



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## Your Best Calming Environment and a Look Inside Tamer

What are Samantha's favorite oils to use to create a calming environment?

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How does she like to create custom blends for everyone in the family?

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What are Samantha's favorite oils to use at bedtime?

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What was your favorite historical use of one of the oils in Tamer that you learned about?

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How would you like to use Tamer?

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