



**ESSENTIAL OIL
SOLUTIONS**
with dōTERRA

Finding Relief with Essential Oils

What are some of the causes of discomfort?

What sorts of lifestyle changes can help manage discomfort?

Which dōTERRA products did Nicole recommend using topically to find some relief?

Which dōTERRA products did Nicole recommend using internally to find some relief?

What is one of the benefits of the Relief Wellness Program?

Other notes or quotes:
