



# Must-Haves for Men

## 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 (Tea Tree)
- Oregano
- Frankincense
- Deep Blue®
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®



Family Essentials

Home Essentials

## THEN ADD :

- dōTERRA Lifelong Vitality Pack® supplements
- Mito2Max®
- Deep Blue Polyphenol Complex® capsules
- Wild Orange
- Rosemary
- Cedarwood
- Arborvitae
- Ylang Ylang
- Cypress



- Juniper Berry
- DDR Prime®
- Clary Sage
- Sandalwood
- dōTERRA Balance®

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## Prostate Support

Daily: LLV, DDR Prime® softgels, 2 drops Frankincense under tongue

3 drops each: DDR Prime®, Arborvitae, Cypress, Rosemary, dōTERRA Balance®, & Juniper Berry +FCO in 5mL roller

Roll bottoms of feet & lower abdomen a.m. & p.m.

## Healthy Head of Hair

... dōTERRA Salon Essentials® Protecting Shampoo & Smoothing Conditioner ... dōTERRA Salon Essentials® Root-to-Tip Serum (*apply after shower*)

ADD THESE OILS to the serum... 10 drops each: Rosemary, Cedarwood, Peppermint, Lavender, & Arborvitae.

## Energy & Stamina

LLV, Mito2Max®, AND...

10 drops Wild Orange  
10 drops Peppermint  
5 drops Frankincense +FCO in 5mL roller

*Roll wrists, back of neck, & inhale for a mental lift.*

## Go Libido!

LLV, AND...

3 drops each: Clary Sage, Sandalwood, Ylang Ylang, Wild Orange, Cypress, & dōTERRA Balance® +FCO in 5mL roller

*Roll inner thighs & lower abdomen nightly.*

## 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 Muscles & Joints**  
5 drops each: Deep Blue®, Lavender & 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.”