



HOW TO

Be Adaptiv™

START HERE :

Choose either the Healthy Habits Kit or the Healthy Essentials Kit. Both include the “feel your best” essentials, an Essential Oils Guide, & your own wholesale account.

HEALTHY ESSENTIALS KIT: 15mL Adaptiv™, dōTERRA Balance®, dōTERRA Breathe®, Copaiba, DigestZen®, Lavender, Lemon, dōTERRA On Guard®, Peppermint, 5mL Deep Blue®, Petal diffuser

HEALTHY HABITS KIT: 5mL dōTERRA Balance®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Deep Blue® Rub, PB Assist+®, DigestZen® TerraZyme, Lifelong Vitality Pack® essential oil supplements



Healthy Essentials



Healthy Habits

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ADAPTING TO TODAY'S STRESSORS :

Stress itself is not destructive, but the way we deal with it can be. Stress is debilitating when it disconnects us from those we love, chronically distracts us from our responsibilities, or interferes with our self-care. Today, we experience more psychological stress than ever before. Under emotional stress our bodies release the same hormones that compel us to run for our lives, while our brains fight to keep us grounded and rational. This can trigger challenges with sleep, unhealthy thoughts, aches, pains, emotional balance, energy, vitality, weight, mental focus, and memory. Rediscover how to naturally restore emotional balance using the assessment and recipes. Let us guide you back to your best self!

COMPLETE DAY ONE

	NEVER	SELDOM	SOMETIMES	OFTEN	ALWAYS
My sleep is satisfying and I wake feeling rested					
I live my life free of anxious, racing or obsessive thoughts					
I am free of chronic aches and pains					
I have strong coping mechanisms to deal with life's daily stressors					
I am emotionally balanced and not stressed or anxious					
I have energy and vitality throughout the day					
I have a positive outlook on life and my mood is relatively stable					
My mental focus and memory are quick and sharp					

Lights Out

5 drops each: Adaptiv, Frankincense & Lavender +FCO in 5mL roller

Roll pulse points, back of neck & bottoms of feet. Inhale. Diffuse any of these oils at bedtime.

Put 5-10 drops of any of these oils in one cup of Epsom Salts for a bath. Adaptiv, Balance, Copaiba, Lavender, Frankincense.

Calm the Chaos

5 drops each: Adaptiv & Balance +FCO in 5mL roller

Plus, take 1 Adaptiv capsule & a drop of Frankincense under the tongue daily for ALL the things!

Roll pulse points, back of neck. Inhale deeply through your nose.

Empower Me

5 drops each: Adaptiv, Lavender & Black Spruce +FCO in 5mL roller

Use for self-acceptance, confidence, emotional security, decisiveness, plus hormonal support such as cortisol.

Roll pulse points, abdomen &/or bottoms of feet. Inhale.

Energy & Vitality

5 drops each: Adaptiv, On Guard & Black Spruce +FCO in 5mL roller

Roll pulse points, back of neck & adrenals. Inhale! Take one drop of Frankincense under the tongue daily.

Energizing Focus

5 drops each: Adaptiv & Peppermint +FCO in 5mL roller

Roll pulse points, back of neck. Inhale.

Diffuse Adaptiv, Frankincense & Peppermint!