

CUSTOM AROMATHERAPY FORM

The following consultation form is to assist selecting the right essential oils for your condition/concern. All information is treated as confidential

Your Name _____ Your Phone number _____

What is your concern? Examples: Muscle/Joint pain - Circulation - Headache - Stress - Insomnia - Emotional, Etc: Please, specify: _____

Any allergies? _____

Is it possible that you may be pregnant? _____ How many weeks/trimester _____

Do you suffer from the following? Menstruation problems, Pre-menopausal / Menopausal problems

Are there any other details not mentioned above which you would like help with as part of your treatment? :

Which **three** selections from the following groups do you prefer most? (it isn't necessary to be familiar with the actual essences listed)

- ___ Citrus, Fresh (like Bergamot, Orange, Lime, Lemon, Tangerine, Grapefruit)
- ___ Coniferous, Evergreen (like Juniper, Virginian, Cedarwood, Pine, Fir Needle)
- ___ Very Green, Leafy (like Galbanum, Petitgrain, Juniper)
- ___ Especially Masculine (like Bay, Rosemary, Lime, Coriander, Nutmeg, Cypress)
- ___ Especially Feminine (like Lavender, Rose, Grapefruit)
- ___ Spices (like Nutmeg, Allspice, Cardamom, Coriander, Cinnamon, Ginger)
- ___ Herbs (like Rosemary, Lavender, Bay, Thyme, Basil)
- ___ Minty (like Peppermint, Spearmint, Wintergreen)
- ___ Florals (like Lavender, Mimosa, Geranium)
- ___ Classic Florals (like Rose, Carnation, Jasmine)
- ___ Exotic & Sweet Florals (like Magnolia, Lotus, Ylang Ylang, Tuberose)
- ___ Fresh, Green Watery Florals (like Iris, Violet Leaf, Cassie, Clary Sage, Lotus)
- ___ Citrus & Fruity Florals (like Orange Blossom, Linden Blossom, Neroli)
- ___ Lemony Fresh (like Litsea Cubeba, Lemon Verbena, Lemon Grass)
- ___ Green & Fresh Grasses (like Lemon Grass, Ginger Grass)
- ___ Spicy Florals (like Carnation, Ginger Lily, Clove Bud)
- ___ Spices in particular (like Nutmeg, Clove, Allspice, Cardamom)
- ___ Woody, Earthy (like Sandalwood, Cedarwood, Vetiver)
- ___ Evergreen & Coniferous (like Fir, Spruce)
- ___ Mossy, Damp Pungent (like Cedar Moss, Oakmoss)
- ___ Retro, Vintage (like Patchouli, Scents associated with the 60s & 70s)
- ___ Aphrodisiac, Animalistic (like Leather, Smoke, Costus Root, Oud)
- ___ Ambery, Sweet (like Vanilla, Benzoin, Labdanum, Balsam)
- ___ Edible Scents (like Cocoa, Vanilla, Coffee, Tarragon)
- ___ Resinous, Incense (like Frankincense, Benzoin, Peru Balsam, Myrrh)

Are there any particular smells/scents that you would like me to avoid? If yes, please specify:

What is your favorite season?

- Winter
- Spring
- Summer
- Autumn

Which place do you feel better in?

- Mountain Countryside Urban
- Seaside Desert Forest

Do you want your scent to reflect these things or deal with your issue no matter the scent- circle one

Client's signature _____

Date _____