



Holidays

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
- Oregano
- Frankincense
- Deep Blue®
- dōTERRA Breathe™
- DigestZen®
- dōTERRA On Guard®

THEN ADD :

- Clove
- Cinnamon Bark
- Cassia
- Cardamom
- Cedarwood
- Siberian Fir
- Ginger
- dōTERRA Balance®
- Wild Orange



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Sprays

Choose one blend:

- 7 drops dōTERRA On Guard® + 3 drops Cardamom
- 3 drops each Cinnamon Bark + Wild Orange + Clove
- 5 drops Ginger + 3 drops Clove + 2 drops Cinnamon Bark
- 6 drops Siberian Fir + 4 drops Frankincense

Add 1/4c. water + oils in a 2oz. glass spray bottle. Shake well before spraying.

Diffuser Blends

- 2 drops each Cardamom, Cassia & Clove
- 6 drops Cinnamon Bark + 2 drops each Siberian Fir & Clove
- 3 drops Wild Orange + 2 drops each Cassia & Ginger
- 2 drops each Wild Orange, Cassia, & Frankincense
- 4 drops Cardamom + 2 drops Cassia + 1 drop each Wild Orange & Clove
- 4 drops each dōTERRA On Guard® + Wild Orange

Scrubs

- 10 drops oil (choose 1):
dōTERRA Balance®
Cardamom
Lavender
Lemon
Frankincense
Peppermint
Wild Orange

THEN

Add 1/8c. FCO, 1/4c. sugar + essential oil in a 4oz. glass jar. Mix well.

Bath Salts

- 10 drops oil (choose 1):
dōTERRA Balance®
Cardamom
Lavender
Lemon
Frankincense
Peppermint
Wild Orange

THEN

Add 1c. Epsom Salts + essential oils in a 8oz. glass jar. Mix well.

Holiday Helpers

- 10 drops DigestZen® + FCO in 5mL roller. Roll tummy as needed for digestive support.
- 10 drops dōTERRA Balance® + 10 drops Lavender + FCO in 5mL roller. Roll wrists & bottoms of feet for calming & sleep support.