

# AROMATHERAPY MISTS BENEFITS TRACKER

Aromatherapy products deliver a plethora of benefits, and the LifeWave Aromatherapy Mists are no exception to that rule.

The perfect accompaniment to our patches, the LifeWave Aromatherapy mist collection is the perfect addition to your morning and evening routine.

## OUR BENEFITS INCLUDE...

### LifeWave SHINE Aromatherapy Mist

- Encourage feelings of overall wellness and energy
- Instant invigorating aroma to help awaken the senses in the morning
- Helps create a focused energizing boost for the day ahead
- Let the invigorating aroma give you a pre-workout boost

### LifeWave DREAM Aromatherapy Mist

- Encourage feelings of rest and relaxation
- Soothe your senses with a peaceful aroma
- Creates a calming ambiance for your bedtime routine



Our mists are a blend of natural herbs and essential oils embedded into a proprietary energized and structured water allowing for rapid results. Tracking those results is a sure way to remind yourself of how far you've come on your journey and helps you keep record of your own health journey to share with others along the way.

## WHY USE THE BENEFITS TRACKER

Tracking your product usage and journey will help you to capture your story and allow you to share your product experience with others. Often, we can experience incremental health benefits over time, and when we don't pause to note them, we can often forget how we felt before a new product entered our lives. Using this tracker will help you to establish a new habit to use the mists and will allow you to see your progress on paper allowing you to share your story in the future.

## HOW TO USE THE BENEFITS TRACKER

- Before using either product, complete the 'Before' column shown below.
- To use the products, simply spray on your wrist (SHINE in the morning or as a pre-workout and DREAM in the evening before bed) and inhale to enjoy the scent.
- Next, complete the benefits tracker following the timeline stated below and note your improvements throughout your usage journey.
- Once complete, be sure to send a written testimonial into us via the testimonial form available at the bottom of our Aromatherapy Mists page ([www.lifewave.com/aromatherapy](http://www.lifewave.com/aromatherapy)).



# LIFEWAVE AROMATHERAPY MIST - HEALTH BENEFITS TRACKER

## LifeWave SHINE (Rate yourself on a 1-10 Scale)

1 = Poor   10 = Excellent								
	Before	24 Hours	7 Days	14 Days	21 Days	30 Days	60 Days	90 Days
Wake up feeling energized								
Feeling invigorated to start the day ahead								
Energized to work-out								

## LifeWave DREAM (Rate yourself on a 1-10 Scale)

1 = Poor   10 = Excellent								
	Before	24 Hours	7 Days	14 Days	21 Days	30 Days	60 Days	90 Days
Quality of sleep								
Wake up feeling rejuvenated								
Feeling relaxed as you fall asleep								

