



OILS FOR

Meditation & Relaxation

START HERE :

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

HEALTHY START KIT: 5mL dōTERRA Breathe®, Deep Blue®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree, Brevi diffuser

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



Healthy Start

Healthy Essentials

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

FOR THESE RECIPES :

- Adaptiv™
- dōTERRA Balance®
- Copaiba
- dōTERRA Forgive®
- Frankincense
- Grapefruit
- Lime
- dōTERRA Peace®
- Peppermint
- Rosemary
- Tea Tree
- Wild Orange



***Caution: Do not apply citrus oils on the skin exposed to the sun. (Photosensitive)*

US_060720

Release Your Fears

3 drops each:
Copaiba, Lime,
Peppermint, &
Wild Orange
+ FCO in a 5 mL roller

Roll on wrists, back of neck, temples, & across heart. Eases the releasing of fears, provides an openness to bring in new opportunities, & answer difficult decisions.

Frequency & Vibration

3 drops each:
Forgive®, Peace®,
Peppermint, &
Wild Orange
+ FCO in a 5mL roller

Roll on forehead & back of neck at the same time to amplify feelings of love. Think, write, or speak of all the things you love in your life.

Clear Your Mind

3 drops each:
Adaptiv™,
Frankincense,
& Lime
+ FCO in 5mL roller

Great for clearing the mind prior to meditation. Relieves stress, anxious feelings, & mental clutter. Helps with stillness of the mind.

Reaching Enlightenment

2 drops each:
Forgive®, Peace®,
Copaiba, Lime,
& Tea Tree
+ FCO in 5mL roller

Roll top of head, lower back & bottoms of feet after meditation. Builds an invisible force shield of support to help bounce off negativity & raise you closer to an awakened, enlightened feeling.

Deeper Meditation

Prior to meditation:

1 drop Frankincense
1 drop Copaiba
under tongue

2 drops Grapefruit
2 drops Rosemary
on top of head

1 drop dōTERRA Balance®
on feet

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