

Rest, Relax and Support Kit



Includes 25% discount on oils and other doTerra products for 1 year, plus ongoing support from us in incorporating these and other oils into a holistic lifestyle.

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What's Included:

- ✦ **doTERRA Deep Blue Rub** is a rich, topical cream. The Deep Blue proprietary blend was designed to help soothe tired muscles and joints. It is made of natural plant extracts and other powerful ingredients including essential oils like Peppermint, Wintergreen, Ylang Ylang and Helichrysum to provide a comforting sensation of cooling and warmth to problem areas.
- ✦ **doTERRA Serenity®** combines a group of essential oils to help calm and relax. This blend can be used aromatically and topically both day and night as it can aid in reducing everyday stress/feelings of overwhelm and promote a relaxing night's sleep. Serenity® contains Lavender, Ylang Ylang, Marjoram, and Roman Chamomile, which give it its soothing scent. Hawaiian Sandalwood and Vanilla Bean offer a warm aroma.
- ✦ **doTERRA On Guard** is a powerful proprietary blend of oils including Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower. Together, these oils support healthy immune function when used internally* and also contain cleansing properties.
- ✦ **Lemon essential oil** is a cleansing agent that purifies the air. When added to drinking water, it provides a refreshing and cleansing boost throughout the day. Lemon also provides digestive benefits and supports healthy respiratory function*. When diffused, lemon is very uplifting and energizing and has been shown to help improve mood.
- ✦ **doTerra Balance ®** is a grounding blend we use to evoke feelings of balance and relaxation. It's a proprietary combination of Spruce Needle/Leaf, Ho Wood, Blue Tansy Flower, and Blue Chamomile Flower essential oils and is used aromatically or topically. It also contains Frankincense, which experimental research has shown may help to promote positive mood.
- ✦ **Wild Orange** is rich in limonene like other citrus essential oils, and has an uplifting aroma and cleansing properties. Research indicates that the aroma of Wild Orange has been shown to be calming and reduce feelings of anxiousness and tension. In addition, some amazing experimental research has shown that it can promote healthy metabolism when taken internally* and that it may provide antioxidant support* and help support the proper function of the digestive, immune, nervous, and respiratory systems.

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