

WELCOME TO CLASS!



Hey! I'm excited to have you join me for class! I specialize in getting results with doTERRA essential oils. I use them for myself, my family and I also combine oils with acupuncture to produce better results for my clients.

If you haven't yet seen doTERRA oils work for you, I recommend you request a free sample. I'd LOVE to send you one. To get results, you need a couple things:

1. the right oils (doTERRA)
2. someone to guide you & teach you how (me)
3. and sometimes a little patience (hang in there & be willing to try more than one oil if needed)

Use this workbook while you attend class and by the end of class, you'll be able to create a personalized wellness roadmap to help you reach your health goals.

Oils have changed my life forever. Let them change yours too! With Love, Kristin

ESSENTIAL OILS WITH KRISTIN

3 COOL THINGS ABOUT ESSENTIAL OILS:

- 1.
- 2.
- 3.

3 WAYS TO USE ESSENTIAL OILS:

- 1.
- 2.
- 3.

3 COOL THINGS ABOUT OILS FOR: _____ (INSERT TOPIC)

- 1.
- 2.
- 3.

NOTES/QUESTIONS

MY HEALTH PRIORITIES

FOR ME:

- 1.
- 2.
- 3.

FOR MY FAMILY:

- 1.
- 2.
- 3.

I WANT HELP WITH: (SELECT ALL THAT APPLY)

Sleep

Focus

Kids

Digestion

Detox

Pregnancy

Pain

Weightloss

Athletics

Immune Support

Cellular Health

Emotions

Circulation

Energy

Stress

Other:

NOTES/QUESTIONS

MY HEALTH PLAN

RECOMMENDED FOUNDATION SUPPORT:

Nutrition: Life Long Vitality vitamin trio, PB Assist & Terrazyme

Daily Oils: Frankincense - King of all Oils, Lemon - detox,
Lavender - calm, OnGuard - immune support, Balance - emotions

HEALTHY PRIORITY #1

OILS/SUPPLEMENTS

HEALTHY PRIORITY #2

OILS/SUPPLEMENTS

STRATEGY

Morning:

Afternoon:

Evening:

MORE NOTES

A large, empty rectangular area with a teal border and clipped corners, intended for taking notes.

KRISTIN'S OIL ROUTINE

MORNING SHOWER ROUTINE

- 1 drop Breathe in your shower (on outskirts of tub)
- Wash hair with doTERRA Salon Essentials Shampoo/Conditioner
- OnGuard Toothpaste & Mouthwash
- Verge or Essential Skin Care on face or mix a drop each of Frankincense + Green Mandarin + Geranium in your daily moisturizer & apply to face
- 1 drop Basil & Grapefruit in a dab of FCO & apply over Kidneys (for energy & adrenal support)
- 1 drop OnGuard oil on bottoms of feet (immune support)
- 2 drops Slim & Sassy mixed in FCO and apply over abdomen (supports metabolism)
- Massage 1-2 drops Balance on your ears (emotional balance)
- Mix 1-2 drops Adaptiv with FCO & apply to low back (stress)

MEAL TIME

- Life Long Vitality vitamin pack twice a day
- 1 Terrazyme with every meal (digestive enzymes)
- 1 PB Assist with every meal (probiotic)
- Add a few drops of your favorite citrus oils to your water all day long - Wild Orange, Lemon, Grapefruit, etc...

RESTFUL SLEEP ROUTINE

- Diffuse Serenity, Breathe & Siberian Fir - 2-3 drops of each
- Take 1-2 Serenity Softgels
- For additional support, take 1-2 Copaiba softgels

8 Essential Health Habits

1

Self Care

Get up 30-60 minutes earlier than your family, prioritize your day, read, pray, meditate, express gratitude, who can you make smile today? Use doTERRA bath & skin products.

2

Water

Drink 1/2 your body weight in ounces of filtered water everyday. Start with 20 oz first thing in the morning. Add 1-2 drops citrus oil - Lemon, Wild Orange, Grapefruit.

3

Nutrition

Take LLV, Terrazyme & PB Assist daily. Aim for 3 cups greens a day - think Terragreens in breakfast smoothie & salad with a meal. Replace soda with oils & sparkling water.

4

Movement

Walk 10,000 steps a day. Get outside for fresh air & sun. Do activities you enjoy. Massage Breathe into chest, use Mito2Max for energy. Deep Blue Rub for sore muscles.

5

Sleep

Stop screen time 30-60 minutes before bed. Diffuse Breathe, Serenity, Cedarwood & Siberian Fir, Take Serenity softgels, add Copaiba for extra support. Keep your room cool.

6

Detox

Drink Lemon oil in water daily. Do doTERRA Cleanse & Restore 2x/year. Replace kitchen/bath cleaners with OnGuard cleaners and all fragrance/scented products with essential oil aromatherapy.

7

Pain Reduction

Take LLV, Turmeric Capsules & Copaiba softgels daily with meals, Use Past Tense, Aromatouch or Deep Blue topically. Additional favorites: Lemongrass, Marjoram, Frankincense.

8

Emotions

Take LLV daily & reduce sugar intake [disrupts hormones]. Every oil helps with emotions. My favorites: Emotional Aromatherapy Kit, Balance, Lavender, Neroli, Wild Orange.

Class Download.....Lux Pure Living