## March Essential Oil Study Groups Schedule

### Pain | Sleep | Stress

## Conference Call Dates & Times or do LIVE: (NOTE: all 3 studies combined on 1 call)

**\_\_\_\_\_\_\_\_** – Week 1: Kick Off Call

* **8:00pm (CST),** 6:00pm (PST), 7:00pm (Mountain) & 9:00pm (EST)
* \*\*Turn in your Initial Questionnaire before this call

**\_\_\_\_\_\_\_\_** – Week 2: 1st Follow-up Study Group Call

* **8:00pm (CST),** 6:00pm (PST), 7:00pm (Mountain) & 9:00pm (EST)

**\_\_\_\_\_\_\_\_** – Week 3: Final study group call

* **8:00pm (CST),** 6:00pm (PST), 7:00pm (Mountain) & 9:00pm (EST)
* \*\*Turn in your Completion Questionnaire before this call

**Call in Number: \_\_\_\_\_\_\_\_\_\_\_**

**Access Code: \_\_\_\_\_\_\_\_\_\_\_\_**

## PRODUCTS NEEDED:

Each Participant in a 2 week **PAIN STUDY** will receive small sample viles:

* Wild Orange (10-15 drops)
* Peppermint (28 drops) – fill rest of bottle with fractionated coconut oil
* Deep Blue Rub (1 oz)

Each Participant in a 2 week **SLEEP STUDY** will receive small sample viles:

* Peppermint (10-15 drops)
* Wild Orange (10-15 drops)
* Lavender oil(28 drops) – fill rest of bottle with fractionated coconut oil
* Serenity oil and label them (28 drops) – fill rest of bottle with fractionated coconut oil

Each Participant in a 2 week **STRESS STUDY** will receive small sample viles:

* Peppermint (10-15 drops)
* Wild Orange (28 drops) – fill rest of bottle with fractionated coconut oil
* Balance – Grounding Blend (28 drops)

**Facebook Group:** (Create your own and add link here for your team to plug in to)