



# YOUR

## Respiratory 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:



Family Essentials

Home Essentials

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

### THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- TriEase® softgels
- Eucalyptus
- Cardamom
- dōTERRA Breathe® Vapor Stick



### OTHER GREAT RESPIRATORY SUPPORT PRODUCTS :

- Copaiba
- Lime
- Purify
- Juniper Berry
- Arborvitae
- dōTERRA Breathe® Throat Drops

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

US\_110519

### Seasonal Support

TriEase® softgels AND/OR  
 5 drops Lavender  
 5 drops Lemon  
 5 drops Peppermint  
 5 drops Tea Tree  
 +FCO in a 5mL roller

Roll bottoms of feet, back of neck, & around sinuses. Can do 1 drop each in a shot glass of water; gargle & drink.

### Respiratory & Sinus

dōTERRA Breathe® Vapor Stick  
 AND/OR...

5 drops dōTERRA Breathe®  
 5 drops Copaiba  
 5 drops Eucalyptus  
 5 drops Frankincense  
 +FCO in a 5mL roller

Roll chest, back & bottoms of feet.

### Sinus Steamer

2 drops of each:  
 dōTERRA On Guard®, Oregano,  
 Lemon, Peppermint & Tea Tree

*In a steaming mug of water.  
 Inhale slowly for 1 minute,  
 break for 1 minute, and repeat.*

**Respiratory Bomb Roller:**  
 3 drops each oil in a 5mL roller topped off with FCO.  
 Roll bottoms of feet as needed.

### Aromatherapy Inhalers

Add 5 drops of one of these oils on the cotton wick of inhaler :

Lavender, dōTERRA Breathe®,  
 Peppermint or Eucalyptus

OR...

Add 3 drops of one of these oils on the cotton wick of the inhaler :

Cardamom or Frankincense

### Respiratory Support

After a.m. & p.m. meals:

- TriEase®
- dōTERRA Lifelong Vitality Pack® supplements
- dōTERRA On Guard® Beadlet
- Peppermint Beadlet

Diffuse any of these:  
 dōTERRA Breathe®, Eucalyptus,  
 Peppermint, dōTERRA On Guard®,  
 Cardamom, Purify, Frankincense,  
 Juniper Berry &/or Arborvitae.

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