

# YOUR

## Winter Wellness

### 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 Essential Oils Guide. Home Essentials includes the Petal Diffuser & FREE Essential Oils Guide.

These kits include (5mL in the Family, 15mL in the Home) bottles of:



Family Essentials

Home Essentials

- Lavender
- Lemon
- Peppermint
- Melaleuca (Tea Tree)
- Oregano
- Frankincense
- Deep Blue® (5mL)
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®

### THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- Adaptiv®
- Black Pepper
- Black Spruce
- Copaiba
- Cypress
- Eucalyptus

### TIPS :

- Take LLV essential oil supplements daily.
- Keep dōTERRA On Guard® & dōTERRA Breathe® drops handy.
- Take beadlets a.m. & p.m.
- Use dōTERRA On Guard® toothpaste & mouthwash daily.

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### Arctic Air

5 drops each:  
Black Spruce, Copaiba &  
Frankincense  
+FCO in 5mL roller

*Roll upper chest, throat  
& bottoms of feet for  
respiratory support.*

*Diffuse dōTERRA Breathe®.*

*Inhale 1 drop Black Spruce  
from palms.*

### Frosty Feet & Hands

5 drops each: Black  
Pepper, Cypress &  
Eucalyptus  
+FCO in 5mL roller

*Roll on cold feet & hands  
to aid in circulation. Or  
add 1 drop each to hand  
& body lotion.*

### Steam & Shoot

1 drop each: Lemon,  
Frankincense, Oregano,  
dōTERRA On Guard®,  
& Tea Tree

*Add oils to steamy mug  
of water. Inhale. And add  
oils to shot glass of water  
and shoot.*

### Aromatherapy Inhalers

**Cold Weather Sinus** - 2 drops each:  
dōTERRA Breathe®, Black Spruce & Eucalyptus

**Winter Immunity** - 2 drops each:  
dōTERRA On Guard®, Melaleuca (Tea Tree) & Lemon

**Kick the Winter Blahs** - 6 drops Adaptiv®

**Comfy Cozy Sleep** - 3 drops each:  
Lavender & dōTERRA Breathe®

**Winter Energy** - 2 drops each:  
Black Spruce, Lemon & Peppermint

*Apply drops to inhaler. Inhale 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.”