
#naturalremedies

#postworkout
#selfcare
#jointhealth
#hempoil
#cbdLifestyle
#cbdcommunity
#fullspectrum

#sleepsupport
#calming
#fattyacids
#cbd hemp
#postworkoutmeal
#organicallygrown
#hemphelps

#fullspectrumcbd
#mentalhealth
#selfcaretips
#naturalmedicine
#balm
#endocannabinoidsystem
#mentalhealthawareness

NUTRITION:



#healthygoals
#healthylifestyles
#naturalremedies
#naturalmedicine
#antioxidant
#plantbasedfood
#veganprotein
#greensmoothie

#guthealth
#healthtips
#smoothiebowl
#greendrink
#greensmoothie
#veganprotein
#proteinshake
#protein smoothie

#boostfocusfuel
#boostenergy
#naturalboost
#boostmetabolism
#fuelenergy
#turmeric
#jointhealth
#hearthealth

#focus
#vitamind
#mushrooms
#greentea
#guthealth
#organicsupplements

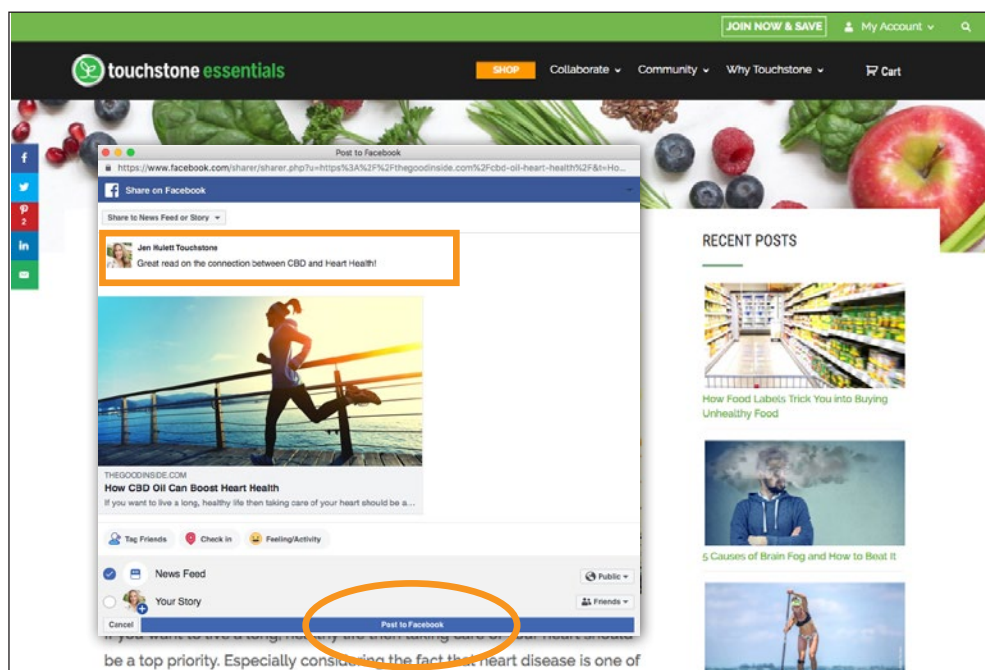
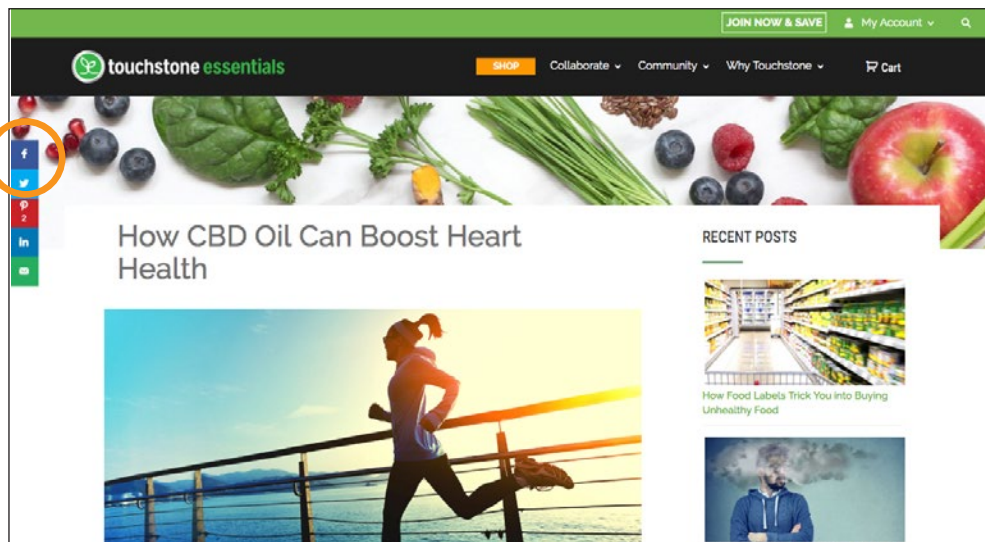
SHARE OUR BLOG



Facebook

Looking for quality content to share with your friends and family? Our blog offers a variety of healthy inspiration, expert advice and tasty recipes. Simply share posts with your followers and you've delivered great content that motivates others to live to their full potential. You'll find a trove of good content on the blog that is ready to share.

All you do is click and share to your favorite social media platforms!





STEP 1: Follow us on Facebook: **TouchstoneEssentials**

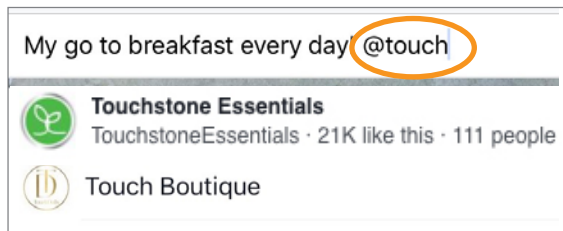
IMPORTANT!

STEP 2:



Type “@touchstoneessentials” in the post caption
(This helps the company find and share your posts and works as a link back to our page for your followers)

When you start to type, Facebook will offer suggestions.
Once you select the company it will display as “Touchstone Essentials” in your image caption.



In addition to @touchstoneessentials add appropriate #tags (see example above)

STEP 3:

Please make sure your privacy settings for both your page and post are set to “Public” so that Touchstone Essentials will be able to share your posts on our social media pages. (See example below)

STEP 4:

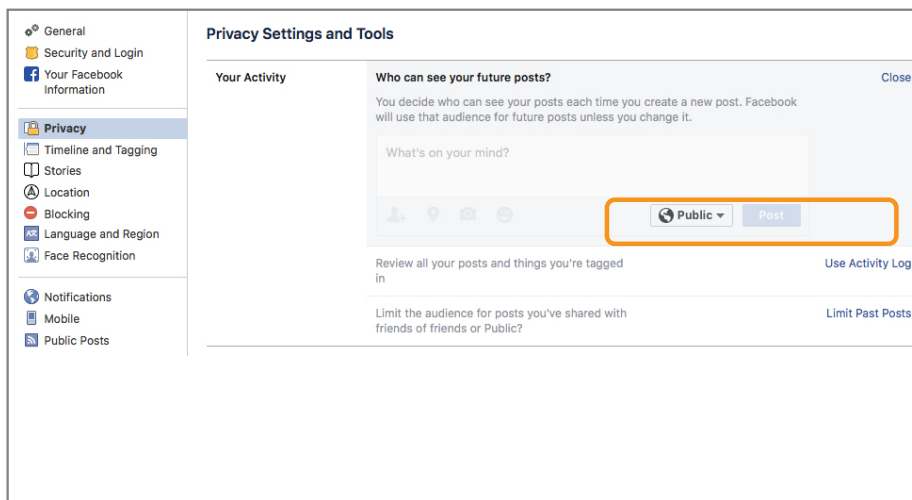
Tell your story with your captions to give your followers insight into how the products fit into your healthy lifestyle.

STEP 5:

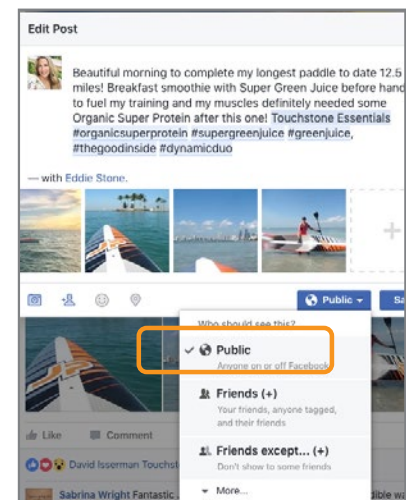
Engage and build relationships with followers by following back, liking and commenting on their content.

Step 3 Privacy Settings:

your page



your post





STEP 1: Follow us on Instagram: [@the_good_inside](#)

IMPORTANT!

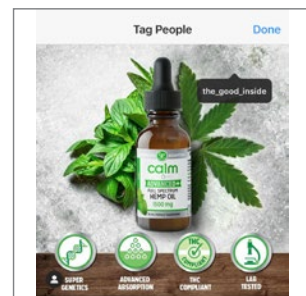
STEP 2:

➔ Tag image: tag Touchstone Essentials in your picture
(This helps the company find your post)



the_good_inside

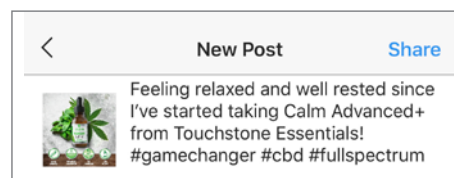
Touchstone Essentials • Following



➔ Type “@the_good_inside” in the image caption
(This helps your followers find Touchstone Essentials)

Add 2-3 #tags in the caption

(Put additional hash tags in comments)



STEP 3:

Please make sure your privacy settings for both your page and post are set to “Public” so that Touchstone Essentials will be able to share your posts on our social media pages. (See example on right)

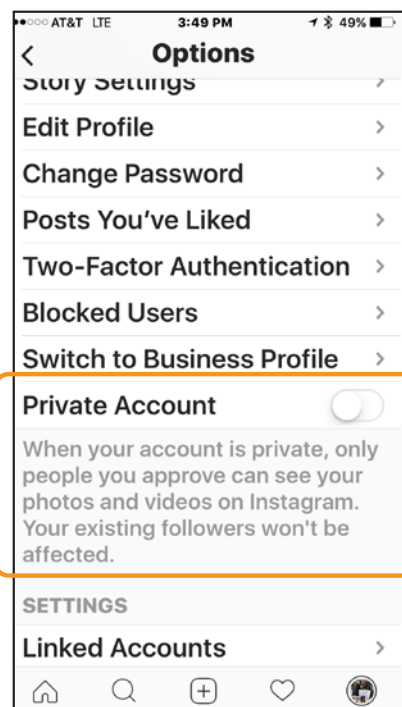
STEP 4:

Tell your story with your captions to give followers insight into why you're enjoying the products or how they fit into your healthy lifestyle.

STEP 5:

Engage and build relationships with followers by following back, liking and commenting on their content.

Step 3 Privacy Settings:





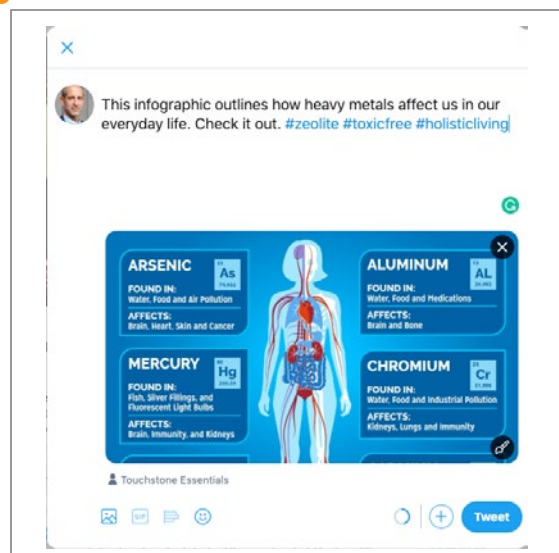
STEP 1: Follow us on Twitter: [@the_good_inside](#)

IMPORTANT!

STEP 2:

➔ @ Tag Touchstone Essentials in your tweet
(@the_good_inside)

➔ Add 2-3 #tags in the description
(Put additional hash tags in comments)



STEP 3:

Please make sure your privacy settings for both your page and post are set to “Public” so that Touchstone Essentials will be able to share your posts on our social media pages. (See example on right)

STEP 4:

Share why you like the products or how they complement your healthy lifestyle in your tweet.

STEP 5:

Engage and build relationships with followers by following back, liking and replying to their tweets.

Step 3 Privacy Settings:

