

dōTERRA® + FAMILY PHYSICIAN® KIT



FRANKINCENSE ESSENTIAL OIL FROM OMAN

One of the most precious essential oils of the ancient world, dōTERRA's exclusive Omani Frankincense is an essential addition to your family's medicine cabinet and emergency supplies. Frankincense is powerfully versatile and a favorite alternative for many health applications—when in doubt, use Frankincense!

- Use to clean and dress minor cuts, bites, and sores
- Apply to neck and forehead with lavender and peppermint to help calm stress and headaches
- Apply to the bottom of the feet or take internally in capsules to support immune function
- Use with a carrier oil or favorite face moisturizer for beautiful, radiant skin
- Use aromatically and topically to help lift mood and awareness



LAVENDER ESSENTIAL OIL

All Things Calming

- Diffuse or apply topically to calm anxiety and soothe emotions
- Apply topically to soothe irritated skin and lips
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply immediately to help calm reaction to a bee sting or bug bite



LEMON ESSENTIAL OIL

Clean and Freshen

- Add a drop to honey to soothe a dry or sore throat
- Diffuse in a room to neutralize odors and elevate mood
- Use to clean kitchen counters and stainless steel appliances
- Take internally with water as an antioxidant and detoxifier



PEPPERMINT ESSENTIAL OIL

Cool and Invigorate

- Use with lemon in water for a healthy, refreshing mouth rinse
- Inhale deeply to invigorate lungs and increase alertness
- Add to water in a spray bottle and mist body when overheated
- Apply to neck and forehead with lavender to calm headaches



MELALEUCA ESSENTIAL OIL

First Aid for the Skin

- Apply to skin blemishes and rashes as part of a daily cleansing program
- Use with shampoo or conditioner for healthy scalp and hair
- Apply to feet and toenails after showering, swimming, or working out



OREGANO ESSENTIAL OIL

Natural Immune Support

- Take several drops in an empty veggie cap for periodic immune support*
- Dilute and apply to bottom of feet of kids and adults as a natural defense
- Use internally as part of a monthly cleansing regimen for GI health



DEEP BLUE' SOOTHING BLEND

Muscle and Joint Support

- Apply directly to tired, aching joints
- Rub on muscles before and after exercise to reduce discomfort
- Use with carrier oil for a therapeutic deep-tissue massage



BREATHE RESPIRATORY BLEND

Respiratory Support

- Apply topically to chest and neck to help clear lungs and sinuses
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet for seasonal respiratory discomfort



DIGESTZEN' DIGESTIVE BLEND

Digestive Support

- Rub on stomach to ease digestive discomfort, nausea, or motion sickness
- Take internally at meal times to support healthy, comfortable digestion
- Apply to the bottom of feet of children to help ease digestive issues



ON GUARD' PROTECTIVE BLEND

Natural Defense

- Dilute and gargle morning and night as a protective mouth rinse
- Take several drops in an empty veggie cap for added immune support*
- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
- Diffuse in a room to eliminate airborne pathogens*

