



Immunity Edge

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
- GX Assist®
- dōTERRA On Guard® softgels
- TriEase®
- IQ Mega®
- Copaiba
- Lime
- Marjoram
- Eucalyptus



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Respiratory Support

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

Roll chest & sinuses as needed.

Sinus Steamer

1 drop each of above oils in hot mug of water & inhale.

The Bomb! Roller

5 drops dōTERRA On Guard®
5 drops Tea Tree
5 drops Lemon
2 drops Oregano
2 drops Frankincense
+FCO in 5mL roller

Roll bottoms of feet every 2 hrs, or at least a.m. & p.m., when feeling run down.

Throat Support

GARGLE

1 drop each of Bomb oils (at left) in shot glass of water. Swallow.

SPRAY

In 2oz. glass spray bottle, use The Bomb recipe (at left). Replace FCO with MCT or IQ Mega® & Water.

Sinus Steamer

1 drop each of Bomb oils in hot mug of water. Inhale.

Digestive Support

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

Roll stomach as needed.

1-2 Peppermint Beadlets orally as needed.

Extra Immunity Boost

dōTERRA Lifelong Vitality Pack®

After breakfast...

1 TriEase® + 2 dōTERRA On Guard® beadlets.

After lunch...

1 GX Assist® + 2 Peppermint beadlets.

After supper...

1 dōTERRA On Guard® softgel.

At bedtime (with food)...

The Bomb veggie cap (2 drops each of The Bomb oils).

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