



Your Emotions

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
- Oregano
- Frankincense
- Deep Blue® (5mL)
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®



THEN ADD :

- dōTERRA Lifelong Vitality Pack® supplements
- PB Assist+®
- DigestZen TerraZyme®
- Bergamot
- Petitgrain
- Rosemary
- Vetiver
- Wild Orange



For additional emotional support, check out our dōTERRA® Emotional Aromatherapy system.

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

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Laser Focused

5 drops each: Peppermint, Rosemary & Bergamot +FCO in a 5mL roller

Roll on back of neck and smell the roller as needed.

AND/OR ...

2-3 drops of each oil in your diffuser.

Feeling Down?

5 drops each: Lemon, Petitgrain & Wild Orange +FCO in 5mL roller

Roll wrists, back of neck and smell the roller as needed.

AND/OR ...

2-3 drops of each oil in your diffuser.

Anxious Feelings?

5 drops each: Bergamot, Frankincense & Lavender +FCO in 5mL roller

Roll wrists, back of neck and smell the roller as needed.

AND/OR ...

2-3 drops of each oil in your diffuser.

Feeling Panicked?

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

Roll the center of your breastbone and smell the roller as needed.

AND/OR ...

2-3 drops of each oil in your diffuser.

Restful Sleep

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

Roll the back of neck and bottoms of feet at bedtime.

AND/OR ...

3-4 drops of each oil in your diffuser.

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