

Wellness CONSULT

1 What do you want to experience more of in your health? _____

2 What are you experiencing now?

Your top health concerns:	How long has this been an issue?	How much is this costing you?
1.		(time, \$, energy)
2.		
3.		

Common Health Concerns & Natural Solutions

<input type="checkbox"/> Weight:	Lifelong Vitality	Slim & Sassy®	Trim Shake	TerraZyme®
<input type="checkbox"/> Pain:	Lifelong Vitality	AromaTouch®	Lemongrass	Deep Blue® Rub
<input type="checkbox"/> Energy/Fatigue:	Lifelong Vitality	Peppermint	Mito2Max	Wild Orange
<input type="checkbox"/> Digestion:	Lifelong Vitality	DigestZen®	TerraZyme®	30 Day Cleanse
<input type="checkbox"/> Stress/Anxiety:	Lifelong Vitality	Melissa	Frankincense	Mood oils
<input type="checkbox"/> Hormone Balance:	Lifelong Vitality	ClaryCalm™	Whisper	Phytoestrogen
<input type="checkbox"/> Sleep:	Balance	Lavender	Serenity	Vetiver

3 What lifestyle choices & natural solutions will best support you?

Check the lifestyle areas you would like to improve and circle the changes you want to make.

- Reduce Toxic Load** Use Natural Body Care | Use Natural Cleaners | Replace Synthetic Drugs with Natural Alternatives
- Rest & Manage Stress** Get More/Better Sleep | Self-Care (massage, meditation, yoga, etc.) | Other _____
- Exercise** Exercise More | Participate in a Sport or Exercise Class | Other _____
- Eat Right** Eat More Live/Whole Foods | Drink More Water | Increase Nutrients With Supplements | Eat Less _____

Find natural solutions for your health concerns (above & on back, as well as in app, book, or online).
Integrate these natural solutions and your chosen lifestyle changes into your wellness plan below.

	MORNING	AFTERNOON	EVENING
DAILY WELLNESS PLAN	1.		
	2.		
	3.		
	Daily Health Basics <input type="checkbox"/> Balance ^T <input type="checkbox"/> Lifelong Vitality ^M <input type="checkbox"/> TerraZyme® ^M <input type="checkbox"/> On Guard® <input type="checkbox"/> Lemon or other Citrus Oil	<input type="checkbox"/> TerraZyme® ^M	<input type="checkbox"/> Balance ^T <input type="checkbox"/> Lifelong Vitality ^M <input type="checkbox"/> TerraZyme® ^M <input type="checkbox"/> Serenity or other Calming Oil ^T
	<input type="checkbox"/> 30 Day Cleanse Add to the daily recommended products periodically as needed Slim & Sassy® softgel (2+) Zendocrine® softgel (1) ^M GX Assist® (Day 11-20) ^M PB Assist+® (Day 21-30)	Slim & Sassy® softgel (2+) GX Assist® (Day 11-20) ^M PB Assist+® (Day 21-30)	Slim & Sassy® softgel (2+) Zendocrine softgel (1) ^M GX Assist® (Day 11-20) ^M PB Assist+® (Day 21-30)

4 Which natural solutions do you need?

Create a 90 day wellness plan by adding the items you need (above) to your LRP orders (recommended on the 5th-15th).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: _____	Date: _____	Date: _____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

Reach your wellness goals!

^M = with Meal
^T = Topical

Single Oils

___	Arborvitae	Cleansing, immune & cellular health support, seasonal relief
___	Basil	Support occasional exhaustion/adrenal fatigue/ear irritation
___	Bergamot	Calming & energizing, uplift mood/self acceptance/self-worth
___	Black Pepper	Anti-inflammatory, tobacco, digestion, broad spectrum immune support
___	Cardamon	Digestive/respiratory support, soothe stomach/motion discomfort
___	Cassia	Immune support, digestive upset, reproductive support
___	Cedarwood	Hair & scalp support, nervous & respiratory system support
___	Cilantro	Heavy metal detox, cooking, head tension
___	Cinnamon	Blood sugar/pain/libido/immune/cholesterol support, detox
___	Clary Sage	Male & female hormones/circulation/calming support
___	Clove	Analgesic, antibacterial, thyroid, occasional tooth pain, brain
___	Coriander	Blood sugar/yeast reduction support, digestion, heavy metal detox
___	Cypress	Circulation/blood vessel, energy, lymphatic, breathing aid
___	Eucalyptus	Sinus/respiratory/inflammation/oxygen/breast/uterus support
___	Fennel	Digestion/circulation/milk production/hormone/skin support
___	Frankincense	Anti-inflammatory, mood, blood, resp., cellular health, immune
___	Geranium	Mood, muscle, hormone, occasional digestive upset, liver, gallbladder
___	Ginger	Digestion, muscles, hormones, occasional motion sickness/nausea
___	Grapefruit	Appetite, cravings, withdrawals, detox liver, weight, gallbladder
___	Helichrysum	Renew, revitalize, natural coagulant, tissue support, ears, liver, anger
___	Juniper Berry	Digestive/respiratory/emotional/immune support
___	Lavender	Soothe/calm, burns, bites, skin sensitivities, sleep, allergies
___	Lemon	Detoxify, liver/kidneys, lymphatics, uplift, antioxidant, glutathione
___	Lemongrass	Thyroid, connective tissue, ligament, lymph support, detoxification
___	Lime	Respiratory support, occasional throat irritation, calming, focus, heart
___	Marjoram	Relieve occasional sore/tight/tense muscles, digestive/bowel upset
___	Melaleuca	Supports normal yeast levels, fungus/cleansing/skin support
___	Melissa	Mood, fertility support, antiviral, anxiety, nerves, strengthening
___	Myrrh	Immune boost, throat irritation, gum/skin health, thyroid support
___	Oregano	Antioxidant, hormones, occasional aches & pains, brain, infection support
___	Patchouli	Support nerves/skin/mood/detoxification, boost confidence/calming
___	Peppermint [ⓑ]	Head tension, support alertness/respiration/digestion, exercise, cooling
___	R. Chamomile	Promotes calming/restful sleep/skin health, mood, liver
___	Rosemary	Muscle, immune, adrenal support, mental fatigue
___	Sandalwood	Oxygen/brain, skin, testosterone, mood, libido
___	Thyme	Hormones, cellular health, antioxidant, brain, fertility, prostate
___	Vetiver	Focus/concentration/grounding, support anxiety/stress/sleep issues
___	White Fir	Respiratory, occasional aches/pains, skeletal, generational issues
___	Wild Orange	Cellular health, digestion, calming, uplift mood, sleep support
___	Wintergreen	Soothing, anti-inflammatory, occasional aches & pains
___	Ylang Ylang	Heart, adrenals, hormones, mood, blood pressure, libido

Signature Oil Blends

___	AromaTouch [®]	Relieve sore muscles/tension, increase circulation/oxygen
___	Balance	Grounding, reduce anxiety/nervousness, improve attention
___	Breathe	Support respiratory, occasional allergy & sinus relief
___	Citrus Bliss	Uplift mood, stress-reducing, invigorating
___	ClaryCalm [™]	Balance hormones, support menstrual & menopausal issues
___	DDR Prime [™]	Repair & protect cellular health & DNA, fungal conditions, thyroid
___	Deep Blue [®]	Relieve occasional aches/pain/injury/joint issues
___	DigestZen [®] [ⓑ]	Support occasional digestive upset/nausea/infant stomach upset
___	Elevation [™]	Reduce frustration & dips in mood, promote energy/joy
___	Immortelle	Promote skin health & rejuvenation, mood support
___	InTune [™]	Support focus/concentration/attention/mental clarity/mood
___	On Guard [®] [ⓑ] [Ⓢ]	Boost immune, support occasional throat irritation
___	PastTense [®]	Relieve occasional head tension/aches/pains, relaxation
___	Purify	Cleansing, lymph/air & surface purification, insect irritation
___	Serenity	Reduce anxiety/stress/tension/mental chatter, sleep aid
___	Slim & Sassy [®] [Ⓢ]	Target metabolism/appetite/blood sugar/cravings/cellulite
___	TerraShield [®]	Repel insects naturally, support healthy boundaries
___	Tri-Ease [™] [Ⓢ]	Seasonal & environmental relief, respiratory support, immune support
___	Whisper [™]	Support hormone balance, women's perfume, libido
___	Zendocrine [®] [Ⓢ]	Support endocrine system/detoxification, antioxidant

Wellness

___	Alpha CRS+ [®]	Cellular antioxidant, anti-inflammatory, & energy complex
___	A2Z Chewable	Children's chewable strawberry multi-vitamin tablet
___	Bone Nutrient	Blend of vitamins, coral calcium, & minerals for bone health
___	DDR Prime [™] [Ⓢ]	Repair & protect cellular health & DNA
___	Fractionated Coconut Oil	Dilution aid and skin moisturizer
___	GX Assist [®]	Support healthy digestive tract/cleansing/yeast reduction
___	IQ Mega [™]	Liquid marine-sourced omega-3 fatty acids with Wild Orange oil
___	Lifelong Vitality	Comprehensive nutritional trio for optimal health, energy, & longevity
___	Microplex VMz [®]	Food nutrient complex with bioavailable vitamins & minerals

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 evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

___	Mito2Max [™]	Energy & stamina complex, adaptogenic, non-stimulant
___	On Guard+ Softgels [®]	Oil combination to strengthen immune & protect against threats
___	PB Assist+ [®]	Pre-biotic fiber and 6 strains of probiotic microorganisms
___	Phytoestrogen	Blend of plant extracts that support hormone balance
___	TerraGreens [™]	Proprietary whole-food fruit/veggies/super foods blend with essential oils
___	TerraZyme [®]	Blend of active whole food enzymes and supporting minerals
___	Trim Shake [™]	Chocolate or vanilla whey meal replacement shake mix
___	V Shake	Vegan formula of Trim Shake
___	Vegan LLV	Vegan formula of LLV
___	xEO Mega [®]	Blend of CPTG [™] oils, marine & land-sourced omega fatty acids
___	Zendocrine [®] Complex	Herbal cleansing for liver/kidneys/colon/respiratory/skin

Spa

___	Citrus Bliss Bath Bar	
___	Citrus Bliss Hand Lotion	
___	Correct-X Essential Ointment	Protect & hydrate skin, soothe & promote skin renewal after stress
___	Hand & Body Lotion	
___	HD Clear [™] Roll On/Facial Lotion/Foaming Face Wash	
___	Lip Balm with Peppermint & Wild Orange	
___	Reveal Facial System	
___	Salon Essentials Healthy Hold Glaze/Root to Tip Serum/Protecting Shampoo/Smoothing Conditioner	
___	Serenity Bath Bar	
___	Verage [™] Cleanser/Toner/Moisturizer/Hydrating Syrum	All natural skincare

Living

___	Breathe Drops	Respiratory support, clean & soothe airways
___	Deep Blue [®] Rub	
___	On Guard [®] Whitening Toothpaste	
___	On Guard [®] Throat Drops	
___	On Guard [®] Foaming Hand Wash/Cleaner	
___	On Guard [®] Laundry Detergent	
___	Aroma Ace/ AromaLite/ Lotus/ Petal Diffuser	Diffusers for aromatic use
___	Veggie Caps	

Key: Product specialty area highlighted in corresponding color.



dōTERRA's Wellness Pyramid

Also available in: [ⓑ] Beadlet [Ⓢ] Softgel