



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## Fun Summer Recipes with Essential Oils

Can certain essential oils be used in cooking?

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Why did Kati say she wouldn't consider using essential oils from a big box store?

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How can you tell if an essential oil is safe for internal use?

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What was Kati's advice for those who are just starting out using essential oils in their cooking?

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Which essential oil recipe would you like to try?

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