



THE

Pregnancy & Birth Experience

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® supplements
- DigestZen TerraZyme®
- PB Assist®+ (probiotic)
- Deep Blue Polyphenol Complex® capsules
- dōTERRA Balance®
- dōTERRA Serenity® Combo Pack
- Women’s Health Kit (Phytoestrogen Essential Complex, Bone Nutrient Essential Complex, ClaryCalm® roller)
- Grapefruit



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Fertility & Prenatal Care

- dōTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®
- PB Assist®+
- Grapefruit
- Women’s Health Kit
- dōTERRA Balance®

Sleep

dōTERRA Serenity® Restful Complex Softgels
AND...
10 drops dōTERRA Serenity®
10 drops dōTERRA Balance®
+FCO in a 5mL roller
Roll bottoms of feet at bedtime.

Nausea & Heartburn

10 drops DigestZen®
10 drops Peppermint
10 drops Lavender
+FCO in a 5mL roller
Roll bottoms of feet & wrists. Inhale.

Stretch Marks

Immortelle roller
AND/OR...
10 drops Frankincense
+FCO in a 5mL roller
Apply during & after pregnancy to stretch marks.

Sore Muscles & Joints

Internally: LLV & Deep Blue Polyphenol Complex® 2x's daily.
Topically: Deep Blue® Rub & roller (below). Apply to affected area(s) as needed.
Sore Muscle/Joint
5 drops Deep Blue®
10 drops Lavender
10 drops Peppermint
+FCO in 5mL roller

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