



# Happy Hormones

## 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 Essential Oils Guide. Home Essentials includes the Petal Diffuser & FREE Essential Oils Guide.

These kits include (5mL in the Family, 15mL in the Home) bottles of:



Family Essentials

Home Essentials

- Lavender
- Lemon
- Peppermint
- Melaleuca (Tea Tree)
- Oregano
- Frankincense
- Deep Blue® (5mL)
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®

## THEN ADD :

- dōTERRA Lifelong Vitality Pack® essential oil supplements
- Women’s Health Kit
- Adaptiv® System
- Black Spruce
- DDR Prime® oil + softgels
- Celery Seed
- Citronella
- Cypress
- Lemongrass
- dōTERRA Passion®
- Wild Orange



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

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## Hormone Release

10 drops Lemon  
3 drops each: Citronella, Frankincense, Melaleuca (Tea Tree) & Peppermint  
+FCO in 5mL roller

*Roll heart & abdomen to support hormone production, & release toxins & negative feelings.*

## Depleted & Anxious

5 drops each: Black Spruce, Frankincense & Wild Orange  
+FCO in 5mL roller

*Roll heart, forehead & lower back for energy, thyroid support, feelings of fear & insecurity.*

## Feel Good, Smell Good

3 drops each: Black Spruce, Cypress, & dōTERRA Passion®  
+FCO in 5mL roller

*Roll wrists & neck. Inhale. Also makes a great body spray.*

## Moisture Restorer

10 drops each: DDR Prime® & Lemongrass  
+FCO in 5mL roller

*Apply to lower abdomen to restore moisture production for soft tissues.*

AND.. Take 1-2 DDR Prime® softgels daily.

## Celery Juicing+

2 drops each: Celery Seed & Wild Orange  
+8oz. of liquid

*Drink. Antioxidant. Supports metabolism, digestion, urinary tract, & immunity.*

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

TIP: Do the 30-Day Cleanse quarterly.