



**ESSENTIAL OIL
SOLUTIONS**
with dōTERRA

Are Toxins Hiding in My Personal Care Products?

Melissa recommends avoiding which ingredients in personal care products?

What are some tips Melissa gives to begin reducing your toxic load?

How can the products you use affect your toxic load?

What are some toxin-free personal care products that dōTERRA offers?

What's a step you'd like to take to reduce your toxic load?
