

ANSWER THESE QUESTIONS TO MAKE THE MOST OUT OF YOUR EXPERIENCE TODAY!

Clients Name _____	Date _____	Recommended Action
AWAKE / BRAZILIAN ORANGE & LITSEA		
1. I experience anxiety driven digestive issues.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	<input type="checkbox"/> Needs Balancing
2. I find myself reaching for afternoon caffeine.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
3. I seem to lose my patience quickly and become easily irritated.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
4. I seem to be able to find poor balance between my work and personal life.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
REFRESH / TUNISIAN ROSEMARY & PEPPERMINT		
5. I experience sinus pressure/headaches.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	<input type="checkbox"/> Needs Balancing
6. I have varicose veins.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
7. I am unable to remember things that are important.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
8. I have trouble concentrating.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
BALANCE / SRI LANKAN LEMONGRASS		
9. I experience pain predominantly on one side of my body.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	<input type="checkbox"/> Needs Balancing
10. My range of motion is unequal on both sides of my body.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
11. I often feel unorganized and stressed.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
12. I find it difficult to have a good balance between work and recreation.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
RELAX / FRENCH LAVENDER & CHAMOMILE		
13. I experience tension headaches often.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	<input type="checkbox"/> Needs Balancing
14. I tend to hold tension in my neck & shoulders.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
15. I find it difficult to control my emotions.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
16. I have trouble falling and staying asleep.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
STABILIZE / INDONESIAN PATCHOULI & ORANGE		
17. I often experience painful menstrual cramps.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	<input type="checkbox"/> Needs Balancing
18. I have lower back and/or sciatic pain.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
19. I often have a hard time controlling my anxiety.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
20. I easily slip into a mood of "down in the dumps".....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
ZEN / EGYPTIAN MYRRH & SANDALWOOD		
21. I experience frequent colds or respiratory infections.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	<input type="checkbox"/> Needs Balancing
22. I get the hiccups often.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
23. I have dry skin issues such as eczema or psoriasis.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	
24. I feel that I am always thinking too much and never take time just to relax.....	<input type="radio"/> ALWAYS <input type="radio"/> SOMETIMES <input type="radio"/> NEVER	

Aroma Rx Evaluation Criteria:

If you answered **ALWAYS** or **SOMETIMES** to 2 or more questions in any category, you may be in need of emotional balancing in that aroma category. Because unbalanced emotional states can manifest itself into physical discomfort, illness, or even disease, it is important to use aromatherapy as part of your daily routine for health and vitality. An array of aromatherapy products are listed on the back. These products are designed to help re-balance your mind, body, & spirit.