



MASTER Your Metabolism

START HERE :

Choose the Healthy Habits Kit. Wellness is a combination of healthy habits and good lifestyle choices. This kit includes products recommended for daily use in order to achieve and maintain a healthy lifestyle.

- This kit includes:
- dōTERRA On Guard® (5mL)
 - dōTERRA Balance® (5mL)
 - Frankincense (5mL)
 - Lemon (5mL)
 - Lavender (5mL)
 - Deep Blue® Rub
 - dōTERRA Lifelong Vitality Pack®
 - DigestZen TerraZyme®
 - PB Assist®+



THEN ADD :

- Adaptiv®
- Clary Sage
- Fennel
- Grapefruit
- Peppermint
- dōTERRA Serenity®
- Slim & Sassy®
- Ylang Ylang
- Zendocrine®

GREAT TO ADD TO A GLASS OF WATER :

- Bergamot
- Cinnamon Bark
- Fennel
- Frankincense
- Grapefruit
- Lemon
- Peppermint
- Slim & Sassy®

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Detoxify

5 drops Zendocrine®
5 drops Grapefruit
+FCO in 5mL roller

Roll over liver, lower back and/or bottoms of feet.

AND...

2 drops each in a veggie cap.

2 drops Grapefruit in a glass of water.

Crave No More

5 drops Fennel
5 drops Peppermint
5 drops Slim & Sassy®
+FCO in 5mL roller

Roll on wrists and inhale.

AND...

Diffuse 2 drops of each.

Sore No More

5 drops Frankincense
5 drops Lavender
5 drops Peppermint
+FCO in 5mL roller

Apply Deep Blue® Rub to area of athletic concern or ache. Layer roller on top to aid in soothing.

Balance Me, Baby!

5 drops Adaptiv®
5 drops dōTERRA Balance®
5 drops Clary Sage
2 drops Ylang Ylang
+FCO in 5mL roller

Roll on wrists, back of neck, and bottoms of feet am & pm. Also, great as a body spray!

Sleep Happy

5 drops Adaptiv®
5 drops dōTERRA Serenity®
+FCO in 5mL roller

Inhale and roll on wrists, neck, and bottoms of feet at bedtime. Also, use during the day for calming.

AND...

Diffuse 3 drops of each.

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