

Solutiones

START HERE:

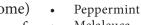
Choose either the Family Essentials Kit or the Home Essentials Kit. They contain the top 10 essential oils and blends—the "feel better" essentials. Family Essentials includes doTERRA On Guard® & Peppermint Beadlets & FREE Enrollment Packet. Home Essentials includes the Petal Diffuser & FREE Enrollment Packet.

Home Essentials

These kits include (5mL in the Family, 15mL in the Home) bottles of:



Family Essentials



- Melaleuca
- Oregano
- Frankincense

Lavender

Lemon

- Deep Blue®
- dōTERRA BreatheTM
- DigestZen®
- dōTERRA On Guard®

THEN ADD:

- A2Z Chewables®
- PB Assist®+ Jr.
- doTERRA Balance®
- Wild Orange
- Copaiba
- Cedarwood
- DDR Prime®
- doTERRA Peace®
- Lime
- InTune®
- Zendocrine®









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1st Brain

3 drops DDR Prime® +FCO in a 5mL roller

Roll spine & bottoms of feet a.m. & p.m. or as needed.

Peace & Focus

Peace® - Roll or diffuse as needed for peace.

InTune® - Roll as needed for focus.

2nd Brain

2 drops each: DigestZen®, Wild Orange & Copaiba +FCO in a 5mL roller

Roll abdomen & bottoms of feet a.m. & p.m.

1st & 2nd Brain **Supplements**

A2Z Chewables®

PB Assist®+

Smooth **Transitions**

3 drops each: Balance® & Wild Orange +FCO in a 5mL roller

Roll on feet, over the heart & on base of the neck as needed. Also great as an inhaler blend.

Diffuse the Situation

Lime & Frankincense Diffuse as needed.

Unraveling

3 drops each: Copaiba & Cedarwood +FCO in a 5mL roller

Roll on bottoms of feet & back of neck at the first sign of unraveling.

Frankincense

1 drop Frankincense

Pressed to the roof of the mouth daily.

Sleep & Sensory Overload

3 drops each: Frankincense & Lavender +FCO in a 5mL roller Roll bottoms of feet, over heart

Detox

& on base of neck, a.m. & p.m.

3 drops Zendocrine +FCO in a 5mL roller Roll bottoms of feet in the a.m.

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