

# Wellness Consult

---

Let the magic of botanicals alchemise your life

## *Welcome*

You've given yourself a very special gift.

A gift of ancient plant wisdom and support, to help you alchemise the negative, energy suckers in your life.

A gift of coming back to your true self by peeling back the layers of what is burying your soul and what it is here to create with you.

These oils and this plant wisdom has come into your life at this moment for a reason. That reason may be because you're not sleeping or an issue with your physical health. Whatever it is, just know that these beautiful oils will take you on a journey much deeper than you may at first expect. It may be subtle, it may be mind blowing but it will continue to connect you in to your truth as long as you work with this plant intelligence.

I am here to help you access this wisdom and help you alchemise the energy drain that is consuming your mind.

## *During our call*

We will go over your first order of oils and how to get started with them! I can help you with any questions you may have on oils, the doTERRA website, anything you need.

I will also show you the Members Area of my website, where there is a tonne of information to help you get started and refer back to. It is continuously growing too.

This is the beauty of becoming a member of the magic of botanicals tribe, you always have me to help you with your journey!

It can feel overwhelming and you want all the oils at once! Don't worry I will help you focus on what is most important and going to have the most impact on reaching your wellbeing aims.

I can show you how to slowly grow and expand your collection in alignment with your aims, all whilst earning points back to spend on the oils you have your heart set on! That is how I have grown my collection over the years to have nearly all of them!

## *2 things you need!*

- Have your doTERRA login ID ready and we will go through everything on the screen.
- Have your Live guide brochure. You should have received this in your welcome pack with your oils. It's the purple one with the photo of lavender on the front.

# Wellness Consult

Let the magic of botanicals alchemise your life

## Your top 3 wellbeing aims

What needs to change in your life? What would you like more of?  
What would you like less of? What else is possible for you?

- 1.
- 2.
- 3.

## Daily Rituals

MORNING

AFTERNOON

EVENING

1

2

3

### Daily Wellness Habits

- Lifelong Vitality (LLV)
- ZenGest TerraZyme
- TerraGreens
- Balance
- Lemon

- Lifelong Vitality (LLV)
- ZenGest TerraZyme
- Motivate

- PB Assist+ Probiotic
- ZenGest TerraZyme
- Balance
- Vetiver

# Wellness Consult

---

Let the magic of botanicals alchemise your life

## *Tune into your body & mind*

What other things is your body asking for more of?

Walks in nature, barefoot grounding, meditation, journalling time to yourself, more water, gentle stretching?

## *Your 90 Day Wellness Plan*

*MONTH 1 LRP*

*DATE:*

# 1

*MONTH 2 LRP*

*DATE:*

# 2

*MONTH 3 LRP*

*DATE:*

# 3

# Wellness Consult

---

Let the magic of botanicals alchemise your life

## *Notes*

You are part of my tribe now and I want to make sure you feel supported and looked after. Please feel free to ask me anything. If you would like ongoing support and another Wellness Consult in three months time just let me know. I am here to help!

*Katie xo*