|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | | | | | Alice | |
| Age | | | | | 24 | |
| Ailment | | | | | Dry Skin | |
| Carrier Size OR Diffuser | | | | | 2 ounces | |
| Dilution Rate | | | | | 0.5% | |
| Sun Exposure: Will your skin be exposed to sunlight in the next 12 hours? Yes / No | | | | | yes | |
| Contraindications: Please select ALL that apply: | | | | | | |
|  | Pregnant, 1st Trimester |  | Low Blood Pressure |  | | Rx: SSRI |
|  | Pregnant, 2nd Trimester |  | Sensitive Skin |  | | Rx: Blood Thinner |
|  | Breastfeeding |  | Epileptic |  | | Avoid Stimulating (for nighttime use) |
|  | Asthmatic |  | High Blood Pressure | x | | Avoid Sedating (for daytime use) |
| Select All Oils that You Own: | | | | | | |
|  | Basil | x | Bergamot |  | | Cardamom |
| x | Carrot Seed |  | Cassia | x | | Cedarwood |
|  | Chamomile |  | Cinnamon Bark |  | | Citronella |
|  | Clary Sage |  | Clove |  | | Copaiba |
|  | Cypress |  | Elemi | x | | Eucalyptus |
|  | Fir Needle |  | Frankincense | x | | Geranium |
|  | Ginger |  | Grapefruit | x | | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | | Lavender |
|  | Lemon | x | Lemongrass | x | | Lime |
|  | Mandarin |  | Marjoram, Sweet | x | | Melissa |
| x | Myrrh |  | Neroli |  | | Orange |
|  | Oregano |  | Patchouli |  | | Pepper, Black |
|  | Peppermint | x | Rosemary | x | | Rosewood |
|  | Sandalwood |  | Spearmint |  | | Spruce, Black |
| x | Tangerine |  | Tansy, Blue | x | | Tea Tree |
|  | Vetiver |  | Wintergreen |  | | Ylang Ylang |
| X | Include which oils I should buy! | | | | | |

**Step 1: Filter any oils they DO own, but do NOT remove**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Basil | x | Bergamot |  | Cardamom |
| x | Carrot Seed |  | Cassia | x | Cedarwood |
|  | Chamomile |  | Cinnamon Bark |  | Citronella |
|  | Clary Sage |  | Clove |  | Copaiba |
|  | Cypress |  | Elemi | x | Eucalyptus |
|  | Fir Needle |  | Frankincense | x | Geranium |
|  | Ginger |  | Grapefruit | x | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | Lavender |
|  | Lemon | x | Lemongrass | x | Lime |
|  | Mandarin |  | Marjoram, Sweet | x | Melissa |
| x | Myrrh |  | Neroli |  | Orange |
|  | Oregano |  | Patchouli |  | Pepper, Black |
|  | Peppermint | x | Rosemary | x | Rosewood |
|  | Sandalwood |  | Spearmint |  | Spruce, Black |
| x | Tangerine |  | Tansy, Blue | x | Tea Tree |
|  | Vetiver |  | Wintergreen |  | Ylang Ylang |

**Step 2: Filter out any oils that conflict with any of the selected conditions**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Basil | x | Bergamot |  | Cardamom |
| x | Carrot Seed |  | ~~Cassia~~ (dry skin) | x | Cedarwood |
|  | ~~Chamomile~~ (sedating) |  | ~~Cinnamon Bark~~ (dry skin) |  | Citronella |
|  | ~~Clary Sage~~ (sedating) |  | Clove |  | Copaiba |
|  | Cypress |  | Elemi | x | Eucalyptus |
|  | Fir Needle |  | Frankincense | x | Geranium |
|  | Ginger |  | Grapefruit | x | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | Lavender |
|  | Lemon | x | Lemongrass | x | Lime |
|  | Mandarin |  | ~~Marjoram, Sweet~~ (sedating) | x | Melissa |
| x | Myrrh |  | Neroli |  | Orange |
|  | Oregano |  | Patchouli |  | Pepper, Black |
|  | Peppermint | x | Rosemary | x | Rosewood |
|  | Sandalwood |  | Spearmint |  | Spruce, Black |
| x | Tangerine |  | Tansy, Blue | x | Tea Tree |
|  | Vetiver |  | Wintergreen |  | ~~Ylang Ylang~~ (sedating) |

**Step 3: Sort the oils based on whatever ranking system we use**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 0 | Basil | 14 | Bergamot | 0 | Cardamom |
| 5 | Carrot Seed | 0 |  | 0 | Cedarwood |
| 4 |  | 0 |  | 19 | Citronella |
| 0 |  | 20 | Clove | 0 | Copaiba |
| 15 | Cypress | 28 | Elemi | 27 | Eucalyptus |
| 0 | Fir Needle | 6 | Frankincense | 1 | Geranium |
| 21 | Ginger | 0 | Grapefruit | 2 | Helichrysum |
| 3 | Jasmine | 18 | Juniper Berry | 13 | Lavender |
| 29 | Lemon | 0 | Lemongrass | 26 | Lime |
| 30 | Mandarin | 22 |  | 7 | Melissa |
| 8 | Myrrh | 16 | Neroli | 0 | Orange |
| 23 | Oregano | 25 | Patchouli | 17 | Pepper, Black |
| 0 | Peppermint | 24 | Rosemary | 9 | Rosewood |
| 10 | Sandalwood | 0 | Spearmint | 0 | Spruce, Black |
| 0 | Tangerine | 0 | Tansy, Blue | 0 | Tea Tree |
| 11 | Vetiver | 0 | Wintergreen | 12 |  |

**(0 = avoid for this condition)**

**“Based on your selected contraindications, these are the top 3 oils for your ailment”**

1: Geranium - owned

2: Helichrysum - owned

3: Jasmine – not owned