



ESSENTIAL OIL
SOLUTIONS
with dōTERRA

Fun Summer Tastes and The New TerraShield®

What is a good way to use citrus essential oils in a recipe?

How did Samantha recommend herb essential oils be used?

What is your favorite essential oil recipe or one you'd like to try?

Which essential oils are in the TerraShield blend?

What is one historical use of thyme?
