



THE Teen Track

START HERE :

Choose either the Healthy Start Kit or the Healthy Home Kit. They contain the top 10 essential oils and blends—the “feel your best” essentials PLUS the Brevi diffuser and more! Both include a FREE Essential Oils Guide.

Top 10 Essential Oils: dōTERRA Breathe®, Deep Blue®, dōTERRA DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree (Melaleuca)



Healthy Start

Healthy Home

THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- DigestZen TerraZyme®
- PB Assist®+
- Women’s Health Kit
- HD Clear® facial kit
- Whisper®
- dōTERRA Balance®
- Rosemary
- Wild Orange
- InTune®



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Anxious & Sleep

5 drops each: dōTERRA Balance®, Lavender & Wild Orange +FCO in 5mL roller

Roll wrists, neck, & bottoms of feet when anxious, stressed, or at bedtime. Use as often as needed.

Healthy Skin

Clear Face Roller
3 drops each: Oregano, Peppermint, Tea Tree, Lavender, dōTERRA On Guard® +FCO in 5mL roller
Roll trouble spots.

Use daily: HD Clear facial kit, dōTERRA Lifelong Vitality Pack®, PB Assist®+ & DigestZen TerraZyme®

Hormone Helper

Girls
dōTERRA Lifelong Vitality Pack®, Women’s Health Kit (includes bone nutrient, phytoestrogen, ClaryCalm® roller)

AND...

5 drops each dōTERRA Balance®, Whisper®, & Wild Orange; +FCO in 5mL roller
Roll wrists & inhale.

Hormone Helper

Boys
dōTERRA Lifelong Vitality Pack®, DigestZen TerraZyme®, PB Assist®+
AND...

5 drops each Frankincense, Rosemary & dōTERRA Balance®; +FCO in 5mL roller
Roll bottoms of feet every morning.

Focus & Concentration

InTune® roller
AND / OR...
5 drops each: Frankincense, Rosemary, Peppermint, & Wild Orange; +FCO in 5mL roller

Roll back of neck, bottoms of feet and/or spine, as needed. AND/OR... Diffuse 2 drops each oil per 150mL 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.”