

Daily Habits

START HERE :

Choose the Healthy Habits Enrollment 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®+



* New accounts order Healthy Habits Kit.
Existing accounts order Daily Habits Kit.

THEN ADD :

- Adaptiv® oil
- Copaiba oil
- DDR Prime® oil
- DigestZen® oil
- Yarrow/POM oil
- Zendocrine® oil

DAILY HABITS :

- **dōTERRA On Guard®** - 1 drop on bottoms of feet.
- **dōTERRA Balance®** - Apply to back of neck & bottoms of feet.
- **Frankincense** - Place 1 drop under tongue.
- **Lemon** - Add to drinking water to help release toxins.
- **Lavender** - Apply to bottoms of feet & pillow at bedtime. For stress management, apply to wrists & inhale.
- **Deep Blue® Rub** - Apply before & after your workout.
- **dōTERRA Lifelong Vitality Pack®** - Maximizes your daily nutrient intake.
- **DigestZen TerraZyme® & PB Assist®+** - Supports digestion & optimizes your gastrointestinal tract.

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Healthy Immunity

5 drops each: Frankincense,
dōTERRA On Guard® & Lemon
+FCO in 5mL roller

Roll bottoms of feet.

Healthy Emotions & Nerves

5 drops each: Frankincense,
dōTERRA Balance® & Copaiba
+FCO in 5mL roller

Roll pulse points & back of neck. Inhale.

Healthy Sleep

5 drops each: Frankincense,
dōTERRA On Guard® & Lavender
+FCO in 5mL roller

Roll pulse points, back of neck, & bottoms of feet.

Healthy Mind & Body

5 drops each: Frankincense,
Adaptiv® & Copaiba
+FCO in 5mL roller

Roll pulse points & back of neck. Inhale.

Healthy Gut

5 drops each: DigestZen®,
DDR Prime® & Zendocrine®
+FCO in 5mL roller

Roll stomach & bottoms of feet.

Healthy Skin

5 drops each: Frankincense, Copaiba,
Lavender & Yarrow/POM
+FCO or Jojoba oil in 5mL roller

Roll on skin where 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.”