



ESSENTIAL OIL
SOLUTIONS
with dōTERRA

Introduction to Shinrin-Yoku™

Describe “forest bathing”

What was the inspiration behind the creation of the Shinrin-Yoku blend?

How do you plan to get the most out of your Shinrin-Yoku blend?

What are the benefits of practicing shinrin-yoku?

What else can alongside using your Shinrin-Yoku blend?
