

Essential Success

MAKE-AND-TAKE



TOP 10 doTERRA OILS included with HOME ESSENTIAL KIT

- Lavender
- Lemon
- Peppermint
- Deep Blue
- On Guard
- DigestZen
- Breathe
- Frankincense
- Oregano
- Tea Tree

Home Essential Kit
contains
Top 10 Oils in
15mL bottles
+ Diffuser



This kit can refill all
5 rollers 25 times!



Top 10 Oil Uses

- **Lavender:** sleep, moods, skin, anxious feelings, sunburns
- **Lemon:** cleansing, detoxing, oral health, cough
- **Peppermint:** head tension, stomach upset, repel bugs, cooling
- **Deep Blue:** aches, joints, tired muscle
- **On Guard:** immune system, assist fight against illness
- **DigestZen:** stomach upset, nausea
- **Breathe:** open airways, reduce stuffiness, snoring
- **Frankincense:** skin beautify, promote healthy inflammation
- **Oregano:** intense immune boosting, cleansing
- **Tea Tree:** breakouts, nails, scalp, immune boosting

Each Essentials Kit includes a FREE Wholesale Membership (\$35 value), 25% of all future purchases for an entire year, access to essential oil training, and access to FREE products each month.

HAPPY TUMMY

10 drops DigestZen
8 drops Lemon
2 drops Peppermint
+FCO in 5ml roller

Roll on the stomach clockwise at the first signs of an upset stomach.

IMMUNE BOMB

10 drops On Guard
5 drops Oregano
4 drops Lemon
+FCO in 5ml roller

Roll on the bottoms of the feet and up the spine at first signs of a run down immune system. Repeat often.

BODY TENSION

5 drops Frankincense
10 drops Peppermint
5 drops Deep Blue
+FCO in 5ml roller

Roll on the back of the neck and temples as needed. Avoid contact with eyes. If you get in eyes, rinse eyes with FCO or vegetable based oil.
(NOT water)

AIRWAYS

10 drops Breathe
10 drops Tea Tree
+FCO in 5ml roller

Roll bottom of small toes, bottom of feet, back of neck, & around your sinuses.
*Contains citrus. Increases chances of photosensitivity.

SLEEP WELL

12 drops Lavender
8 drops Frankincense
+FCO in 5ml roller

Roll on the chest and bottoms of feet.
Additional oils: Serenity, Vetiver, Balance, Cedarwood, Serenity Gel Caps.