



FOR Athletes, Muscles & Joints

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®
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®

THEN ADD :

- dōTERRA Lifelong Vitality Pack®
- Mito2Max®
- TerraShield® Spray
- Terrashield®
- AromaTouch®
- Lemongrass
- Deep Blue Polyphenol Complex® capsules
- Deep Blue® Rub
- Copaiba
- Wintergreen



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Outdoor Spray

dōTERRA TerraShield® Spray
OR ...

10 drops TerraShield®
10 drops Peppermint

In a 30mL dōTERRA spray bottle with water. Apply to skin. Excellent cooling spray and toxin-free insect repellent.

Breathe & Energize

5 drops each: dōTERRA Breathe®, Copaiba & Peppermint
+FCO in 5mL roller

Roll chest & throat for an energizing & invigorating respiratory boost.

Skin

Correct-X® Ointment
OR...

5 drops each:
Lavender, Melaleuca,
Copaiba & Frankincense

Put in 5mL roller with FCO OR 30mL dōTERRA spray bottle with FCO. Shake & spray before use.



Muscle & Joint Protocol

Muscles Warm-Up

Deep Blue® Rub
AND / OR ...
10 drops Peppermint
10 drops Lemongrass
+FCO in 5mL roller
Roll where needed.

Cool Down Bath

Fill 4 oz. jar with Epsom Salts +5 drops of any of these oils: Frankincense, Copaiba, Lavender, AromaTouch®, Lemongrass.

Sore Muscles & Joints

Deep Blue® Rub
AND / OR ...
Add 5 drops each of any three of these oils to a 5mL roller +FCO: Deep Blue®, Frankincense, Lavender, Peppermint, AromaTouch®, Wintergreen, Copaiba, Lemongrass.

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