

Euroscents Aromatherapy

Elizabete Desire' Freijs - NAHA Certified Professional Aromatherapist

Name: _____ Home# _____ Cell# _____

Address: _____

Birth date: _____ Occupation: _____

Marital status: _____ Children in the Home: _____ Ages: _____

Last visit to **primary physician?** _____ Why? _____

Blood pressure reading _____ / _____ **Name** of Primary Care Physician _____

How is your general health? _____

Diagnosis (if any) from your Doctor: _____

Reason for Visit

Please describe you main wellness concerns and symptoms, and their onset:

Your idea of their causes:

What makes it feel better:

What makes it feel worse:

Health History

Please check all that apply

- | | | |
|--|---|---|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Dry Skin |
| <input type="checkbox"/> Migraines | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Blood Clots |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Seizure Disorder | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Low Blood Pressure | <input type="checkbox"/> Heart Issues | <input type="checkbox"/> Congestion |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Muscle Soreness | <input type="checkbox"/> Low Libido |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Skin Disorder | <input type="checkbox"/> Seasonal Allergies |

Do you have any allergies? If so, please list. _____

Are you under the care of a physician? If so, list conditions you are being treated for. _____

What vitamins or supplements are you taking? _____

What **medications** (prescriptions) are you taking and for what condition(s)?

Medication/Dosage/Frequency _____ Reason _____

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Medication/Dosage/Frequency _____ Reason _____

Please list any surgeries:

Year	Type of Surgery
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_____	_____
_____	_____
_____	_____
_____	_____

Do you have any chemical sensitivities? _____

For Women Only:

Are you trying to conceive? _____ Are you pregnant? _____ If yes, how far along? _____

What kind of birth control do you use? _____ Started Menopause? _____ Finished _____

Do you suffer from PMS? _____ If yes, please list symptoms _____

Social / Lifestyle History

Exercise:

- Sedentary (no exercise)
- Mild exercise (i.e. climb stairs, walk 3 blocks, golf)
- Occasional vigorous exercise (i.e. work or recreation, less than 4x/week for 30 min.)
- Regular vigorous exercise (i.e. work or recreation 4x/week for 30 min.)

Average # hours of **sleep** per night _____

Do you wake up at night? _____ If yes, how often? _____ How long? _____

Do you drink **caffeinated** beverages? _____ If so, how much? _____

Do you drink **alcohol**? _____ How much? _____

Do you smoke cigarettes or other forms of **tobacco**? _____

Please describe your eating habits. Include how often do you consume fresh fruits and vegetables, how much meat, how much processed and fast foods, how much sweets, etc. _____

Aromatic Preferences and Experiences

What particular aromas or scents do you particularly enjoy? Do you associate them with anything specific?

What particular aromas or scents do you dislike or find disturbing? Please share a bit about your experience.

Have you had any experience with aromatherapy or essential oils before? If so, what are your favorite ways to use essential oils or aromatherapy products? (e.g. bath, lotion, diffuser, room/linen spray)

Do you have any questions or concerns about using essential oils?

Do you have any experience with alternative/complementary healing modalities (message, acupuncture, homeopathy, etc.)?

Is there any other information that you think that we should know in order to work with you safely and effectively?

Please answer the above as honestly and accurately as possible, as it enables me to better serve you and create a blend and/or protocol specifically for you and your needs. The aim of the questionnaire is to identify causes of ill health and to assess the root cause of your concern. Each blend is specific to each client's needs and not intended to be shared by family members or friends. Protocols will be created with your lifestyle in mind.

All information gathered in the intake form is private and confidential.

Safety Information Page

Essential oils are renowned for their immune-supporting and emotion-balancing qualities. When used safely, Aromatherapy is a simple and delightful way to support health.

Special thanks to Robert Tisserand and Rodney Young's book, *Essential Oil Safety: A Guide for Health Care Professionals* (second edition).

In order to ensure safe use of essential oils, please take note of the following precautions:

1. The following essential oils are potentially convulsant for anyone who might be vulnerable to epileptic seizures: Western Red Cedar, Wormwood, Genipi, Hyssop (ct pinocamphone), Sage, Thuja, Pennyroyal, Buchu, Calamint, Tansy (*Tanacetum vulgare*), Mugwort, Lanyana, Ho Leaf (ct camphor), Boldo, Wintergreen, Birch, Rosemary, Yarrow, Spanish Lavender (*Lavandula stoechas*), Feverfew, and Spike Lavender (*Lavandula latifolia*). (Tisserand and Young p.134, table 10.2)
2. Essential oils should be used very cautiously during pregnancy and while breastfeeding. During these times, the Euroscents Aromatherapy Approach is to keep your essential oil concentration at low level. We recommend 1%. We also advise pregnant women to use essential oils under the guidance of an Aromatherapist or medical professional knowledgeable about essential oils.

There are approximately 50 essential oils that are contraindicated during pregnancy, and another 15 that should be restricted during pregnancy and lactation. (Tisserand and Young charts p.152–153 and p.156)

These are some of the most commonly used oils that are contraindicated during pregnancy: Anise, Birch, Black Seed, Carrot Seed, Cinnamon bark, Blue Cypress (*Callitris intratropica*), Fennel, Ho leaf (*Cinnamomum camphora* ct. camphor), Hyssop (*Hyssopus officinalis* ct. pinocamphone), Myrrh, Spanish Lavender (*Lavandula stoechas*), Oregano, Sage (*Salvia officinalis*, *Salvia lavandulifolia*) and Wintergreen.

3. High blood pressure: Tisserand and Young state that there is no evidence to support the contraindication of topical use of essential oils. (Tisserand and Young p. 658)
4. We typically recommend diluting essential oils in carrier oils before applying them to the skin. For general use, we recommend a total of 5–18 drops of essential oil in 1 oz (30 ml) of carrier oil. If an essential oil or blend causes irritation on your skin, immediately wash it off with soap and water, and then apply carrier oil to the affected area.
5. For children who are 5–12 years old, elders on multiple medications, pregnant women, and those with serious health conditions, it makes sense to begin with a low concentration. Essential oils can be diluted at 1% (a total of 5–6 drops of essential oil for every 1 oz/30 ml of carrier oil).

There are various opinions about the best age to start using oils for babies and kids. Babies and young children tend to be very sensitive, so the Euroscents Aromatherapy Approach leans toward the cautious side. In most cases, rather than using essential oil, you can use hydrosols, aloe vera gel, butters, and carrier oils for kids under five years old (when doing a topical application). Hydrosols, carriers, and carrier oils can often give a child the necessary nudge toward rebalancing their health.

Diffusing gentle essential oils around babies and younger children is a good option. Ambient inhalation (inhaling oils that are diffused into the air and away from their face) is generally safe. You can diffuse intermittently 10–15 minutes, then stopping for an hour, making sure the room is well ventilated.

6. Birch or Wintergreen should not be used on or given to children in any amount due to the possible risk of developing Reye's syndrome and its known connection with salicylates. (Tisserand and Young p. 656).
7. We do not recommend the use of essential oils directly on the fur or skin of small animals. Small animals can have toxic reactions to essential oils being applied to their fur or skin. We recommend further training before using essential oils with animals.
8. Phototoxic oils: Bergamot (0.4%), Lemon (2%), cold pressed Lime (0.7%), Grapefruit (4%), Bitter Orange (1.25%), Mandarin Leaf (0.17%), Cumin (0.4%), Angelica Root (0.8%), Laurel Leaf absolute (2%), Rue (0.15%) and Taget (0.01%).

Sunlight or tanning bed rays must be avoided for up to 18 hours after application if any of these oils are used at levels higher than indicated. These oils applied to the skin at over the photo-toxic safety level will increase the chance of severe burns from ultraviolet light. (Tisserand and Young p. 659)

9. Do not put essential oils in or around the eyes, the ears, or other orifices. If essential oil does contact your eye, immediately wash your hands with soap and water and then put some carrier oil on a paper towel and gently wipe your eye. You may need to do this a few times. You can also flush with saline solution. If irritation persists, seek medical advice.
10. People with asthma and seasonal or skin allergies should proceed cautiously with essential oils.
11. People with multiple chemical sensitivities or who have had allergic reaction to perfumes should proceed cautiously with essential oils. (Tisserand and Young p. 658)
12. Cancer treatment: Because of possible and unpredictable effects on immune mechanisms, Robert Tisserand recommends that essential oils are avoided from one week before to one month following a course of chemotherapy or radiotherapy. (Tisserand and Young p. 656). Rhiannon Lewis suggests using oils through inhalers to manage nausea and anxiety during chemotherapy or radiotherapy.
13. Keep all essential oils out of the reach of children. They can be poisonous if swallowed.
14. Essential oils may be safely used internally if you have appropriate medical guidance by a trained clinical Aromatherapist who understands pharmacodynamics, pharmacokinetics, appropriate formulation techniques and the safety issues related to each route of application. Elizabete Desire' Freijs, NCPA/Euroscents Aromatherapy does not practice the internal use of essential oils.

I acknowledge and confirm that:

- I am of legal age and I am requesting a consultation from Elizabete Desire' Freijs, NCPA.
- This consultation is for educational purposes and is not to diagnose or treat disease.
- I understand this consultation is not intended to replace medical care and I will seek medical treatment from a licensed health care provider, if required.
- I understand botanicals (including essential oils) may be contraindicated with certain health conditions. For this reason, I confirm that I have had a general physical exam from a medical doctor within the last 12 months and have disclosed any diagnosed conditions on the Client Information form.

- I understand that botanicals (including essential oils) can interact with prescribed medication. For this reason, I have disclosed all medications that I may be taking on the Client Information form.
- I will notify any healthcare provider of any essential oils, herbs, and/or dietary supplements that I may be taking.
- I understand Aromatherapy is not regulated by the Food & Drug Administration.
- I understand that no guarantees are made regarding the results from Aromatherapy or natural health methods, and that achieving wellness requires my commitment to my own good health, whether through diet, exercise or stress relief.
- I am under no obligation to follow any recommendations for lifestyle changes made by Elizabeth Desire' Freijs, NCPA.

I understand the following:

- I am not being advised to take any essential oil products internally
- I must keep all essential oil products out of the reach of children
- Essential oils could be poisonous if swallowed
- Essential oils must be stored in a cool, dark place
- Essential oils may irritate the skin if not stored or used properly
- Essential oils must not be used on the skin of babies or children under 1 years old
- Essential oils must be used with extreme caution for children under 5 years old

I understand Aromatherapy is not to be thought of as a cure for ailments, that Aromatherapy is a complementary means used to assist the body in healing itself. Also, that Aromatherapy is not meant to take the place of diagnosis or treatment by a qualified medical practitioner. I will seek medical treatment from a licensed healthcare provider if required. By signing below, I hereby state that, to the best of my knowledge, this intake form contains true, complete and correct information. The undersigned hereby releases and agrees to indemnify and hold harmless Elizabeth Desire' Freijs, NCPA/Euroscents Aromatherapy from all claims of injuries, damages, losses, death, costs, and expenses of all kinds, including legal fees, in any way arising from or related to therapeutic interventions received at any time from Elizabeth Desire' Freijs, NCPA/Euroscents Aromatherapy.

Signature Date

Please return to: <mailto:dfreijs@euroscentsaromatherapy.com>