



YOUR

Immunity Edge

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 doTERRA 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:

- Lavender
- Lemon
- Peppermint
- Melaleuca (Tea Tree)
- Oregano
- Frankincense
- Deep Blue®
- doTERRA Breathe®
- DigestZen®
- doTERRA On Guard®



Family Essentials



Home Essentials

THEN ADD :

- doTERRA Lifelong Vitality Pack® essential oil supplements
- GX Assist®
- doTERRA On Guard® softgels
- TriEase®
- IQ Mega®
- Copaiba
- Lime
- Marjoram
- Eucalyptus



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Respiratory Support

- 5 drops doTERRA Breathe®
- 5 drops Copaiba
- 5 drops Lime
- 5 drops Eucalyptus
- 5 drops Marjoram
- +FCO in a 5mL roller

Roll chest & sinuses as needed.

Sinus Steamer

- 1 drop each of above oils in hot mug of water & inhale.

The Bomb! Roller

- 5 drops doTERRA On Guard®
- 5 drops Tea Tree
- 5 drops Lemon
- 2 drops Oregano
- 2 drops Frankincense
- +FCO in 5mL roller

Roll bottoms of feet every 2 hrs, or at least a.m. & p.m., when feeling run down.

Throat Support

GARGLE

- 1 drop each of Bomb oils (at left) in shot glass of water. Swallow.

SPRAY

- In 2oz. glass spray bottle, use The Bomb recipe (at left). Replace FCO with MCT or IQ Mega® & Water.

Sinus Steamer

- 1 drop each of Bomb oils in hot mug of water. Inhale.

Digestive Support

- 5 drops DigestZen®
- 5 drops doTERRA On Guard®
- 5 drops Marjoram
- 5 drops Tea Tree
- +FCO in 5mL roller

Roll stomach as needed.

- 1-2 Peppermint Beadlets orally as needed.

Extra Immunity Boost

doTERRA Lifelong Vitality Pack®

- After breakfast...
 - 1 TriEase® + 2 doTERRA On Guard® beadlets.
- After lunch...
 - 1 GX Assist® + 2 Peppermint beadlets.
- After supper...
 - 1 doTERRA On Guard® softgel.
- At bedtime (with food)...
 - The Bomb veggie cap (2 drops each of The Bomb oils).

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