



Weight management

START HERE :

The Enrollment Packet PLUS...

- dōTERRA Lifelong Vitality Pack® supplements
- Slim & Sassy®
- Slim & Sassy® Trimshake
- DigestZen Terrazyme®
- PB Assist®+



THEN ADD :

- Slim & Sassy® softgels
- Copaiba
- Lemon
- Zendocrine®
- dōTERRA Balance®
- Citrus Bliss®
- Elevation
- Whisper®
- Cypress
- Grapefruit
- Cinnamon Bark



dōTERRA® is the registered trademark of dōTERRA Holdings, LLC.

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Yayoils Happy Mood Blend

5 drops dōTERRA Balance®
5 drops Citrus Bliss®
5 drops Elevation
5 drops Whisper®
+FCO in a 5mL roller

Roll wrists & back of neck. Inhale from roller.

Detox

5 drops Zendocrine®
+FCO in a 5mL roller

Roll over liver & bottoms of feet a.m. & p.m. for weight, thyroid, hormones & organ cleansing.

Appetite & Metabolism

10 drops Slim & Sassy®
+FCO in 5mL roller
Roll stomach 2-3x daily.

AND

1 drop Cinnamon Bark
1 drop Grapefruit
In 8oz. glass of water throughout the day.

Belly Buster

5 drops Lemon
5 drops Cypress
5 drops Grapefruit
+FCO in 5mL roller

Roll problem areas a.m. & p.m.

AND

1 drop Lemon
1 drop Grapefruit
In 8oz. glass of water throughout the day.

Everything

10 drops Copaiba
+FCO in 5mL roller

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

AND 1-2 drops Copaiba
on the tongue a.m. & p.m.

Good for: digestive, urinary, respiratory, emotional, aches & discomfort, cardiovascular, hormones, collagen, skin, liver.

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