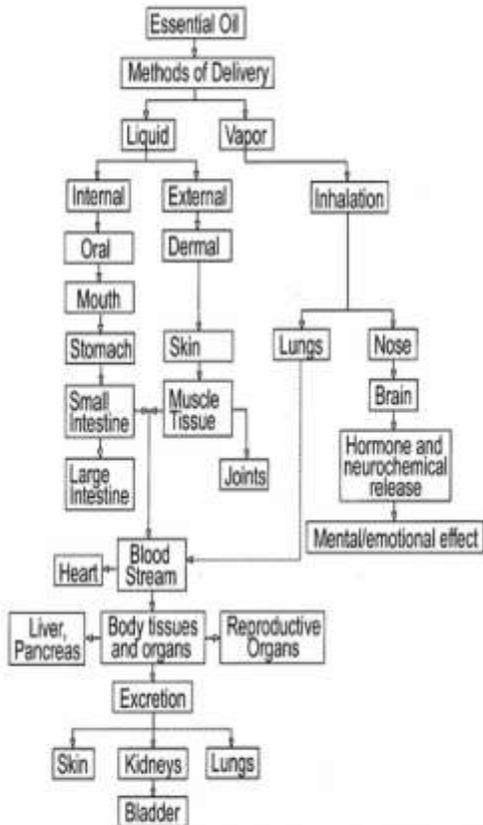


Aromatherapy Delivery Pathways



Delivery pathways show how essential oils affect the body and mind. The dotted lines show nerve signals or essential oil residue. Interior pathway shown for illustration purposes only.

Medical Disclaimer: Essential Oil products are not intended to diagnose, treat, cure or prevent any disease. Product statements have not been evaluated by the Food and Drug Administration. The use of Essential Oil products are not meant to replace professional medical advice. Always consult with qualified medical professionals to address specific health concerns you may be experiencing. Content above and or attached is for informational purposes only.

Natural Oils for Health

Provides consultations and recommendations on the appropriate Natural Oil Blends that would be beneficial in bringing one's health back to a positive alignment along with nutritional recommendations and Reiki services.

Contact Me:

Tuesday Orluk, M.S. B.C.N. C

Certified Aromatherapist
International Certified Aromatherapy

Board Certified Nutritional Consultant
American Naturopathic Medical Board

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WWW.NaturalOilsForHealth.com

Take control of Your Health and get
your Life BACK



Natural Oils for Health

97 Lafayette RD. Unit 8

Hampton Falls, NH 03844

Inside KB's Center of Dance and movement

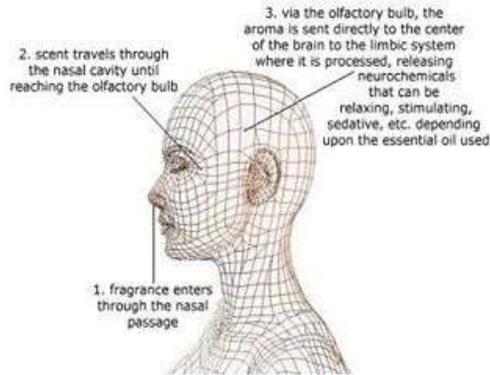


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How Aromatherapy Is Processed



Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically, or taken internally as dietary supplements.

Aromatherapy

Do You want to Feel Better? Are you Frustrated because you feel "Sick and Tired"?

As an Aromatherapist/Nutritionist I offer a variety of services to help your body to feel better than it does right now. An appointment with me will be slightly different than what you are used to experiencing at other facilities you may visit. Your first appointment can take up to 90 minutes.

The appointment includes comprehensive discussion of your body, your lifestyle, current concerns and complaints and a brief discussion about a plan of action to help you feel better. A plan to help you feel better involves your input and, depending on your concerns, can involve a variety of options for success.

Natural Oils for Health offers a variety of tools to assist the body through the healing process. The body has a natural ability to heal itself and compensate in times of disease. However, to promote healing, it is necessary to review the body as a whole unit, like a fine tuned machine and support the body emotionally, physically, and spiritually. If one of the pieces is missing, it is very difficult for the body to heal completely.

This is why a comprehensive assessment is so important for using natural oils and vitamins to successfully promote health and healing. Natural approaches require dedication, commitment, patience, and a sense of humor. Despite the hard work, the results are often long-lasting and typically superior to using traditional allopathic medicine by itself.

The bottom line is your body is a complex operating system. An individualized, personal approach to bring all its parts into balance will offer the greatest opportunity for healing and happiness.

Time and again we have seen people focus on one area of the life, only to see another area fall short. My goal at Natural Oils For Health is to provide you with a complete package to nurture the beautiful, whole person you are inside and out.

Consultations include the following steps:

- Health Intake Form
- Aromatherapy Product Design
- Follow-up
- Zyto scan (biofeedback)

A consultation begins with you and I going over your intake form. Talking about your reasons for seeking aromatherapy and or nutritional counseling. Then going over essential oils, nutrition recommendations and application preferences, along with answering any questions you may have.

Following the consultation I will create specialized essential oil products to address your specific needs. I may be able to mix some products on the spot, but typically I will need time to go over which oils/products will be best to meet your needs. We will discuss the best way to get the products to you at the time of your appointment. Product formulation typically takes 2-4 days.

The initial consultation lasts about 60-90 minutes. The fee for the consultation is \$75 to be paid in full at the time of the appointment. This fee will include one product & follow up by phone, email or in person.

Phone consultations are possible for some cases and for repeat clients.

To schedule an appointment or for additional information or services please contact me.

Additional services include:

Oil Recommendation: I would be happy to talk with you and discuss the oils and any concerns you may have. Together we can find a proper oil regimen that can help improve your body's balance and rebuild your system at the cellular level by improving the immune system and bringing the body back to homeostasis.

Reiki Session: Reiki is a gentle, hands-on healing massage technique that is an effective modality in clearing and rebalancing the energy centers of the body, and alleviating physical, emotional, mental and spiritual blockages. The client lays down on the massage table fully clothed and the practitioner places her hands in a special series of positions on the client's body, crown to toes, front and back. Reiki is appropriate for conditions ranging from fatigue to allergies, headaches to PTSD. It is an effective stand-alone therapy as well as an excellent complement to other healing modalities. 45min \$50.00

Aromatouch technique: The dōTERRA ArōmaTouch **Technique** is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. 45min \$55.00

One-on-one Yoga classes are also available in home or at the studio. Prices vary based on one time or packaged prices. Please contact me to learn more. Balance your body, mind and spirit with the natural, harmonizing earth element of plants through essential oils and yoga. This will be an all levels flow class focusing on breath, sensation and stillness. The selections of oils are designed to move stagnant energy, detoxify the body, calm the mind, relax and restore equilibrium.

