



starter kit inspiration

Diffuse 2 drops each of Lemon, Peppermint, and Lavender for an uplifting aroma.

Consume one of the Ningxia Red pouches. Try it over ice with your favorite flavor of sparkling water.

Use your Thieves Cleaner packet to make one bottle of cleaner. Simply add to a 20-30oz spray bottle of water and use on every surface of your home.

Place 1 drop of Peppermint on tongue to freshen breath, support healthy digestion, & curb your appetite.

Add 1 drop of Frankincense or 1 drop of Lavender to your palm before applying your favorite non-toxic face moisturizer for improved skin health.

Add 5-10 drops of Stress Away, or Peace & Calming to 1/2 cup of Epsom Salt and add it to your next bath to unwind and support your overall health.

Add 1 drop of Lemon to your water throughout the day to help encourage healthy detoxification and support your immune system.

Place your Thieves Hand Purifier in your purse, bag, or car so you can use it on the go.

Add a few drops of Digize to a clear vegetable capsule and consume as a supplement to aid in healthy digestion.

Add 5 drops of Panaway to 1 tsp of coconut oil (or carrier oil of your choice) and massage into sore muscles and joints.

Place 1 drop of Valor in your palm, rub hands together, and inhale to refresh your mind.