



# Women's Wellness

## START HERE :

The Enrollment Packet PLUS...

- dōTERRA Lifelong Vitality Pack®
- Women's Health Kit



## THEN ADD :

- Zendocrine®
- DigestZen®
- DDR Prime®
- Grapefruit
- Fennel
- Cinnamon Bark

## LATER ADD :

- Whisper®
- dōTERRA Balance®
- Citrus Bliss®
- Elevation
- Ylang Ylang
- Clary Sage
- Lavender
- Frankincense
- Eucalyptus
- Peppermint

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### Breast Health

- 5 drops Frankincense
- 5 drops Grapefruit
- 5 drops Eucalyptus
- 5 drops DDR Prime® +FCO

*In a 2oz. glass spray bottle. Shake & spray on breasts daily.*

### Yayoils Happy Mood Blend

- 5 drops dōTERRA Balance®
- 5 drops Citrus Bliss®
- 5 drops Elevation
- 5 drops Whisper® +FCO in a 5mL roller

*Roll wrists & back of neck. Inhale from roller.*

### Women's Daily

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

*Roll abdomen, a.m. only. Supports hormones, detox, digestive, weight, thyroid, liver, & overall organ health.*

AND...

- 1 drop each Cinnamon & Grapefruit in a glass of water daily.

### Hot Mama

- 5 drops Ylang Ylang
- 5 drops Clary Sage
- 5 drops Lavender
- 5 drops Peppermint +FCO

*In a 2oz. glass spray bottle. Shake & spray on as needed to cool.*

### Hormonal Health

- dōTERRA Lifelong Vitality Pack®
- Bone Nutrient
- Phytoestrogen Complex

AND...

- Roll ClaryCalm® roller across abdomen, a.m. & p.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."