

A large, stylized drop graphic in shades of brown and grey, positioned on the right side of the page, partially overlapping the text.

DROPS
of
HEALTH
dropsofhealth.com

Wellness for a better tomorrow.

DROPS of HEALTH

WELCOME TO WELLNESS

Welcome to the beginning of your wellness journey. We're excited for the opportunity to walk with you side-by-side as we discover the most valuable mix of wellness habits, treatments, and products that help you achieve wellness for a better tomorrow.

The way we feel physically has a direct impact on the way we feel emotionally and on our daily performance. Life doesn't slow down, our desire for professional success doesn't diminish, and our families continue to grow.

Drops of Health is a wellness practice that combines the best integrated wellness experiences and treatments with strategic wellness practices that help you reach your goals.

YOUR WELLNESS JOURNEY

Before we begin your wellness journey, we would like to understand the current state of your personal wellness. Next, we want to begin your wellness reset that will allow for us to reduce elements within your personal health that may create a barrier to your goals. Or diminish the effectiveness of our wellness strategy. Finally, we help you surround yourself with a customized wellness ecosystem that supports your long-term success.

Our complimentary consultations will provide you with a snapshot of the critical information needed to make an informed decision.

We've designed a balanced wellness program with your lifestyle in mind.

Connecting: Getting to Know You

Cleansing: Fresh Start

Planning: Lifestyle of Wellness Planning and Milestones

Support: Goal Minded Community 



CONNECTING

We'd like to get to know you. The best of the future is built on the detailed understanding of our now. Your wellness consultant will schedule a one-to-one private session with you to begin, the beginning of our understanding of your current wellness.

You will find our initial meeting requires at least two-hours of your time; we appreciate your patience. It is vital to your journey that we truly understand where we fit in best with your wellness strategy.

To make you feel more comfortable about the beginning of your journey. We've created a little helpful guide that summarizes what we've discussed today. To be clear, we are not your personal trainer, we are not your dietician, and we are not your primary physician.

We are here to help you connect your existing lifestyle to integrated wellness opportunities and to examine the best available natural improvements to your day-to-day wellness.

CLEANSING

Just after we delivered our very first treatments, we realized the impact of applying our treatments in specific patterns and frequencies depending on the needs of our client. We started kicking off all wellness programs with a combination of treatments and all natural products that could help achieve a comprehensive natural cleansing.

This cleansing allows for us to eliminate potential interactions with natural wellness products, wellness habits to become impactful, and for our team to measure the results. The wellness experiences you will receive during the cleansing are:

STRESS RELEASE



Our certified RainDrop Massage Therapist will perform a constant touch deep tissue massage that utilizes more than 12 essential oils. The oils used in your experience are completely natural concentrates from Young Living.

The combination of our unique massage technique and essential oils has yielded stress relief results and proven positive physical changes. By relaxing the muscles on a cellular level and using natural oils that trigger or stimulate the necessary elements of your body. We can begin to reset the tone of your wellness.

TOXIN EXTRACTION



Our technicians are also certified in Foot Detox Treatments that combine the soothing footbath with a combination of essential oils that combine with your chemistry to help extract toxic elements. Each person is unique unto their own. But we witness remnants of the extraction of toxins in the water post treatment.

Household cleaning supplies, makeup, atmospheric elements, professional exposure, and a variety of other producers of toxins enter our bodies each day. The goal of our Foot Detox is to reduce and eliminate the toxins and potential cocktail effect within the body to give our strategy and products and opportunity to be effective.

PLANNING & MILESTONES

Let's take a moment to catch up. At this point, we've spent time together understanding your wellness lifestyle, your goals, and we've completed the cleanse in preparation for the next step.

This is where we introduce Micro-wellness. Ya, we made that up, but it's so fitting. Your Wellness Consultant will work with you on the following:

- Matching your current wellness lifestyle with your personal goals.
- Incorporating DOH micro-wellness into a manageable calendar.
- Strategically scheduling treatments.
- Plan with your budget in mind.
- Setting personal wellness benchmarks and goals.
- Product education, evaluation, and use.
- Weekly, monthly, or quarterly consultations.

When our wellness outperforms our perception, yes, ours. We are together on this journey. Your plan is unique to you. The variables in your plan are too vast to align perfectly again. The information you will provide during the initial connection is going to help us create the baseline evaluation milestones. We need to be held accountable together.

Your milestones will be discussed during your Wellness Consultant meetings and our team is held to helping you reach those goals. You will sign-off on the milestones that you would like included in your wellness journey.

WELLNESS SUPPORT COMMUNITY

We all need a support system through our major changes in life. Our community is built of our DOH team, technicians, partners, and loyal customers. When we are able, we attempt to connect seasoned DOH clients with our new clients. With discretion and approval, we begin your support ecosystem with a like-minded support contact.

We are growing our DOH support ecosystem across digital platforms. We are providing weekly wellness education and content through our Instagram and WellSupport Community. Subscribe and login to connect with our wellness community and educational content.

We want to support your journey with the right resources:

- Real-person community.
- Weekly inspirational and educational texts.
- Monthly email containing product savings and unique wellness content.
- Connect with other wellness program clients.
- Receive updates on product discount opportunities.
- Free entry into Drops of Health wellness events.



THE IMPACT OF OUR PURPOSE

When we walk on this journey together, we encounter numerous long-term wellness benefits. Integrating wellness products, treatments, and a wellness mentality has proven its positive impact. Our purpose is to understand the continuous wellness barriers of our clients and to design a custom and easy to consume wellness program.

When we combine trusted integrated wellness treatments, all-natural products, and one-on-one consultation. We achieve results you can feel. Our clients experience physical improvements that lead to emotional calm and a lifestyle of wellness.

Your personal wellness program specifically considers your wellness goals but with all of our clients our program is focused on achieving:

- Positively impact the body biochemistry at the cellular level.
- Extract toxins that can negatively affect our physical and emotional chemistry.
- Recommend trusted natural products to increase physical and emotional wellness.
- Provide the body with the ability to reduce the physical impact of stress.
- Reduce the bodies reliance on sugars and caffeine.
- Establish a culture of wellness habits, positive and measured outcomes.
- Introduce all natural wellness integrations in harmony with medical needs.
- Added layer of support, wellness accountability, and shared goals.
- Improved physical recovery and ability for physical reset.

INTEGRATED WELLNESS

Integrated wellness considers all components of an individual's life; from physical, mental, and emotional health. It is the introduction of non-medicinal products and supplements that can help achieve our wellness goals. We believe in both the medical and holistic wellness approach. Our team believes in and supports the importance of the medical profession.

As certified Young Living Ambassadors, we utilize essential oils and natural wellness supplements to impact the key indicators identified collected during your journey. The use of these products will impact the long-term success of our wellness program. We are sensitive to the cost of natural wellness products, and we strive to keep your product costs to a minimum.



NINGXIA RED®



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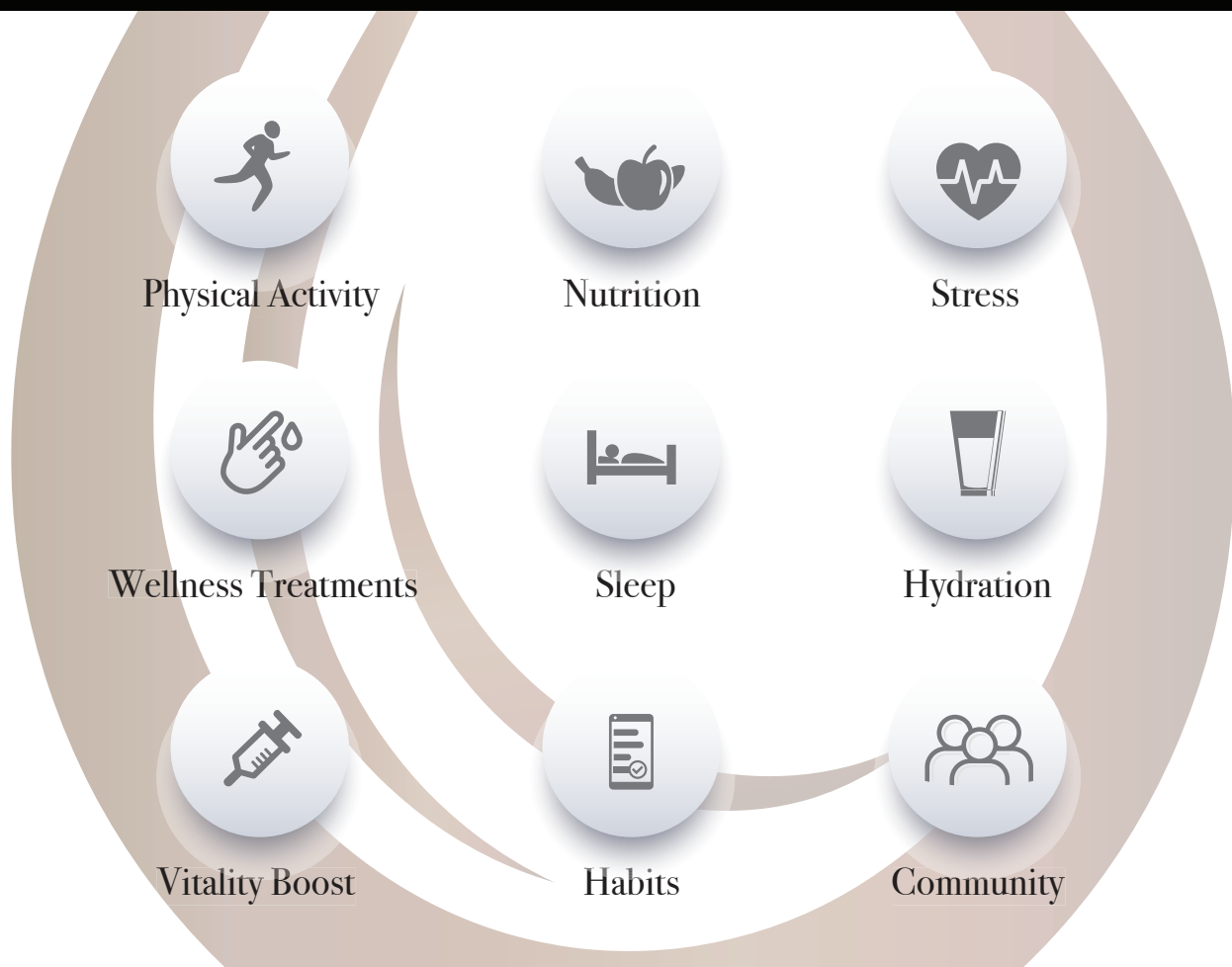
INTRODUCING MICRO-WELLNESS

Micro-wellness is easy to complete, simple to integrate, and supports your specific lifestyle. Micro-wellness can come in the form of small changes to eating or sleeping habits, brief but impactful physical wellness activities, destressing exercises, and the use of small supplemental natural wellness products.

Micro-wellness lies at the core of our wellness strategies. We consider it gateway wellness. We don't ask for people to join a new gym to add a four-day a week regiment to reach your goals. We're not saying that is a terrible idea. We want to introduce small and easy to achieve wellness that will lead to larger more comprehensive wellness changes.

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CATEGORIES OF MICRO-WELLNESS



WHAT YOU CAN EXPECT

Our years of experience has taught us there is a minimal amount of wellness we must accomplish together in order to achieve measurable results. We customize our wellness consultation and experiences based on each unique individual. Many of our clients find quarterly consultation meetings beneficial and others prefer to meet with our consultants on a monthly basis.

During our time together, we will share, and experience wellness products specifically designed to integrate with your medical and wellness needs. We will monitor your measures in micro-wellness and assist in the development of positive wellness habits. Our experienced technicians will schedule and deliver our wellness treatments as a part of your ongoing wellness journey.

WELLNESS CONSULTATION

Your wellness consultant will recommend one of our wellness packages based on your needs and lifestyle. Below are the available packages we will select from.

Annual Wellness: **\$1600.00**

\$134/mo.

Includes twelve 1-hour consultations with DOH consultant, twelve Foot Detox treatments, the Young Living NingXia reset kit, and four frequency based body scans.

Quarterly Wellness: **\$1,000**

\$84/mo.

Includes four 1-hour consultations with DOH consultant, 10 Foot Detox treatments, the Young Living NingXia reset kit, and two frequency body scans.

Three Month Trial: **\$600**

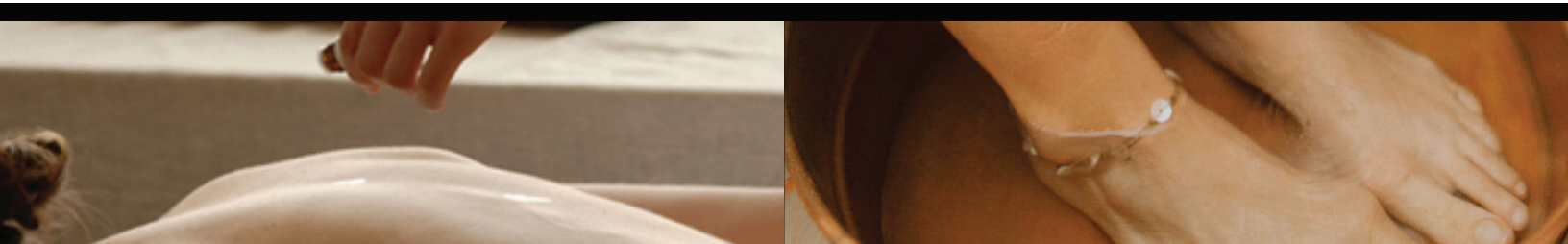
Includes three 1-hour consultations with DOH consultant, four Foot Detox, the Young Living NingXia reset kit, and one frequency body scan.

WELLNESS EXPERIENCE BUNDLES

In addition to our wellness consultation packages that include our treatments, we also offer our wellness experiences in packages that will help you save on treatments.

RainDrop Massage	3 Treatments	\$300	6 Treatments	\$570
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Foot Detox	3 Treatments	\$105	6 Treatments	\$192
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WHERE OUR WELLNESS STARTED

Each day, we do our best to provide for our family, progress our professional career, make a stable living, take care of those around us and occasionally ourselves. Through personal experience and practicing nursing, Carly Staubach witnessed a singular line of treatment and options for establishing wellness in our lives. She put her family and friends in touch with products and treatments that made a difference in their long-term wellness.

What started with research and training on integrated wellness. Became an obsession to seek out those that needed a comprehensive wellness plan to complement their lifestyle and medical partnerships.

Drops of Health has been focused on increasing the personal well-being, physical, and emotional balance of individuals through all-natural products and wellness experiences.



DROPS
of
HEALTH

Carly Staubach

OWNER, DROPS OF HEALTH

- Wellness Educator & Advocate
- Registered Nurse
- Wellness Experience Practice
- Certified Aromatherapist
- Young Living Ambassador



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