Dear Participant,

Thank you for participating in this Essential Oil Study program! Over the course of the next few weeks, we look forward to getting your feedback and comments as you personally evaluate how the essential oils are working for you for **Sleep**. Your participation in all 5 parts of the program will ensure a complete experience for you as well as the other select participants. Below you will find key dates, details, and expectations for participating in this study. The program will officially begin on **March 8** and run for 2 weeks until **March 22**.

There are 5 main parts of the program that we would like you to participate in:

1. **Initial Questionnaire** – print, complete, and send the one page questionnaire back to me before the first conference call (snap a photo and email)
2. **Conference Call Participation** – There will be three 20-25 minute conference calls to overview the program, products, and details pertaining to the study, and to hear feedback. These will be crucial to you knowing what to do with your oils each week so be prompt and don’t miss one!
3. **Use Your Product as Directed** – The study is to see if the essential oils are working for *you*. So please follow the Study Leaders instructions with the oils each week and do your best to assess what you’re experiencing.
4. **Join and Participate in the focus Facebook group** - During the study, we’ll invite you to a private Facebook group where you will get information, question and answers, etc. regarding this program. Please participate in the FB group as it will be a key component to your experience.
5. **Completion Questionnaire** - print, complete, and send the one page questionnaire back to me (snap a photo and email) before the final conference call

Conference Call Dates & Times:

* **March 8** – Kick Off Call
  + **7:30pm (CST),** 5:30pm (PST), 6:30pm (Mountain) & 8:30pm (EST)
  + \*\*Turn in your Initial Questionnaire before this call
* **March 15** – 1st follow-up study group call
  + **7:30pm, (CST)**, 5:30pm (PST), 6:30pm (Mountain) & 8:30pm (EST)
* **March 22** – Final study group call
  + **7:30pm (CST),** 5:30pm (PST), 6:30pm (Mountain) & 8:30pm (EST)
  + \*\*Turn in your Completion Questionnaire before this call

**Call in Number:** [**712.770.5097**](tel:(712)%20770-5097)

**Access Code: 912908**

Looking Forward to Your Feedback,