



ESSENTIAL OIL
SOLUTIONS
with dōTERRA

Brand New dōTERRA® Sleep System

List your favorite product in the dōTERRA Serenity® Sleep System:

Which ingredients really stand out to you in the dōTERRA Serenity Sleep System and why?

How would you plan to use the three products in the dōTERRA Serenity Sleep System together?

What other healthy bedtime habits do you have/can you adopt with the dōTERRA Serenity Sleep System?
