



THE STARTER BUNDLE THAT CHANGES EVERYTHING

A doable wellness reset for real life

Wondering if this is for you?

This bundle is for you if you've ever...

- Walked into your home and thought, "Why does it smell like...everything and nothing?"
- Hit the couch at night totally wiped but still feeling wired
- Caught yourself Googling "natural immune support" or "essential oils for stress" but didn't know where to start
- Bought "clean" products only to wonder if they actually were
- Wished for a better rhythm? For you, your kids, your routines...but didn't want to overhaul your whole life

It's a simple shift that meets you right where you are, and helps you build better habits one drop at a time.



WHAT'S INSIDE

(and why it actually matters)

This isn't a random mix of oils. It's a toolkit that's handpicked to help you feel better, live cleaner, and make small shifts that add up fast.

YOUR CHOICE OF DIFFUSER

Whether you pick something sleek and modern or soft and earthy, your diffuser is your atmosphere-setter. Let's fill your space with clean, plant-powered support you can actually feel. Choose the bundle with the diffuser that fits your personal vibe.

THE 11 OILS THAT EVERYONE RAVES ABOUT (5 ML EACH)

These are the ones people reorder again and again... for sleep, stress, focus, immunity, energy, and more.

- **Lavender** — Your go-to for better sleep, skin, and staying calm when chaos hits
- **Peppermint** — Wake-you-up clarity, digestion help, and tension taming
- **Lemon** — Brightens your mood, supports detox, and makes water taste better
- **Thieves** — Your immune-support sidekick (and cleaning swap hero)
- **Frankincense** — Deep breath, grounded mind, radiant skin... Yes please!
- **Copaiba** — Your best friend when inflammation hits - great for teeth pain too!
- **PanAway** — Perfect for tight shoulders, sore backs, or post-workout recovery
- **R.C.** — Helps you breathe easier, especially when the seasons change
- **DiGize** — Belly relief when things feel... off
- **Purification** — Perfect for purifying those stinky odors in the air
- **Northern Lights Black Spruce** — Bedtime favorite for both kids and grownups



2 NINGXIA RED SINGLES

A tasty, antioxidant-packed drink that helps with energy, cravings, and immune support. Easy to love, even easier to stick with.

THIEVES WATERLESS HAND PURIFIER 1 OZ

Clean hands and fresh spaces, no sketchy ingredients required. Toss them in your bag, car, or kids' backpacks.

EXTRAS TO MAKE IT EASY

Roller top to turn oils into roll-ons, tiny bottles for sharing or travel, and a guide to help you start simple.

WHAT IT ACTUALLY DOES...

for Your Body and Your Home

This isn't just about nice smells (though it totally delivers on that too). These tools work behind the scenes to shift how you feel day by day.

CLEARs THE AIR: LITERALLY AND EMOTIONALLY

When you diffuse Lemon, Raven, or Citrus Fresh, you're not just masking odors. You're lifting the vibe of your whole space.

KEEPS YOUR DEFENSES UP

Whether it's back-to-school germs or winter bugs, Thieves, Raven, and a shot of NingXia Red help you feel more resilient.

TAKES THE EDGE OFF STRESS

Rough day? Roll on Valor or Stress Away, breathe deep, and feel your shoulders drop. PanAway is a lifesaver for tension you feel in your body.

CALMS THE CHAOS IN YOUR GUT

After a big meal or when things feel off, DiGize and Peppermint Vitality step in to soothe things fast.

HELPS YOU SLEEP (FOR REAL)

Wind down with Lavender or Peace & Calming and give your brain the signal: it's time to rest.

CLEANS WITHOUT COMPROMISE

Thieves Spray and oils let you ditch harsh cleaners without sacrificing peace of mind. Clean your counters, kids' toys, or airplane tray table. No stress needed.

WHAT YOU MIGHT NOTICE

(pretty quickly, actually)

- You fall asleep faster, and stay asleep without tossing and turning
- That 3 PM slump doesn't hit quite so hard (or at all)
- You feel a little less frazzled, a little more focused
- Your stomach feels... normal again. Less bloat, more ease.
- Your home smells fresh and clean, not like chemicals in disguise
- You're breathing deeper, especially when the seasons shift
- And maybe most of all, you start to feel like you know what to reach for when something feels off

It's not about perfection. It's about small, steady shifts that remind you... You've got this.

Roller Blends to Keep on Hand

(Use 5 ml glass roller bottles + fill remainder with carrier oil such as Young Living's V-6 Vegetable Oil Complex)

ALLERGY ROLLER

- 2 drops Lavender
- 2 drops Peppermint
- 2 drops Lemon

AFTER DINNER DIGEST ROLLER

- 5 drops DiGize
- 3 drops Peppermint
- 5 drops Lemon

ZEN BLEND ROLLER

- 4 drops Northern Lights Black Spruce
- 2 drops Lavender
- 1 drop Frankincense

MUSCLE SOOTHE ROLLER

- 5 drops PanAway
- 5 drops Peppermint
- 3 drops Copaiba

FOCUS ROLLER

- 2 drops Lemon
- 4 drops Peppermint
- 3 drops Frankincense



Diffuser Blends to Try

BREATHE EASY

- 3 drops RC
- 2 drops Peppermint
- 1 drop Lemon

IMMUNE GUARD

- 3 drops Thieves
- 2 drops Lemon
- 1 drop RC

HAPPY HOME

- 3 drops Lemon
- 2 drops Lavender
- 2 drops Frankincense

BRIGHT START BLEND

- 3 drops Lemon
- 2 drops Peppermint
- 1 drop Purification

ZEN BLEND

- 4 drops Northern Lights Black Spruce
- 2 drops Lavender
- 1 drop FRankincense



DIY Recipes to Make and Love

SIMPLE SWAPS THAT FEEL LIKE A TREAT

BEDTIME BATH SOAK

- 1 cup Epsom salt
- 4 drops Lavender
- 3 drops Frankincense
- 1 tablespoon baking soda (optional for extra detox)
- Mix well and store in a glass jar. Add to warm bath and soak 20 minutes before bed.

CALMING LINEN SPRAY

- 4 drops Lavender
- 3 drops Northern Lights Black Spruce
- 2 oz distilled water
- ½ tsp witch hazel or vodka to emulsify
- Mix in a glass spray bottle and mist pillows, sheets, or pajamas before bed.

FOAMING HAND SOAP

- 2 tbsp unscented castile soap
- 1 tbsp fractionated coconut oil
- 4 drops Thieves
- 3 drops Lemon
- Top with distilled water in an 8 oz foaming soap pump
- Shake gently before each use. Kid-friendly and tough on germs.

SOFT GLOW SUGAR SCRUB

- ½ cup organic cane sugar
- ¼ cup fractionated coconut oil
- 3 drops Frankincense
- 2 drops Peppermint
- Stir together in a small jar and keep by your sink or shower. Gently exfoliates and leaves skin silky.

HAPPY HOME SURFACE SPRAY

- 5 drops Thieves
- 3 drops Lemon
- Splash of white vinegar
- Top with water in a 4 oz glass spray bottle

Great for counters, doorknobs, highchairs, or even car seats. If you love this, be sure to try Thieves Household Cleaner - it's your easy button for a clean home from top to bottom!



STACK IT FOR A STRONGER START

Thieves Household Cleaner

Once you try this, it's hard to go back. One bottle lasts forever and replaces just about every cleaner under your sink. Counters, bathrooms, windows, floors, you name it.

(Keep an eye out for bundles that include it. They're usually a better deal.)

V-6 Vegetable Oil Complex

If you plan to make any roller blends or want to dilute oils for your kids or massage, this is the one to grab. It's super gentle, not greasy, and won't go rancid like kitchen oils can. You'll use it way more than you think.

NingXia Red (packets or bottles)

Those little sample packs in the starter kit? They go fast. If you want to feel more energy, fewer cravings, and steadier mood, this is a great daily habit to add. A shot a day goes a long way.

KidScents Oils

If you've got little ones at home, these make oils so much simpler. They're already diluted and labeled clearly, which takes the guesswork out. T-Gize and DreamEase are family favorites for a reason.

A Few Empty Bottles (Spray + Roller)

This one seems basic, but trust me, having a few empty bottles on hand makes life easier. Mix a quick linen spray, toss a roller in your bag, or whip up a DIY cleaner without having to search for the right container.





Your daily rhythm, now upgraded

You don't have to use everything at once. Start with what fits your day and grow from there. Oils are versatile, forgiving, and meant to serve you. Here's how real people work them in:

Morning:

- Diffuse **R.C.** or **Lemon + Peppermint** for a bright, clear start
- Add a drop of R.C. to the bottom of your shower for a easy pick me up

Midday:

- Roll **Northern Lights Black Spruce** on neck + chest before the chaos hits
- Take a walk with **Thieves** diffusing to support your immune system
- Spritz your space with **Happy Home Surface Spray** (or Thieves Household Cleaner!)

Post-Meal:

- Roll **Digest Roller** across your abdomen clockwise

Evening:

- Diffuse **Northern Lights Black Spruce + Lavender** 30 minutes before bed
- Add **Frankincense** to your nighttime skincare
- Try **Calming Linen Spray** on pillows and blankets

Anytime:

- Use **Thieves Hand Purifier** when you are out and about
- Roll **PanAway** on shoulders or lower back
- Drink a **NingXia Red** shot for clean energy

WHAT PEOPLE ARE SAYING

"I felt like I had tools in my hand for the first time—this kit made it easy to start."

"My home smells amazing without candles, and I'm finally sleeping well."

"Thieves and Raven got us through the winter without missing a beat."

"My kids ask for Peace & Calming every night. It works."

READY TO BEGIN?

You don't have to overhaul your whole life. Just start here: with a few oils, a diffuser, and some simple swaps that actually make sense for your day.

This bundle is how so many of us got started, not because we had it all figured out, but because we needed something that felt doable. And it was.

If you're not sure what to use first or how to fit this into your routine, you're not alone, and you don't have to figure it out alone either.

I'd love to help you find a rhythm that works for you.

Let's take the first step together.

