THANK YOU so much for coming to \_\_\_\_\_\_\_host name \_\_\_\_   house on \_\_\_\_\_day of week\_\_\_\_ night and letting me share with you the impact (and gift) the essential oils have been to my family (I am SO glad to have gotten to meet you all!) I know it's information overload in the beginning, but there are a lot of resources out there to help you on your journey.  Below are some of the websites that are helpful:

[www.](http://www.everythingessential.me/)[doterrauniversity.com](http://doterrauniversity.com/) (this website lists a whole host of health concerns as well as goes over individual oils and blends and what they are used for).

<http://doterra.com/US/en/blog> - (this website offers info on safety and physiology, science of wellness, research news and key topics).

[www.](http://www.aromatools.com/)[oillife.com](http://oillife.com/)  (this website has the glass spray bottles, rollerballs, etc.)

Also, attached is a little "recipe" sheet I made for some common health issues (I call it my "cheat sheet"). So for each "issue" you are trying to treat, I listed a few options to try (you don't do ALL of them, you basically find what works best for YOU and for YOUR family. I also included an Allergy sheet as well as a Babies & Kids sheet as well.

If you have ANY questions at all, or need clarification - please don't hesitate to ask!