



THE

Sensory Solutions

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 Enrollment Packet. Home Essentials includes the Petal Diffuser & FREE Enrollment Packet.

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



Family Essentials

Home Essentials

- Lavender
- Lemon
- Peppermint
- Melaleuca
- Oregano
- Frankincense
- Deep Blue®
- dōTERRA Breathe™
- DigestZen®
- dōTERRA On Guard®

THEN ADD :

- A2Z Chewables®
- PB Assist®+ Jr.
- dōTERRA Balance®
- Wild Orange
- Copaiba
- Cedarwood
- DDR Prime®
- dōTERRA Peace®
- Lime
- InTune®
- Zendocrine®



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1st Brain

3 drops DDR Prime®
+FCO in a 5mL roller

Roll spine & bottoms of feet
a.m. & p.m. or as needed.

Peace & Focus

Peace® - Roll or diffuse as
needed for peace.

InTune® - Roll as needed for
focus.

2nd Brain

2 drops each: DigestZen®,
Wild Orange & Copaiba
+FCO in a 5mL roller

Roll abdomen & bottoms of feet
a.m. & p.m.

1st & 2nd Brain

Supplements

A2Z Chewables®

PB Assist®+

Smooth Transitions

3 drops each: Balance®
& Wild Orange
+FCO in a 5mL roller

Roll on feet, over the heart & on
base of the neck as needed. Also
great as an inhaler blend.

Diffuse the Situation

Lime & Frankincense

Diffuse as needed.

Unraveling

3 drops each: Copaiba &
Cedarwood
+FCO in a 5mL roller

Roll on bottoms of feet
& back of neck at the first
sign of unraveling.

Frankincense

1 drop Frankincense

Pressed to the roof of
the mouth daily.

Sleep & Sensory Overload

3 drops each: Frankincense
& Lavender
+FCO in a 5mL roller

Roll bottoms of feet, over heart
& on base of neck, a.m. & p.m.

Detox

3 drops Zendocrine
+FCO in a 5mL roller

Roll bottoms of feet
in the a.m.

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