



# essentials

## 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 dōTERRA 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®
- dōTERRA Breathe™
- DigestZen®
- dōTERRA On Guard®

## THEN ADD :

- dōTERRA Lifelong Vitality Pack® supplements
- TriEase®
- dōTERRA Serenity® Combo Pack
- dōTERRA Balance®
- Wild Orange



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## The Bomb! Roller

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

*Roll bottoms of feet nightly, or every 2 hrs. when under the weather.*

## Digestive Health

1-2 Peppermint Beadlets orally AND...  
10 drops DigestZen®  
10 drops Wild Orange  
+FCO in 5mL roller

*Roll on stomach &/or bottoms of feet. And/or add 2-3 drops to a glass of water & drink.*

## Sleep & Calming

1. Roll on Calming Blend  
10 drops dōTERRA Balance® +  
10 drops dōTERRA Serenity® +  
FCO in 5mL roller. Roll wrists & bottoms of feet.
2. Diffuse 3 drops dōTERRA Breathe™ & 3 drops dōTERRA Serenity®
3. Ingest 1 dōTERRA Serenity® Softgel 30 minutes before bed.

## Seasonal Zen

TriEase® softgels AND/OR...  
10 drops Lavender  
10 drops Lemon  
10 drops Peppermint  
+FCO in 5mL roller

*Roll bottom of small toes, bottom of feet, back of neck, & around your sinuses. Can do 1 drop each in a shot glass of warm water, gargle & drink.*

## Happy Head

5 drops Frankincense  
5 drops Peppermint  
5 drops Lavender  
+FCO in 5mL roller

*Roll on temples and back of neck.*

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