

Athleters, muscless & Jointes

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.

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

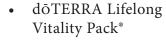


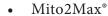
Family Essentials

Home Essentials

- Lavender
- Lemon
- Peppermint
- Melaleuca
- Oregano
- Frankincense
 - Deep Blue®
 - doTERRA Breathe®
 - DigestZen®
- dōTERRA On Guard®

THEN ADD:







- Terrashield®
- AromaTouch®
- Lemongrass

Deep Blue Polyphenol Complex® capsules

- Deep Blue® Rub
- Copaiba
- Wintergreen

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









Rev_011019

Outdoor Spray

dōTERRA TerraShield® Spray

OR ...

10 drops TerraShield® 10 drops Peppermint

In a 30mL dōTERRA spray bottle with water. Apply to skin. Excellent cooling spray and toxin-free insect repellent.

Breathe & Energize

5 drops each: doTERRA Breathe®, Copaiba & Peppermint +FCO in 5mL roller

Roll chest & throat for an energizing & invigorating respiratory boost.

Skin

Correct-X® Ointment OR...

5 drops each: Lavender, Melaleuca, Copaiba & Frankincense

Put in 5mL roller with FCO OR 30mL dōTERRA spray bottle with FCO. Shake & spray before use.

Muscle & Joint Protocol

Muscles Warm-Up

Deep Blue® Rub AND / OR ...

10 drops Peppermint 10 drops Lemongrass +FCO in 5mL roller Roll where needed.

Cool Down Bath

Fill 4 oz. jar with Epsom Salts +5 drops of any of these oils: Frankincense, Copaiba, Lavender, AromaTouch®, Lemongrass.

Sore Muscles & Joints

Deep Blue® Rub AND / OR ...

Add 5 drops each of any three of these oils to a 5mL roller +FCO: Deep Blue®, Frankincense, Lavender, Peppermint, AromaTouch®, Wintergreen, Copaiba, Lemongrass.

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