





PAIN ASSESSMENT


NO PAIN EXTREMELY PAINFUL


STARTING POINT 


TO BE AT PEACE™
Alignment 


BIRCH, SWEET
Bones 

RAVENSARA
Nerves 

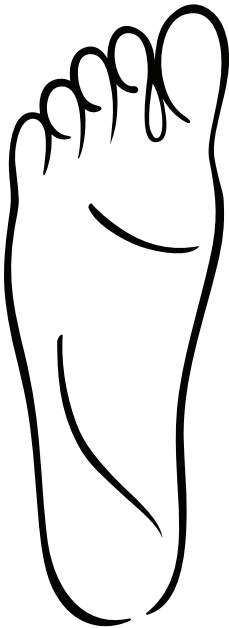
MARJORAM, SWEET
Muscles 

LEMONGRASS
Ligaments & Tendons 

CYPRESS
Circulation 

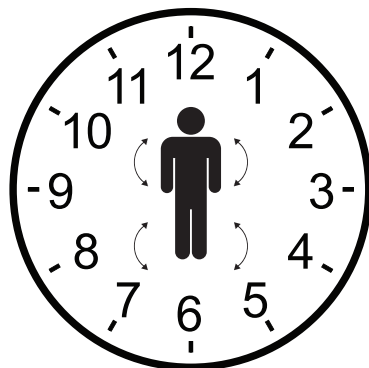
ROSE GERANIUM
Emotions 

FOOT CHART

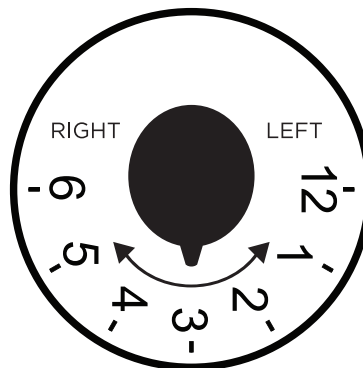


PHYSICAL ASSESSMENT

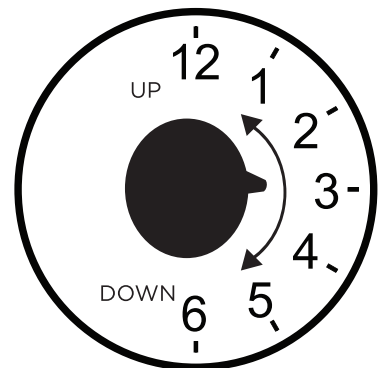
SHOULDERS, FEET & RAISING OF ARMS



HEAD ROTATION



LIFTING & LOWERING OF CHIN





HOME ACTION PLAN

Now that you've completed your assessment, you can rank the seven oils in the Results Now Kit in order of your health needs and your body's response to each oil.

List the oils below by noting the oil with the greatest response in box 1, to the lowest response in box 7. You may notice that some people may need to use all seven oils daily, while others may need to use just 2 or 3. However, the needs of each individual's body changes daily, and it's best to have all 7 on hand regularly.

**To Be At Peace™ • Birch, Sweet • Ravensara
Marjoram, Sweet • Lemongrass • Cypress • Rose Geranium**

1.	<input type="text"/>	5.	<input type="text"/>
2.	<input type="text"/>	6.	<input type="text"/>
3.	<input type="text"/>	7.	<input type="text"/>
4.	<input type="text"/>		

When applying the oils, remember to smell the cap, then put one drop of essential oil on the bottom of each foot, in the order of your **Home Action Plan**. After 3 weeks, it is recommended that you reassess yourself.

ADDITIONAL NOTES
