DR. HILL'S

Daily Oil Recommendation

FOR HEALTHY EMPOWERED LIVING

**MORNING**

- Apply 1-2 drops of doTERRA Balance® to the bottom of your feet when you wake.
- Apply 1 drop of Frankincense under your tongue.
- Take doTERRA Lifelong Vitality Pack®, 1 PB Assist®+ and TerraZyme® with your morning meal.

**AFTERNOON**

- Use a citrus oil in your water throughout the day.
- Take TerraZyme® with your afternoon meal.
- Apply Deep Blue® Rub after strenuous activity in the afternoon (or when needed).

**EVENING**

- Take doTERRA Lifelong Vitality Pack® and TerraZyme® with your evening meal.
- Diffuse doTERRA On Guard®, add a drop under your tongue, or take a doTERRA On Guard®+ Softgel.

**BEDTIME**

- Diffuse your favorite oil for relaxation.
- Apply doTERRA Serenity®, Cedarwood, or Lavender to the bottom of your feet before sleep.

*Health Recommendations may be adjusted to meet your personal needs. Some products listed above are not included in the Daily Health Habits kit, but are given as additional suggestions to supplement your daily health.*