

# Wellness Consult

Reach your wellness goals!

Essential oil reference book/app: \_\_\_\_\_

**1 Write down your health priorities and find solutions.** Find your natural solutions on pages 13 and 17 or in a reference guide.

Top Health Priorities for you or your family	90-Day Goals	Natural Solutions you have or need
1.		
2.		
3.		

**2 Create your Daily Wellness Plan.**

Take the solutions you identified above and organize them into your daily plan.

MORNING	AFTERNOON	EVENING
<b>Daily Wellness Habits</b> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <span style="color: orange;">M</span> <input type="checkbox"/> Frankincense <span style="color: orange;">M</span> <input type="checkbox"/> DigestZen TerraZyme® <span style="color: orange;">M</span> <input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> Lemon	<input type="checkbox"/> DigestZen TerraZyme® <span style="color: orange;">M</span> <input type="checkbox"/> dōTERRA Balance® <span style="color: purple;">T</span> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <span style="color: orange;">M</span>  <span style="color: purple;">T</span> = Topical <span style="color: orange;">M</span> = with Meal	<input type="checkbox"/> DigestZen TerraZyme® <span style="color: orange;">M</span> <input type="checkbox"/> PB Assist+® <span style="color: orange;">M</span> <input type="checkbox"/> Lavender <span style="color: purple;">T</span>

**3 What other wellness choices could support your goals?** (e.g. increase water, sleep, exercise, dietary changes, etc.)

**4 Live empowered with natural solutions.**

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th–15th).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

# Getting Started

## SINGLE OILS

- **Arborvitae** Cleansing; immune and cellular health support; seasonal relief
- **Basil** Mental alertness; inner ear health
- **Bergamot** Calming and energizing; uplifts mood; promotes self-acceptance and self-worth
- **Black Pepper** Broad spectrum immune support; support tobacco cessation; digestive support
- **Cardamon** Digestive and respiratory support; soothe stomach and motion discomfort
- **Cedarwood** Hair and scalp support; nervous & respiratory system support
- **Cilantro** Heavy metal detox; cooking; lessen occasional head tension
- **Cinnamon** Maintain already healthy blood sugar levels; immune and cholesterol support
- **Clary Sage** Calming; healthy hormone balance; circulation support
- **Clove** Numbing; soothe teeth and gums, support oral health; antioxidant properties
- **Copaiba** Powerful antioxidant; support cardiovascular, immune, digestive, cellular, and respiratory systems
- **Coriander** Digestive support
- **Cypress** Energizing; circulation and breathing support
- **Eucalyptus** Sinus, respiratory, and oxygen support
- **Fennel** Digestive support; circulation; skin support
- **Frankincense** Healthy inflammatory response; mood support; cellular health; immune support
- **Geranium** Mood support; soothe muscles; hormone balance; occasional digestive upset; liver support
- **Ginger** Digestive health; relieve occasional motion sickness/nausea
- **Grapefruit** Manage appetite and cravings; stabilize weight; detox
- **Helichrysum** Renewing and revitalizing; tissue support; improve skin; support liver
- **Jasmine Touch** Uplift mood; healthy complexion; personal fragrance
- **Juniper Berry** Digestive support; respiratory health; emotional support; immune support
- **Lavender** Soothing and calming; soothe occasional skin sensitivities; promote sleep
- **Lemon** Uplifting; detoxification; support liver and kidneys; antioxidant
- **Lemongrass** Support thyroid and connective tissue; ease sore muscles; detoxification
- **Lime** Calming; respiratory support; soothe occasional throat irritation; improve focus
- **Marjoram** Relieve occasional sore, tight, or tense muscles; digestive and bowel upset
- **Melaleuca** Cleansing; skin support; healthy complexion
- **Melissa** Strengthening; emotional and cognitive health; calm nerves; support confidence; support immune

- **Myrrh** Immune support; soothe occasional throat irritation; gum and skin health; thyroid support
- **Oregano** Cleansing; antioxidant; hormone support
- **Patchouli** Calming; support nerves, skin, and mood; detoxification; boost confidence
- **Peppermint** Ⓛ Cooling; soothe head tension; support alertness, respiration, exercise, and digestion
- **R. Chamomile** Promote calm and restful sleep; skin health; mood support; liver support
- **Rosemary** Immune support; reduce mental fatigue
- **Rose Touch** Calming; support skin, promote confidence and mood
- **Sandalwood** Support brain, skin, and mood
- **Siberian Fir** Reduce stress and balance emotions; soothe minor skin irritations; relaxing massage
- **Thyme** Cellular health; antioxidant; brain and prostate
- **Vetiver** Grounding and calming; promote focus and concentration; support sleep
- **Wild Orange** Calming; cellular health; digestive support; uplift mood
- **Wintergreen** Soothe occasional soreness; healthy inflammatory response
- **Ylang Ylang** Support heart, adrenals, hormones, mood, and blood pressure

## SIGNATURE OIL BLENDS

- **AromaTouch**® Relieve sore muscles from exercise or tension; increase circulation/oxygen
- **dōTERRA Balance**® Grounding; reduce anxiousness/nervousness; improve attention
- **dōTERRA Breathe**® Respiratory support; invigorating vapor
- **Citrus Bliss**® Invigorating; uplift mood; reduce stress
- **ClaryCalm**® The best oil for your worst week period.
- **DDR Prime**® Ⓛ Protect cellular health and DNA; support thyroid
- **Deep Blue**® Relieve occasional soreness
- **DigestZen**® Ⓛ Support occasional digestive upset and nausea
- **Elevation** Reduce frustration; elevate mood; promote energy and joy
- **Immortelle** Promote skin health and rejuvenation; mood support
- **InTune**® Support focus, concentration, attention, mental clarity, and mood
- **dōTERRA On Guard**® Ⓛ Ⓛ Boost immune system; soothe occasional throat irritation
- **PastTense**® Relieve occasional head tension and discomfort; promote relaxation
- **dōTERRA Serenity**® Ⓛ Reduce stress, anxiousness, stress/tension, and mental chatter; sleep support
- **Slim & Sassy**® Ⓛ Target metabolism, appetite, blood sugar and cravings

- **TerraShield**® Outdoor protection; support healthy boundaries
- **TriEase**® Ⓛ Seasonal and environmental relief; respiratory support; immune support
- **Zendocrine**® Ⓛ Support urinary system; detoxification; antioxidant
- **Yoga Collection** Increase benefit from yoga practice

## WELLNESS

- **Deep Blue**® **Polyphenol Complex** blend to provide soothing, relief, and structural support
- **Fractionated Coconut Oil** Dilution aid and skin moisturizer
- **dōTERRA Lifelong Vitality Pack**® Comprehensive nutritional trio for optimal health, energy, and longevity
- **Phytoestrogen Essential Complex** Blend of plant extracts; support hormone balance
- **Slim & Sassy**® **TrimShake** Chocolate or vanilla whey meal replacement shake mix
- **Zendocrine**® **Complex** Herbal cleansing for liver, kidneys, colon, respiratory system, and skin

## PERSONAL CARE

- **Correct-X**® Protect and hydrate skin, soothe and promote skin renewal after stress
- **dōTERRA Spa**® **Hand & Body Lotion** Base lotion to add oils to
- **HD Clear**® **Skin Care** Facial Lotion and Foaming Face Wash
- **dōTERRA Salon Essentials**® Protecting Shampoo and Smoothing Conditioner
- **Veràge**® **Skin Care Collection** Natural Cleanser, Toner, Moisturizer, Hydrating Serum

## LIVING

- **dōTERRA Breathe**® **Drops** Respiratory support; clear and soothe airways
- **Deep Blue**® **Rub** Soothing lotion
- **dōTERRA On Guard**® **Toothpaste** Natural whitening toothpaste
- **dōTERRA On Guard**® **Sanitizing Mist** Kill 99.9% of germs and bacteria; quick-drying mist
- **dōTERRA On Guard**® **Protecting Throat Drops** Immune health
- **dōTERRA On Guard**® **Foaming Hand Wash** Safe and effective cleaner
- **Lumo/Lotus/Petal Diffuser** Diffusers for aromatic use
- **Veggie Caps** Empty gel capsules

Also available in: Ⓛ Beadlet Ⓛ Softgel

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.