	Wellness Consult	Name _				
1	Where are you?	"Give your body what it needs and it will heal itself."				
	Rate yourself (1= poor, 10= excellent):			-A World Ren	owned Essential Oil Expert	
	I drink enough water	 I avoid harmful foods/substances I exercise regularly times/week I get adequate rest I feel happy & calm most of the time I live pain-free 		m	n full of energy & vitality anage stress well Greatest sources of stress upport my body's health needs Supplements	
2	Where do you want to be? Prepare				• Other support	
3	What life's little emergencies do you want to be prepared to solve 24/7? 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 desire, tools, education, commitment, put How would it change your life if you What's your commitment? How important is it to you to be well? What are you willing to: Give up? Do/change? Add additional items to you	could solve	e those issues?		Look up natural solutions. Turn the page over. Check the products you need.	
	Daily Recommended Support		Personal		Family	
Daily Schedule	MORNING Lifelong Vitality* TerraZyme* Balance- 2 drops on bottom of feet Citrus Oil- 2-3 drops under tongue of AFTERNOON TerraZyme* Citrus Oil- 2-3 drops under tongue of				T dilling	
	EVENING Lifelong Vitality* TerraZyme* Calming Oil- 1-2 drops under nose a forehead or on bottom of feet Balance- 2 drops on bottom of feet *Take according to label directions.	nd				
6	Add these solutions to you Go to mydoterra.com doterra pro	ır Loya	Ity Rewards Order		edule next Consult: Time Phone/Web/Live © dōTERRA Prō, 2013 doterrapro.com	

Tools to live the wellness lifestyle

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

Coriander

Blood sugar, digestion, infection, heavy metal toxicity, candida rashes

Circulatory (var. veins, RLS, brain, hemorrhoids), menopause, PMS

Cypress

*	*	
AIRTA CRN+	Lifelong Vitality	doTERRA Wellness
Callular vitalitu complex N	y Anti-inflammatory, antioxidant, stress mo	ness

* xEO Mega Microplex VMz Food nutrient complex with bioavailable vitamins and minerals N Blend of CPTG oils, marine and land-sourced omega fatty acids

*tGX Assist * DDR Prime

* TerraZyme * PB Assist+

* Mito2Max

* IQ Mega

*‡Zendocrine

* Trim Shake

* Bone Nutrient

* Phytoestrogen

Signature Blends

Balance

Breathe

DDR Prime Clear Skin Citrus Bliss

Elevation DigestZer

OnGuard InTune Immortelle

Purity **PastTense**

Serenity Solace Slim & Sassi

TerraShield

‡ Zendocrine Whisper

Balance hormones, menopause symptoms, menstruation relief N Metabolic blend, cellulite, appetite, detoxify, blood sugar, cravings Antioxidant, supports endocrine system and detox process Natural insect repellent, 10x's stronger than Deet, shield/protector Women's pertume, helps balance hormones, libido

Anxiety/stress, sleep aid, tension headaches, quiet mind N

Insect bites, cuts, surface disinfectant, detax, lymph **N**

Headaches, migraines, relaxation, pain, muscle tension N Immune boost, support energetic "shield", sore throat NF

Focus/concentration, attention issues, mental clarity, mood

Single Oils

Birch Bergamot

Cilantro Cassia Cinnamon

Clove Clary Sage Black Pepper

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

Blend of plant extracts that support hormone balance Asthma, bronchitis, congestion, cold, flu, cough, sinus, allergies Relaxes muscles, calms tension, increases circulation N Blend of vitamins and minerals for bone health Blend of active whole food enzymes and supporting minerals N Supports a healthy digestive tract, cleansing Alleviate frustration/depression, energizing, joyful state of being Pain, bruises, carpal tunnel, inflammation, migraine **NF** Acne, ringworm, athlete's foot, eczema, psoriasis N Herbal cleansing for organs: liver, kidneys, colon, respiratory, skin N Energy and stamina complex, adaptogenic, non-stimulant Protects/repairs skin, inflammation, tissue mending, mood Damage DNA repair, protect cellular health, antifungal Uplifts mood, stress-reducing, invigorating, clear pathogens Grounding, decrease anxiety/nervousness, improve attention **N** Chocolate or vanilla shake mix meal replacement Pre-biotic fiber and 6 strains of probiotic microorganisms Marine-sourced omega-3 fatty acids with Wild Orange oi Essential oil cellular complex in liquicaps Children's chewable strawberry multi-vitamin tablet Constipation, diarrhea, indigestion, food poisoning, mucus **NF** anagement 1 Oregano Rosemary Myrrh Pat chouli Ylang Ylang Wintergreen White Fir Vetiver Thyme Sandalwood R. Chamomile Melissa Melaleuca Marjoram Lemon Lavender Helichrysum Ginger Geranium Frankincense Fennel Eucalyptus Wild Orange Lemongrass Grapetruit Calming, sleep, skin, mood, liver Analgesic, anti-inflammatory, joint pain, muscle pain, arthritis Anti-infl., mood, blood, resp, cellular health, calming/anxiety, immune Oxygen/brain, skin, testosterone, mood, aphrodisiac Antioxidant, hormones, candida, MRSA, antibiotic, pain, brain NF Candida, antifungal, antimicrobial, athlete's foot, skin, cuts NF Thyroid, connective tissue, ligament, regenerator, lymphatic cleanser Sinus, respiratory, inflammation, analgesic, oxygen, breast, uterus Mood, adrenal, hormones, heart, blood pressure, aphrodisiac Cellular health, digestion, calming, uplift mood Respiratory, reduce aches/pains, skeletal, generational issues Focus/concentration, anxiety, insomnia, sprains, stress, grounding Hormones, candida, cellular health, , antioxidant, pain, brain Muscle, immune, adrenal exhaustion, mental fatigue, diuretic Alert, congestion, digestion, headaches, exercise, fever, pain Nerves, skin, mood, detoxify, calming Immune, sore throat, gums, thyroid, expectorant, skin Anxiety & nervous disorders, mood, promotes tertility, antiviral Muscles, relaxes, calms, immune, cramping, consipation Sore throats, calm, focus, decongestant, heart Detoxify, liver, uplift, antioxidant, glutathione, fat, kidneys **N** Soothe/calm, rash, bites/stings, burns, allergies, sleep, scrapes, bruising Regenerates, analgesic, ears, liver, anger, bleeding, alcohol, scarring Appetite, antioxidant, cravings, detox liver, weight, gallbladder, withdrawals Colic, digestion, muscles, hormones, motion sickness/nausea Mood, muscle, hormone, motion sickness/nausea Blood clots, bruises, wrinkles, increases milk production, digestion

Fractionated Coconut Oil N Lotus Diffuser N

OnGuard Toothpaste N Deep Blue Rub N

doTERRA Spa

Serenity Calming Bath Bar Citrus Bliss Invigorating Bath Bar

Haircare

Salon Essentials Smoothing Conditioner Salon Essentials Root to Tip Serum Salon Essentials Healthy Hold Glaze Salon Essentials Protecting Shampoo

Skincare

Anti-Aging Moisturizer Clear Skin Foaming Face Wash N Pore Reducing Toner Facial Cleanser Hydrating Cream

Key ‡= Periodic Support *= Daily Recommendations N= Natural Solutions Kit F= Family Physician Kit doTERRA's Wellness Pyramid Rest & Manage Stress Reduce Toxic Load Informed Self Care Eat Right Medical Care Healthcare Lifestyle

Disclaimer: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment. These statements have not been entered to prescribe treatment and specific health care provider for medical care or to prescribe treatment. evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Invigorating Scrub

Tightening Serum