



DOTERRA Home Essentials Kit

Overview 10 Basic Oils & FCO

"Changing lives one drop at a time"

- + **DoTERRA Essential Oils** are sourced from wherever they grow in natural environment around the world... for the most potent chemistry.
- + **These Oils contain 100% what is on the label, no additives AT ALL.** Eg : If it says "Peppermint" on the bottle, then all you're going to find in the bottle is what comes from a "Peppermint" Plant.
- + **Fractionated Coconut Oil** is amazing. Remove makeup, use as a moisturizer and most importantly, a great carrier for the Essential Oils Kit. Dilute your favourite oils to make them go further without reducing potency of the Essential Oils. Also great to dilute the Essential Oils for kids or those with sensitive skin.
- + **FRANKINCENSE** crosses over the blood brain barrier, helps body release good feel endorphins. Frankincense is the King of Oils!
- + **PEPPERMINT** Beat the 3pm slump! Freshen your breath! Relieve your headache. **ONE DROP** of PEPPERMINT oil is equal to 28 cups of **PEPPERMINT TEA FOR THE HEALING QUALITIES.**
- + **LEMON** one drop in glass of water is a natural liver detox. Delicious first thing in the morning! You can clean with it, cook with it, diffuse it.
- + **LAVENDER** Opens the door in your racing mind to let you through to a deep sleep. Lavender is a powerful antifungal.
- + **PEPPERMINT, LEMON AND LAVENDER....** A couple drops of each in water creates a natural antihistamine
- + **MELALEUCA/TEA TREE** Anti -fungal , good for Athlete's foot. Try some on troublesome pimples.
- + **ON GUARD** five oil blend, natural anti-biotic, used in hospitals for cleaning. Diffuse to control airborne bacteria.
- + **OREGANO** potent anti-viral, get it on your warts (but you will want to dilute with Fractionated Coconut Oil)... Add a TINY drop to your cooking for that delicious Italian flavour
- + **FLU BOMB/KICK THE SICK..** Frankincense, Lemon, Tea Tree, On Guard and Oregano, topped up with Fractionated Coconut Oil. See the Hoilistic Solution page in this pack for the quantities.
- + **BREATH/EASY AIR..**opens airways, for all things respiratory. Can also help give you a eucalyptus infused lift to your mood.
- + **DIGESTZEN** for all things digestive... bloating, irritable bowel, motion sickness, upset tummy, constipation, heart burn. Rub it on, or drink a drop in a quarter cup of water.
- + **DEEP BLUE/ ICE BLUE** this is an amazing muscle rub, and it's plant based, not synthetic!

DOTERRA SUPPORT..800-411-8151