



Name \_\_\_\_\_

*"Give your body what it needs and it will heal itself."*

-A World Renowned Essential Oil Expert

## 1 Where are you?

Rate yourself (1= poor, 10= excellent):

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> I drink enough water<br>• I drink ____ /day           | <input type="checkbox"/> I avoid harmful foods/substances     | <input type="checkbox"/> I am full of energy & vitality                             |
| <input type="checkbox"/> I eat healthy<br>• Live & whole foods                 | <input type="checkbox"/> I exercise regularly ____ times/week | <input type="checkbox"/> I manage stress well<br>• Greatest sources of stress _____ |
| <input type="checkbox"/> I am at my ideal weight<br>• If not, my goal is _____ | <input type="checkbox"/> I get adequate rest                  | <input type="checkbox"/> I support my body's health needs<br>• Supplements _____    |
|  | <input type="checkbox"/> I feel happy & calm most of the time | <input type="checkbox"/> Other support _____  |
|  | <input type="checkbox"/> I live pain-free                     |   |

## 2 Where do you want to be?

Prepare

What life's little emergencies do you want to be prepared to solve 24/7? Personal \_\_\_\_\_

Family \_\_\_\_\_

Restore/Prevent

What health issues do you want to avoid/need targeted support? \_\_\_\_\_

\_\_\_\_\_

Quality of Life

What is preventing you from your optimum health? \_\_\_\_\_

\_\_\_\_\_

Imagine where you will be in 5 years if nothing changes. What's keeping you from successfully solving these issues (e.g. lack of desire, tools, education, commitment, personal application, support)? \_\_\_\_\_

How would it change your life if you could solve those issues? \_\_\_\_\_

## 3 What's your commitment?

How important is it to you to be well? \_\_\_\_\_

What are you willing to: Give up? \_\_\_\_\_

Do/change? \_\_\_\_\_

## 4 Look up natural solutions.

Turn the page over. Check the products you need.

## 5 Add additional items to your Daily Schedule Note what, how and when to use them.

Daily Schedule

Daily Recommended Support	Personal	Family
<b>MORNING</b> <input type="checkbox"/> Lifelong Vitality* <input type="checkbox"/> TerraZyme* <input type="checkbox"/> Balance- 2 drops on bottom of feet <input type="checkbox"/> Citrus Oil- 2-3 drops under tongue or in water		
<b>AFTERNOON</b> <input type="checkbox"/> TerraZyme* <input type="checkbox"/> Citrus Oil- 2-3 drops under tongue or in water		
<b>EVENING</b> <input type="checkbox"/> Lifelong Vitality* <input type="checkbox"/> TerraZyme* <input type="checkbox"/> Calming Oil- 1-2 drops under nose and forehead or on bottom of feet <input type="checkbox"/> Balance- 2 drops on bottom of feet <small>*Take according to label directions.</small>		

## 6 Add these solutions to your Loyalty Rewards Order

Go to [mydoterra.com](http://mydoterra.com)

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## 7 Schedule next Consult:

Date \_\_\_\_\_ Time \_\_\_\_\_ Phone/Web/Live

Mark the items you need, then add them to your Daily Schedule (on reverse).

doTERRA Wellness	
* <b>LifeLong Vitality</b>	Anti-inflammatory, antioxidant, stress management <b>N</b>
* <b>Alpha CRS+</b>	Cellular vitality complex <b>N</b>
* <b>xEO Mega</b>	Blend of CPT Gs, marine and land-sourced omega fatty acids
* <b>Microplex VMz</b>	Food nutrient complex with bioavailable vitamins and minerals <b>N</b>
* <b>A2Z</b>	Children's chewable strawberry multi-vitamin tablet
* <b>DDR Prime</b>	Essential oil cellular complex in liquidcaps
* <b>†GX Assist</b>	Supports a healthy digestive tract, cleansing
* <b>IQ Mega</b>	Marine-sourced omega-3 fatty acids with Wild Orange oil
* <b>Mito2Max</b>	Energy and stamina complex, adaptogenic, non-stimulant
* <b>PB Assist+</b>	Pre-biotic fiber and 6 strains of probiotic microorganisms
* <b>TerraZyme</b>	Blend of active whole food enzymes and supporting minerals <b>N</b>
* <b>Trim Shake</b>	Chocolate or vanilla shake mix meal replacement
* <b>†Zendocrine</b>	Herbal cleansing for organs: liver, kidneys, colon, respiratory, skin <b>N</b>
* <b>Bone Nutrient</b>	Blend of vitamins and minerals for bone health
* <b>Phytoestrogen</b>	Blend of plant extracts that support hormone balance

## Signature Blends

* <b>AromaTouch</b>	Relaxes muscles, calms tension, increases circulation <b>N</b>
* <b>Balance</b>	Grounding, decrease anxiety/nervousness, improve attention <b>N</b>
* <b>Breathe</b>	Asthma, bronchitis, congestion, cold, flu, cough, sinus, allergies <b>NF</b>
* <b>Citrus Bliss</b>	Uplifts mood, stress-reducing, invigorating, clear pathogens
* <b>Clear Skin</b>	Acne, ringworm, athlete's foot, eczema, psoriasis <b>N</b>
* <b>DDR Prime</b>	Damage DNA repair, protect cellular health, antifungal
* <b>Deep Blue</b>	Pain, bruises, carpal tunnel, inflammation, migraine <b>NF</b>
* <b>Digest Zen</b>	Constipation, diarrhea, indigestion, food poisoning, mucus <b>NF</b>
* <b>Elevation</b>	Alleviate frustration/depression, energizing, joyful state of being
* <b>Innortelle</b>	Protects/repairs skin, inflammation, tissue mending, mood
* <b>InTune</b>	Focus/concentration, attention issues, mental clarity, mood
* <b>OnGuard</b>	Immune boost, support energetic "shield", sore throat <b>NF</b>
* <b>PostTense</b>	Headaches, migraines, relaxation, pain, muscle tension <b>N</b>
* <b>Purify</b>	Insect bites, cuts, surface disinfectant, detox, lymph <b>N</b>
* <b>Serenity</b>	Anxiety/stress, sleep aid, tension headaches, quiet mind <b>N</b>
* <b>Slim &amp; Sasssy</b>	Metabolic blend, cellulite, appetite, detoxify, blood sugar, cravings <b>N</b>
* <b>Solace</b>	Balance hormones, menopause symptoms, menstruation relief <b>N</b>
* <b>TerraShield</b>	Natural insect repellent, 10x's stronger than Deet, shield/protector <b>N</b>
* <b>Whisper</b>	Women's perfume, helps balance hormones, libido
* <b>†Zendocrine</b>	Antioxidant, supports endocrine system and detox process

## Single Oils

<b>Basil</b>	Adrenal fatigue, muscle/joint, exhaustion, earache, spider bites
<b>Bergamot</b>	Anti-infectious, mood, infection, stress, self-love
<b>Birch</b>	Analgesic, anti-inflammatory, muscle pain, arthritis, gums
<b>Black Pepper</b>	Pain, tobacco addiction, digestive, anti-microbial, anti-rheumatic
<b>Cassia</b>	Colds, colic, diarrhea, nausea, reproductive issues, candida
<b>Cilantro</b>	Heavy metal detox, antibacterial, cooking, migraine
<b>Cinnamon</b>	Blood sugar, pain, cholesterol, libido, colds/flu, antifungal, candida
<b>Clary Sage</b>	Hormones (male/female), circulatory, calming
<b>Clove</b>	Analgesic, antibiotic, thyroid, toothache, anti-parasitic, brain

<b>Coriander</b>	Blood sugar, digestion, infection, heavy metal toxicity, candida rashes
<b>Cypress</b>	Circulatory (var. veins, RLS), brain, hemorrhoids, menopause, PMS
<b>Eucalyptus</b>	Sinus, respiratory, inflammation, analgesic, oxygen, breast, uterus
<b>Fennel</b>	Blood clots, bruises, wrinkles, increases milk production, digestion
<b>Frankincense</b>	Anti-infl., mood, blood, resp, cellular health, calming/anxiety, immune <b>NF</b>
<b>Geranium</b>	Mood, muscle, hormone, motion sickness/nausea
<b>Ginger</b>	Colic, digestion, muscles, hormones, motion sickness/nausea
<b>Grapefruit</b>	Appetite, antioxidant, cravings, detox liver, weight, gallbladder, withdrawals
<b>Helichrysum</b>	Regenerates, analgesic, ears, liver, anger, bleeding, alcohol, scarring
* <b>Lavender</b>	Soothe/calm, rash, bites/stings, burns, allergies, sleep, scrapes, bruising <b>NF</b>
* <b>Lemon</b>	Detoxify, liver, uplift, antioxidant, glutathione, fat, kidneys <b>N</b>
<b>Lemongrass</b>	Thyroid, connective tissue, ligament, regenerator, lymphatic cleanser <b>N</b>
<b>Lime</b>	Sore throats, calm, focus, decongestant, heart
<b>Marjoram</b>	Muscles, relaxes, calms, immune, cramping, constipation
<b>Melaleuca</b>	Candida, antifungal, antimicrobial, athlete's foot, skin, cuts <b>NF</b>
<b>Melissa</b>	Anxiety & nervous disorders, mood, promotes fertility, antiviral
<b>Myrrh</b>	Immune, sore throat, gums, thyroid, expectorant, skin
<b>†Oregono</b>	Antioxidant, hormones, candida, MRSa, antibiotic, pain, brain <b>NF</b>
<b>Patchouli</b>	Nerves, skin, mood, detoxify, calming
<b>Peppermint</b>	Alert, congestion, digestion, headaches, exercise, fever, pain
<b>R. Chamomile</b>	Calm, sleep, skin, mood, liver
<b>Rosemary</b>	Muscle, immune, adrenal exhaustion, mental fatigue, diuretic
<b>Sandalwood</b>	Oxygen/brain, skin, testosterone, mood, aphrodisiac
<b>Thyme</b>	Hormones, candida, cellular health, , antioxidant, pain, brain
<b>Vetiver</b>	Focus/concentration, anxiety, insomnia, sprains, stress, grounding
<b>White Fir</b>	Respiratory, reduce aches/pains, skeletal, generational issues
<b>Wild Orange</b>	Cellular health, digestion, calming, uplift mood
<b>Wintergreen</b>	Analgesic, anti-inflammatory, joint pain, muscle pain, arthritis
<b>Yang Ylang</b>	Mood, adrenal, hormones, heart, blood pressure, aphrodisiac
<b>Lotus Diffuser</b>	<b>N</b>
<b>Fractionated Coconut Oil</b>	<b>N</b>
<b>Deep Blue Rub</b>	<b>N</b>
<b>OnGuard Toothpaste</b>	<b>N</b>
<b>doTERRA Spa</b>	
<b>Citrus Bliss Invigorating Bath Bar</b>	
<b>Serenity Calming Bath Bar</b>	
<b>Haircare</b>	
<b>Salon Essentials Protecting Shampoo</b>	
<b>Salon Essentials Smoothing Conditioner</b>	
<b>Salon Essentials Healthy Hold Glaze</b>	
<b>Salon Essentials Root to Tip Serum</b>	
<b>Skincare</b>	
<b>Clear Skin Foaming Face Wash</b>	<b>N</b>
<b>Hydrating Cream</b>	
<b>Facial Cleanser</b>	
<b>Pore Reducing Toner</b>	
<b>Anti-Aging Moisturizer</b>	
<b>Tightening Serum</b>	
<b>Invigorating Scrub</b>	

