



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
• 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
• Live & whole foods | <input type="checkbox"/> I exercise regularly ____ times/week | <input type="checkbox"/> I manage stress well
• Greatest sources of stress _____ |
| <input type="checkbox"/> I am at my ideal weight
• If not, my goal is _____ | <input type="checkbox"/> I get adequate rest | <input type="checkbox"/> I support my body's health needs
• Supplements _____ |
| | <input type="checkbox"/> I feel happy & calm most of the time | • 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
MORNING <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		
AFTERNOON <input type="checkbox"/> TerraZyme* <input type="checkbox"/> Citrus Oil- 2-3 drops under tongue or in water		
EVENING <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 *Take according to label directions.		

6 Add these solutions to your Loyalty Rewards Order

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

Signature Blends

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

Single Oils

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

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

