



**ESSENTIAL OIL  
SOLUTIONS**  
with dōTERRA

## Using Essential Oils Internally

What rules should you follow when using essential oils internally?

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What are some of the different ways you can take essential oils internally?

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Which essential oils are Sabrina's favorites for internal use?

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How can you incorporate the internal use of essential oils throughout your day?

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Which essential oils are you most excited to try taking internally?

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