



**ESSENTIAL OIL  
SOLUTIONS**  
with dōTERRA

## How Essential Oils Are Extracted

Who is credited as being one of the first peoples to extract true essential oils?

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What were the two earlier methods used for extracting crude essential oils?

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Which method is the most common method for extracting essential oils today?

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Which essential oils did Dr. Scott Johnson mention are collected using hydro distillation?

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How does cold pressing work?

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