



**ESSENTIAL OIL  
SOLUTIONS**  
with dōTERRA

## Creating Your Environment with Aromatherapy

What is aromatherapy?

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What are some of the essential oils Jade recommends using?

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What are the five types of essential oils?

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What's one way you can determine whether you should use an essential oil?

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How would you like to incorporate essential oil aroma into your daily routine?

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