



Sleep & Stress Support

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:

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



THEN ADD :

- dōTERRA Lifelong Vitality Pack® supplements
- dōTERRA Serenity® Combo Pack
- Bergamot
- Cedarwood
- Citrus Bliss®
- Clary Sage
- Patchouli
- Petitgrain
- Vetiver
- Wild Orange
- Ylang Ylang



OTHER OILS FOR ANXIOUSNESS, STRESS & SLEEP : dōTERRA Balance®, Copaiba, Melissa, Neroli, dōTERRA Peace, Roman Chamomile, Spikenard, Tangerine

US_040219

dōTERRA® is the registered trademark of dōTERRA Holdings, LLC.

Sleep Better

5 drops each:
Cedarwood, Vetiver
& Wild Orange
+FCO in 5mL roller

Roll wrists & bottoms of feet at bedtime.

AND...

Take 2 dōTERRA Serenity® softgels.

Blissfully Calm

3 drops each:
Frankincense, Lavender,
Peppermint, Citrus
Bliss® & Wild Orange
+FCO in 5mL roller

Roll wrists, back of neck, & inhale as needed.

Worry-Free Sleep

5 drops each:
dōTERRA Serenity®,
Petitgrain & Bergamot
+FCO in 5mL roller

Roll wrists & bottoms of feet at bedtime.

AND...

Take 2 dōTERRA Serenity® Restful Complex softgels.

Bye Bye Anxiousness

3 drops each:
Bergamot, Lemon,
Lavender & Ylang Ylang
+FCO in 5mL roller

Roll wrists, back of neck, & inhale as needed.

Stress & Hormones

5 drops Clary Sage
5 drops Patchouli
3 drops Ylang Ylang
+FCO in 5mL roller

Roll wrists, back of neck, & inhale as needed.

****Caution: Do not roll citrus oils on skin exposed to the sun. (Photosensitive.)**

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