

ATHLETES KIT

THE PERFECT COMPANION
TO A HEALTHY LIFESTYLE



THE ATHLETES KIT

Whether in competitive arenas or a local gym, activity is a cornerstone of health. As anyone who has ever donned workout shoes will tell you, athletic activity can tax your body, and make it sore. The doTERRA Athlete's Kit was designed with athletes in mind, and is perfect for supporting healthy lifestyles from competitive to health-minded.

The kit includes key products for those with an athletic lifestyle:

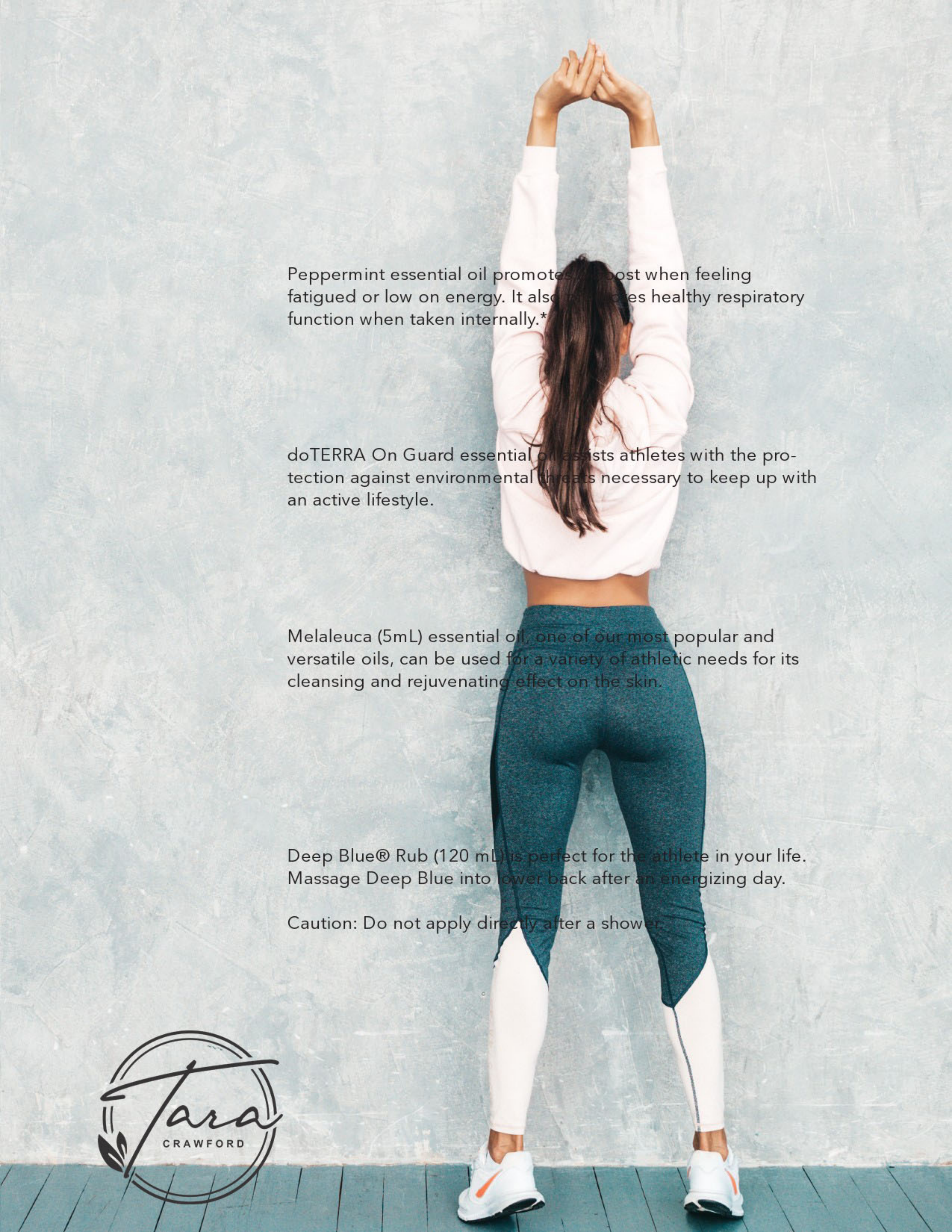
doTERRA Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. Apply before workout to open your airways.

Lavender essential oil is widely used for its calming and relaxing qualities. Lavender can be diffused at night, after an event, or applied to soothe the skin.

A few drops of Deep Blue Soothing Blend diluted in doTERRA Fractionated Coconut Oil can be part of a cooling and comforting massage.

Caution: Do not apply directly after a shower.





Peppermint essential oil promotes a boost when feeling fatigued or low on energy. It also promotes healthy respiratory function when taken internally.*

doTERRA On Guard essential oil assists athletes with the protection against environmental threats necessary to keep up with an active lifestyle.

Melaleuca (5mL) essential oil, one of our most popular and versatile oils, can be used for a variety of athletic needs for its cleansing and rejuvenating effect on the skin.

Deep Blue® Rub (120 mL) is perfect for the athlete in your life. Massage Deep Blue into lower back after an energizing day.

Caution: Do not apply directly after a shower.

