



FOR

Aches & Discomfort

START HERE :

Choose the Healthy Habits Kit for supporting healthy habits and good lifestyle choices. This kit includes products recommended for daily use in order to achieve and maintain a healthy lifestyle, along with the products needed for a healthy inflammatory system.

This kit includes:
(5mL oil bottles)



- doTERRA On Guard®
- doTERRA Balance®
- Frankincense
- Lavender
- Lemon
- Deep Blue® Rub
- doTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®
- PB Assist®+

THEN ADD :

- Deep Blue Polyphenol Complex® capsules
- AromaTouch®
- Copaiba, softgels & oil
- Deep Blue® oil
- Helichrysum
- Lemongrass
- Marjoram
- Peppermint
- Turmeric dual chamber capsules



*New accounts order Healthy Habits Kit & existing accounts order Daily Habits Kit.

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Relax Me

3 drops each:
Balance®,
Frankincense
& Lavender
+FCO in 5mL roller

Roll back of neck, shoulders and anywhere you carry tension. Use throughout the day & night as needed.

Athlete's Workout

3 drops each:
Deep Blue®, Copaiba
& Lemongrass
+FCO in 5mL roller

Roll area of concern pre & post workout. Warms up muscles & aids in recovery time. Great to layer on top of Deep Blue® Rub.

Discomfort Bomb

3 drops each:
Copaiba, Frankincense,
Lemongrass & Marjoram
+FCO in 5mL roller

Roll area of concern as needed and take 2 drops each in a veggie cap as needed. OR, take Deep Blue, Copaiba & Turmeric Capsules daily.

On My Nerves

2 drops each
Frankincense,
Helichrysum,
Lemongrass,
& Peppermint
+FCO in 5mL roller

Roll area of concern as needed.

Don't Cramp My Style

3 drops each:
AromaTouch®,
Lavender,
Marjoram,
& Peppermint
+FCO in 5mL roller

Roll area of concern as needed.

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