

# What's the right aromatherapy remedy for me?

CIRCLE YES or NO for each question. Then tally up your "Yes" responses.  
A key is listed to the right of the page.

1. Y N Is your mind overactive near bedtime ?  
Y N Do you wake up during the night ?  
Y N Do you wake up feeling unrested ?  
Y N Do you feel sluggish during the day ?  
Y N Do you have trouble falling asleep ?

\_\_\_\_\_ # of YES responses

2. Y N Do you clench your jaw at night ?  
Y N Do you take shallow and quick breaths?  
Y N Is it difficult to quiet your mind ?  
Y N Do you need more hours in the day ?  
Y N Do you carry tension in the muscles in your jaw, shoulders, neck and back ?

\_\_\_\_\_ # of YES responses

3. Y N Do you hold onto your feelings and keep them inside ?  
Y N Is it difficult to let go of memories of past traumas or stressful situations ?  
Y N Do you toss and turn at night ?  
Y N Do you often worry ?  
Y N Are your reactions to stressful situations sometimes blown out of proportion ?

\_\_\_\_\_ # of YES responses

4. Y N Are you mentally or physically fatigued ?  
Y N Do you feel experience the occasional blues ?  
Y N Could you use a boost in self-confidence ?  
Y N Do you over worry about others and what they think more than you should ?  
Y N Does everything in your world look up when you're happy ?

\_\_\_\_\_ # of YES responses

5. Y N Does your life or work require that you are mentally attentive and process a lot of data ?  
Y N Do you catch yourself daydreaming when you need to be productive ?  
Y N Does accessing old information or learning new info challenge you ?  
Y N Could your recall or concentration use a boost ?  
Y N Do you frequently give presentations or speeches ?

\_\_\_\_\_ # of YES responses

6. Y N Do you get more than 4 colds or flus each year ?  
Y N Do you have a on-going stuffy or runny nose ?  
Y N Could your respiratory system use a boost ?  
Y N Do you live or work in an environment with poor air quality ?  
Y N Do you have allergies ?

\_\_\_\_\_ # of YES responses

7. Y N Do you travel or fly frequently ?  
Y N Do you have contact with young children or the elderly ?  
Y N Is it common for you to get sick during the holidays and around busy times of the year ?  
Y N Does your work require long hours and little rest ?  
Y N Does a room full of people sneezing and coughing worry you ?

\_\_\_\_\_ # of YES responses

## breathe me.

my top 3 remedies are:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

How many YES responses?

- 3 - This can help !  
4 - Highly recommended !  
5 - A must have !

KEY -

1. SLEEP  
2. CALM, RELAX  
3. DE-STRESS, UNWIND  
4. ENERGY, MOOD-BOOST  
5. FOCUS, BRAIN-BOOST  
6. DECONGEST, IMMUNITY  
7. SUPER-IMMUNITY

[www.nectaresences.com](http://www.nectaresences.com)