



THE AromaTouch® Advantage

START HERE :

The Enrollment Packet PLUS...

The AromaTouch® Technique Kit contains 8 great essential oils and blends PLUS fractionated coconut oil.

This kit includes 5mL bottles of:

- AromaTouch®
- dōTERRA Balance®
- Deep Blue®
- Lavender
- dōTERRA On Guard®
- Peppermint
- Tea Tree (Melaleuca)
- Wild Orange



THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- DigestZen TerraZyme®
- PB Assist+®
- DigestZen®
- Frankincense
- Lemon
- dōTERRA Breathe®
- Oregano



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Balanced & Calm

10 drops dōTERRA Balance®
10 drops Lavender
+FCO in 5mL roller

Roll wrists, neck, & bottoms of feet when anxious, stressed, or at bedtime. Use as often as needed. Great oils to diffuse.

Daily Immunity

10 drops Tea Tree
10 drops dōTERRA On Guard®
+FCO in 5mL roller

*Great hand sanitizer!
Roll bottoms of feet at bedtime for a daily immunity boost.
*Contains citrus - avoid the sun where applied.
Photosensitive. Great to diffuse!*

Head & Neck Tension

10 drops AromaTouch®
10 drops Peppermint
+FCO in 5mL roller

Roll back of neck and temples as needed. Avoid eyes. If you get in eyes, rinse eyes with FCO or milk (NOT water).

Energy & Focus

10 drops Wild Orange
10 drops Peppermint
+FCO in 5mL roller

*Roll wrists, back of neck, & inhale for a mental lift.
*Contains citrus - avoid sun where applied.
Photosensitive. Great to diffuse!*

Sore Muscle & Joint

10 drops Deep Blue®
+FCO in 5mL roller

Roll anywhere you have discomfort. Great tip: Roll the Head & Neck Tension roller over top to make it even more effective.

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