



ESSENTIAL OIL
SOLUTIONS
with dōTERRA

Calming Your Body and the History of Lemon Eucalyptus

How can stress negatively impact your body?

What are some activities and lifestyle changes that can help manage stress?

Which dōTERRA supplements did Samantha recommend?

What's something you'd like to do to lessen stress in your life?

What's a fun fact you learned about Lemon Eucalyptus?
