



Healthy Home

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 :

- Cassia
- Cinnamon Bark
- Citrus Bliss®
- Douglas Fir
- Eucalyptus
- Lime
- Spearmint
- Tangerine
- Wild Orange



NOTE : These spray recipes can easily be made into diffuser blends. Estimated total drops of oil in your diffuser is 3-5 drops per 100mL.

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Peppy Citrus

10 drops Lemon
5 drops each: Tangerine & Peppermint
3 drops Frankincense
In a 1oz./30mL spray bottle with water.

Minty Calm

5 drops each: Spearmint, Peppermint & Lavender
In a 1oz./30mL spray bottle with water.

Home Sweet Home

3 drops each: Cassia, Citrus Bliss®, Cinnamon & Tangerine
In a 1oz./30mL spray bottle with water.

Clean Kitchen

10 drops each: Lemon, Wild Orange & Tea Tree
In a 1oz./30mL spray bottle with water.

Oh Happy Day

5 drops each: Citrus Bliss®, Lemon, Tangerine & Peppermint
In a 1oz./30mL spray bottle with water.

Relax at Home

10 drops each: Lavender & Eucalyptus
In a 1oz./30mL spray bottle with water.

Keep It Healthy

5 drops each: dōTERRA On Guard® & Lavender
10 drops each: Lemon & dōTERRA Breathe®
In a 1oz./30mL spray bottle with water.

Breathe & Be Well

10 drops each: Lavender & dōTERRA Breathe®
In a 1oz./30mL spray bottle with water.

Minty Clean

5 drops each: Spearmint, Lime & Tea Tree
In a 1oz./30mL spray bottle with water.

Fresh & Fruity

5 drops each: Douglas Fir & Citrus Bliss®
In a 1oz./30mL spray bottle with water.

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