



Respiratory Support

START HERE :

Choose either the Healthy Start Kit or the Healthy Home Kit. They contain the top 10 essential oils and blends—the “feel your best” essentials PLUS the Brevi diffuser and more! Both include a FREE Essential Oils Guide.

Top 10 Essential Oils: dōTERRA Breathe®, Deep Blue®, dōTERRA DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree (Melaleuca)



Healthy Start

Healthy Home

THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- TriEase® softgels
- Eucalyptus
- Cardamom
- dōTERRA Breathe® Vapor Stick



OTHER GREAT RESPIRATORY SUPPORT PRODUCTS :

- Copaiba
- Lime
- Purify
- Juniper Berry
- Arborvitae
- dōTERRA Breathe® Throat Drops

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Seasonal Support

TriEase® softgels AND/OR
5 drops Lavender
5 drops Lemon
5 drops Peppermint
5 drops Tea Tree
+FCO in a 5mL roller

Roll bottoms of feet, back of neck, & around sinuses. Can do 1 drop each in a shot glass of water; gargle & drink.

Respiratory & Sinus

dōTERRA Breathe® Vapor Stick
AND/OR...

5 drops dōTERRA Breathe®
5 drops Copaiba
5 drops Eucalyptus
5 drops Frankincense
+FCO in a 5mL roller

Roll chest, back & bottoms of feet.

Sinus Steamer

2 drops of each:
dōTERRA On Guard®, Oregano, Lemon, Peppermint & Tea Tree

In a steaming mug of water. Inhale slowly for 1 minute, break for 1 minute, and repeat.

Respiratory Bomb Roller:
3 drops each oil in a 5mL roller topped off with FCO. Roll bottoms of feet as needed.

Aromatherapy Inhalers

Add 5 drops of one of these oils on the cotton wick of inhaler :

Lavender, dōTERRA Breathe®, Peppermint or Eucalyptus

OR...

Add 3 drops of one of these oils on the cotton wick of the inhaler :

Cardamom or Frankincense

Respiratory Support

After a.m. & p.m. meals:

- TriEase®
- dōTERRA Lifelong Vitality Pack® supplements
- dōTERRA On Guard® Beadlet
- Peppermint Beadlet

Diffuse any of these:
dōTERRA Breathe®, Eucalyptus, Peppermint, dōTERRA On Guard®, Cardamom, Purify, Frankincense, Juniper Berry &/or Arborvitae.

“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”