European Aromatherapy

The Essential Oils used in European Aromatherapy have a rich history of preventative, healing and restorative success. From deep and penetrating therapeutic actions to the subtle but profound effects of fragrance on the psyche, application of Essential Oils can strengthen the body's self-healing processes by indirect stimulation of the immune system.

To assist your therapist in identifying the oils that will be most beneficial to you today, please print this questionnaire, answer the following questions and bring with you to your appointment.

1. **How are you feeling today? (circle all that apply)**

stressed	anxious	nervous	tired	restless
angry	insecure	low on energy	worried	fearful

2. **How would you describe your general physical state over the past month? (circle one)**

healthy	mostly healthy	more well than sick	more sick than well	mostly ill

Can you be more specific? _____
_____

3. **How would you describe your mental state over the past month? (circle one)**

Peaceful	moderately calm	a little unsettled	agitated	extremely agitated

Can you elaborate? _____
_____

4. **How have you been sleeping over the past month?**

1	2	3	4	5	6	7	8	9	10
Not at all									8 hours every night

5. **How is your breathing?**

1	2	3	4	5
No Trouble				Extreme difficulty

6. **Please describe any recent trauma (car accident, surgery, family crisis, etc.) that you have experienced.**

_____
_____
_____
_____

7. **I believe that I am experiencing psychological or physical problems because of (circle all that apply):**

emotional block	lingering anger	recent trauma	past trauma
allergies	inability to focus	headaches	lack of confidence
digestive trouble	poor circulation	insecurity	poor immune system
lack of romance	a skin condition	reflux	restlessness
depression	chronic fatigue	anxiety	excess weight
other	_____	_____	_____