

Emotional Aromatherapy & Mood Management

managing and uplifting your emotions



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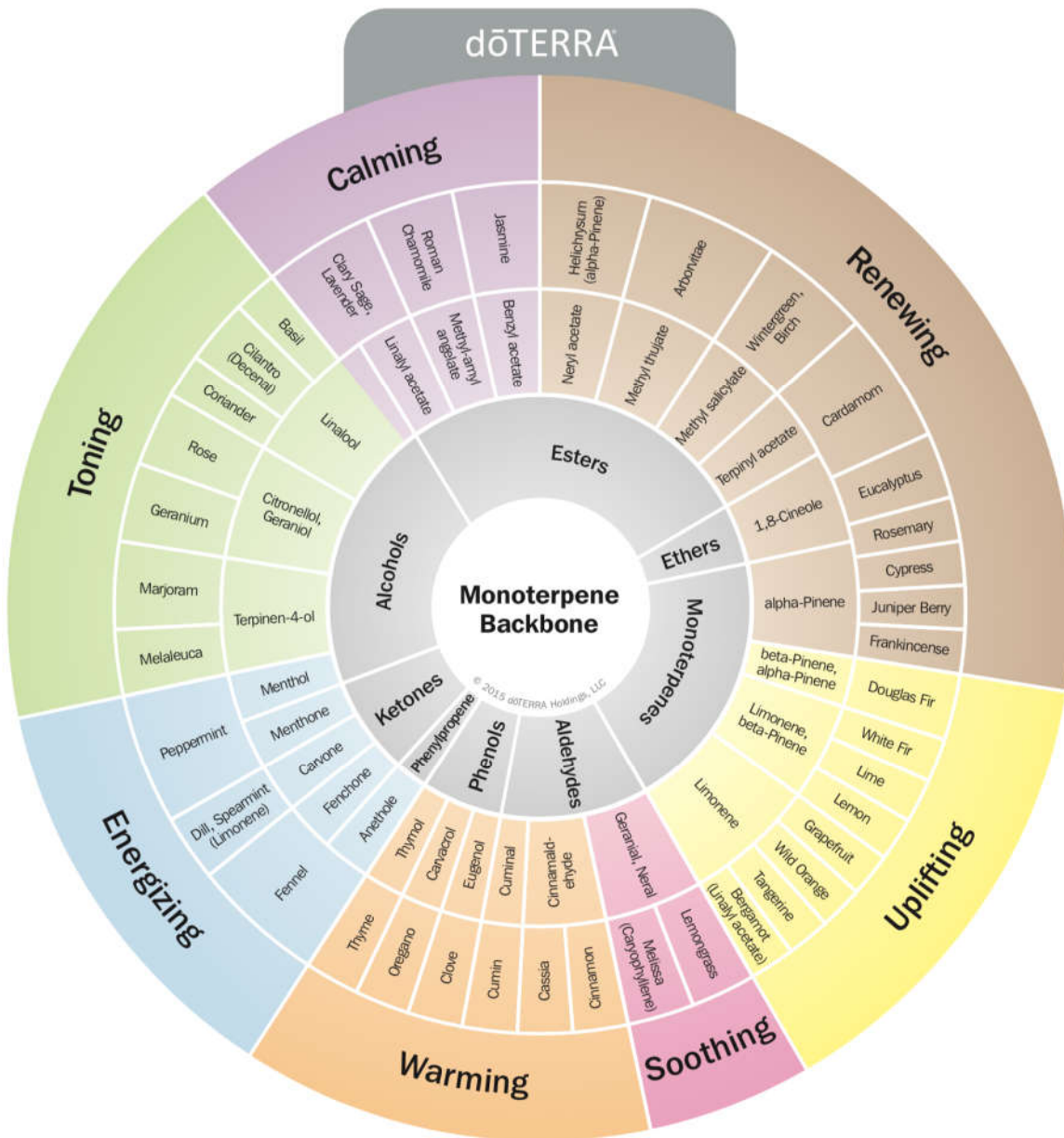
Contents of Emotional Aromatherapy.

Emotional aromatherapy Introduction	3
History of Aromatherapy	4
Science of Aroma	4
Essential Oils and Chemical Responses	4
Scientific Makeup of the dōTERRA Emotional Aromatherapy™ System.....	5
An Individualized Experience	5
dōTERRA Motivate® Encouraging Blend.....	6
dōTERRA Cheer® Uplifting Blend	7
dōTERRA Passion® Inspiring Blend	8
dōTERRA Forgive® Renewing Blend	9
dōTERRA Console® Comforting Blend	10
dōTERRA Peace® Reassuring Blend	11
How to Choose a Blend	12
dōTERRA Emotional Aromatherapy Touch	13
The Mood Management Kit	14
Balance® Grounding Blend	15
Lavender Peace® Restful Blend	16
Citrus Bliss® Invigorating Blend	18
Elevation® Joyful Blend	19
Pricing and Wish List	23
Disclaimer	24
Contact	24

Emotional Aromatherapy

Introduction

While scientists and psychologists have studied emotions for hundreds of years, this area of the human framework is still rather mysterious. Despite the confusing nature of human emotions, it is clear that they can directly influence our well-being and quality of life. Throughout history, essential oils have been found to trigger responses that can alter mood. Using pure essential oils, comprehensive research, and scientifically formulated blends, dōTERRA® has created the dōTERRA Emotional Aromatherapy™ System to provide users with unique emotional health benefits.



History

Aromatherapy (the use of essential oils and plant extracts) has been a subject of interest for thousands of years. The ancient Greeks, Romans, Chinese, and Indians used essential oils for rituals and religious practices, recognizing the oils' ability to influence human feelings. Even with this rich history of aromatherapy, the term wasn't officially coined until the 20th century, and it took many years for the scientific community to recognize the emotional benefits of aromatherapy. After substantial research in the 1990s, biologists began to more fully understand how chemical sensors in the body respond to the effects of scent. This research has opened many minds to a concept that ancient civilizations discovered long ago: aromatherapy can have a remarkable effect on human emotion and mood.

Science of Aroma

Essential Oils and Chemical Responses

Because of the complexities of the human brain, certain aromas can elicit emotions by triggering memories and stimulating emotional responses. This concept, known as the “Proust Phenomenon”, suggests that although we all have different memories and experiences, everyone has the ability to experience a distinct response when inhaling aromas. This internal response acts as an “aromatic pathway” that connects the aroma to different areas of the brain, thus triggering an emotional response.

When we inhale a distinct aroma, the scent is processed through the brain's olfactory system, the sensory system responsible for controlling our sense of smell. The olfactory system is connected to the limbic system, an area of the brain where memories and emotions are stored.

At this point, the limbic system produces a distinct response to the aroma based on memories that are associated with the particular smell—creating a rush of feelings that follow. Essential oils can produce responses that can be used to enhance well-being and manage emotions.

The Scientific Makeup of the dōTERRA Emotional Aromatherapy™ System

Because different essential oils can cause different emotional and chemical responses, the design of the dōTERRA Emotional Aromatherapy System is based on chemistry. Each essential oil blend in the system is made up of basic chemicals that are categorized into different classifications.

In aromatherapy, different classifications are used to create desired emotional responses. Each product in the dōTERRA Emotional Aromatherapy System has been designed to achieve a unique chemical profile. In most cases, essential oils can be classified as having either uplifting or calming effects. Using distinct essential oil groups, the dōTERRA Emotional Aromatherapy System relies on specific plant categories to elicit emotional responses based on the chemical components included in each essential oil.

Calming	Uplifting
<p>Essential oils in the floral category are typically composed of monoterpene alcohols, which hold calming properties.</p> <p>Tree, herb, and grass oils are known to promote grounding, soothing emotions and feelings of renewal, as they primarily include sesquiterpenes, esters, and oxides.</p>	<p>With a high concentration of ketones, mint essential oils are commonly known to be energizing and uplifting.</p> <p>Citrus oils typically possess significant uplifting characteristics, with chemical components like limonene, beta-pinene, and monoterpenes.</p> <p>Many spice essential oils are known for their warming properties, which come from phenols.</p>
	

An Individualized Experience

While we all experience definite responses to the aroma of essential oils, distinct triggers and memories make our responses extremely personalized. Based on the unique chemical profile of each essential oil, we know that each oil will stimulate a specific emotional response. However, because no two people are the same, each individual can receive distinct benefits for their own well-being.

Our reactions to aromas are based on environmental indicators, past experiences, personal preference, and even our unique genetic makeup. Because of these individual factors, not every user will have the same psychological reaction to the same oil.

dōTERRA Motivate® Encouraging Blend

When setbacks, disappointments, or a lack of inspiration weigh you down, it is often necessary to regroup in order to restore your confidence, allowing you to find purpose once again. Whether you are trying to muster the motivation to organize your cluttered desk, finish a term paper, or overcome your frustration at work, dōTERRA Motivate helps plant positivity within you while melting away cynicism and doubt.

This blend combines citrus and mint essential oils known for their uplifting properties, including Clementine, Peppermint, Yuzu, and more. With a chemical profile made up of monoterpenes and monoterpene alcohols, dōTERRA Motivate Encouraging Blend helps promote feelings of confidence, courage, and belief. When trying to foster creativity, counteract emotions of doubt, or regain confidence, dōTERRA Motivate will help you get the job done.



INCLUDES

- Peppermint
- Clementine
- Coriander
- Basil
- Yuzu
- Melissa
- Rosemary Leaf
- Vanilla Bean

dōTERRA Cheer® Uplifting Blend

Avoiding discouragement and negative emotions can often feel impossible—even with a can-do attitude or optimistic outlook. Like a ray of sunshine, dōTERRA Cheer Uplifting Blend can help dispel heavy emotions by providing a positivity boost using a fresh, bright aroma that promotes feelings of optimism and cheerfulness.

Enlisting help from spice and citrus essential oils like Wild Orange and Cinnamon, the chemical makeup of dōTERRA Cheer uses monoterpene and aldehydes to help promote uplifting and warming feelings. In addition to these properties, Star Anise essential oil adds an energizing element to the blend, helping to incite feelings of optimism. When happiness and positivity are in short supply, dōTERRA Cheer is waiting to brighten and invigorate your mood.



INCLUDES

- Wild Orange
- Clove
- Star Anise
- Lemon Myrtle
- Nutmeg
- Vanilla
- Ginger
- Cinnamon
- Zdravetz

dōTERRA Passion® Inspiring Blend

When life starts to feel stale and predictable, we often lose our vigor, purpose, and passion for living. Whether you are looking to revive enthusiasm for your current circumstances, or reach beyond your comfort zone, dōTERRA Passion Inspiring Blend can help give you the extra spark necessary to rekindle the flame of excitement in your life.

dōTERRA Passion pulls the renewing properties found in herbal and spice essential oils to create a chemical profile that is high in esters and phenols. These chemical components allow the user to benefit from warming and rejuvenating properties. If it is time to extinguish feelings of boredom and disinterest and ignite your creative, innovative, and daring side, dōTERRA Passion will boldly lead the way to a renewed, purposeful life.



INCLUDES

- Fractionated Coconut Oil
- Cardamom
- Cinnamon
- Ginger
- Clove
- Sandalwood
- Jasmine
- Vanilla
- Damiana

dōTERRA Forgive® Renewing Blend

It can be difficult to live a life of contentment when feelings of anger, betrayal, guilt, and negativity hang like a dark cloud over your head. These emotions often lead to excess stress and can dampen any effort to achieve feelings of peace or forgiveness. When embarking on the path to forgiveness, dōTERRA Forgive Renewing Blend is an encouraging companion that will help you remember to let go and keep moving forward.

The chemical design of dōTERRA Forgive uses tree and herb essential oils with components like monoterpene esters, sesquiterpenes, and alcohols, which help balance the emotions in situations of stress or frustration. With essential oils that promote feelings of renewal and relief on your side, you'll be one step closer to achieving the liberating feeling of forgiving, thus inviting feelings of peace and contentment to replace the negative emotions that once ruled your life.



INCLUDES

- Spruce
- Bergamot
- Juniper Berry
- Myrrh
- Arborvitae
- Nootka Tree
- Thyme
- Citronella



dōTERRA Console® Comforting Blend

Hidden sorrows and overwhelming grief can wear on the soul, often leaving us feeling hopeless and melancholy. Sadness can become all-consuming and will affect well-being if we let it. dōTERRA Console Comforting Blend works to engender feelings of comfort by wrapping the user in an essential oil “hug” of floral and tree scents.

With tree and flower components rich in monoterpenes and alcohols, dōTERRA Console offers a grounding and renewing chemical structure to help ward off feelings of grief. Using Frankincense, Sandalwood, Ylang Ylang, and more, this blend helps counteract negative emotions related to sadness, renewing hope. Whether you are grieving the loss of a loved one, coping with the pain of disappointment, or just need the strength to carry your burdens for one more day, dōTERRA Console Comforting Blend is ready to bring an extra dose of emotional strength to your day.



INCLUDES

- Frankincense
- Patchouli
- Ylang Ylang
- Labdanum
- Amyris
- Sandalwood
- Rose
- Osmanthus

dōTERRA Peace® Reassuring Blend

When feelings of fear and anxiousness creep into our minds, we seek for peace and reassurance from many sources. Though it can be difficult to remain calm and composed in our hectic, unpredictable world, dōTERRA Peace Reassuring Blend provides an escape from discontent and worry.

Floral and mint essential oils come together in this blend, creating a special chemical profile that provides users with a renewing experience. Essential oils like Spearmint, Lavender, and Labdanum help promote feelings of balance and reassurance in times of distress. As you inhale the positive, comforting aroma of dōTERRA Peace and exhale crippling emotions like fear and worry, this blend will help you regain your composure and face the future with reassurance and stability.



INCLUDES

- Vetiver
- Lavender
- Ylang Ylang
- Frankincense
- Clary Sage
- Marjoram
- Labdanum
- Spearmint



How to Choose a Blend



Usage

Look inside the wheel for how you feel at the moment. Then look at the outside of the wheel and you will be in the middle of two blends. One will be right for you at the moment. The other not so much. Your nose will tell you which one. Tomorrow it may be different.

For instance; You are feeling 'sad'. On the wheel it points to blends from trees, so it will either be 'Console' or 'Forgive'.

dōTERRA Emotional Aromatherapy™ Touch

The uplifting and calming benefits of the dōTERRA Emotional Aromatherapy System can also be enjoyed with the dōTERRA Emotional Aromatherapy Touch line. Designed to help balance and manage emotions with proprietary essential oil blends and gentle application, the dōTERRA Emotional Aromatherapy Touch oils provide a simple way to uplift, calm, soothe, or invigorate the senses as a way of helping with mood management.

The dōTERRA Emotional Aromatherapy Touch collection comes with six essential oil blends formulated with Fractionated Coconut Oil and packaged in 10mL roll-on bottles to provide soft, simple application. The combination of CPTG Certified Pure Tested Grade™ essential oils and Fractionated Coconut Oil make for smooth topical application, while the use of roll-on bottles allow for convenient application anytime, anywhere.

INCLUDES

- dōTERRA Motivate® Touch
- dōTERRA Cheer® Touch
- dōTERRA Passion® Touch
- dōTERRA Forgive® Touch
- dōTERRA Console® Touch
- dōTERRA Peace® Touch



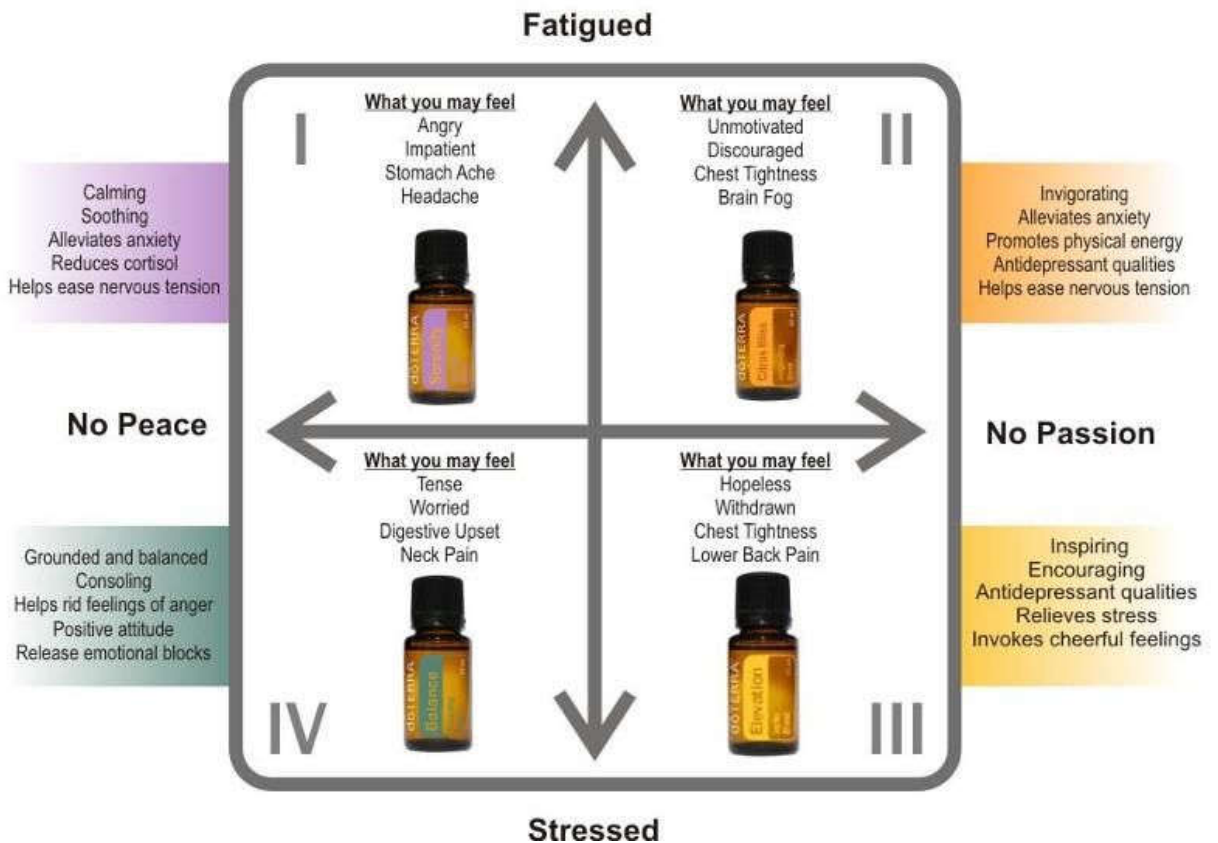
The Mood Management Kit

Retail: \$165.33 AUD Wholesale: \$124.00 AUD

Contains 15 mL bottles of essential oil blends including: doTERRA Balance®, Lavender Peace®, Citrus Bliss®, Elevation® for those that want to experience the beautiful fragrance and benefits of these specially blended oils.



doTERRA Mood Management



dōTERRA Balance® Grounding Blend

Achieve harmony with doTERRA Balance

Retail: \$36.00 AUD Wholesale: \$27.00 AUD

Description

The warm, woody aroma of dōTERRA Balance Grounding Blend helps create a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquillity and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans and is still used today to help bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

Primary Benefit | The calming aromas of Ho Wood, Blue Tansy, and Blue Chamomile essential oil found in dōTERRA Balance may help to promote feelings of calm.

Secondary Benefit | Spruce Essential Oil is high in bornyl acetate, a compound that promotes relaxation and calmness. Try diffusing dōTERRA Balance to ease into a good night's sleep.

Tertiary Benefit | Re-focus and re-centre. The grounding combination of Frankincense and Spruce can create a peaceful and meditative space. Take a moment to slow your breath and quieten your mind.

Uses

- Begin your day by putting dōTERRA Balance on the bottom of your feet to help promote a sense of calmness and tranquillity to your day.
- A great oil blend to use during an Aroma-Touch Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing aroma.



Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

Aromatic Description

Airy, fresh, sweet, woody

INGREDIENTS

- Fractionated Coconut Oil
- Spruce Leaf
- Ho Wood Leaf
- Frankincense Resin
- Blue Tansy Flower
- Blue Chamomile Flower
- Osmanthus Flower

Lavender Peace® Restful Blend

Feel relaxed and rested with doTERRA Lavender Peace

Retail: \$54.00 AUD Wholesale: \$40.75 AUD

Description

Lavender Peace Restful Blend has a calming and relaxing aroma that provides a unique user experience.

This perfectly balanced blend includes essential oils renowned for their soothing and calming properties. Cedarwood, Ho Wood and Vetiver essential oils give Lavender Peace a grounding and soothing aroma for a relaxing environment.

Primary Benefit | The Lavender and Cedarwood essential oils found in doTERRA Lavender Peace may support more restful and better quality sleep.

Secondary Benefit | The Ho Wood Essential Oil in doTERRA Lavender Peace is known for calming linalool. Ho Wood Essential Oil is ideal when looking to balance emotions in times of stress or worry.



Tertiary Benefit | Re-centre and relax. The Vetiver Essential Oil in dōTERRA Lavender Peace has a calming effect and a grounding aroma that may help with anxious feelings.

Uses

- Diffuse at night to create a calming environment.
- Massage onto bottoms of feet at bedtime to help unwind before going to sleep.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.
- Apply one or two drops to the back of the neck or on the heart to help promote feelings of calmness and peace.

INGREDIENTS

- Lavender Flower
- Cedarwood
- Ho Wood Leaf
- Ylang Ylang Flower
- Marjoram Leaf
- Roman Chamomile Flower
- Vetiver Root
- Vanilla Bean Absolute
- Hawaiian Sandalwood Wood

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

Aromatic Description

Warm, floral, herbal

Citrus Bliss® Invigorating Blend

Retail: \$27.33 AUD Wholesale: \$20.50 AUD

Description

Citrus Bliss Invigorating Blend merges the benefits of citrus essential oils. We combine the powerful essential oils of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend. Citrus Bliss has citrus notes ideal for refreshing the home. It is perfect when diluted in water to add a fresh, sweet scent whilst wiping down countertops and other surfaces.



Uses

- Diffuse for an uplifting aroma.
- Put 1 drop on your wrist and rub both wrists together for a great everyday perfume.
- Add 2–3 drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

Cautions

Keep out of reach of children. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to the skin may increase sensitivity to sunlight. If you are pregnant, nursing, or under a doctor's care, consult your physician. Possible skin sensitivity.

INGREDIENTS

- Wild Orange Peel
- Lemon Peel
- Grapefruit Peel
- Mandarin Peel
- Bergamot Peel
- Tangerine Peel
- Clementine Peel
- Vanilla Bean Absolute

Primary Benefits

Creates an uplifting environment.
Energising and refreshing aroma.

Aromatic Description

Citrus, sweet

Elevation® Joyful Blend

Retail: \$66.00 AUD Wholesale: \$49.50 AUD

Description

Elevation is the perfect blend for those moments when you need to be revitalised. This exciting blend provides an invigorating combination of essential oils that provide an uplifting aroma. Elevation combines the uplifting and euphoric floral scents of Lavandin, Lavender, Melissa, Ylang Ylang, and Osmanthus with Tangerine, Elemi, and Lemon Myrtle essential oils to create a select blend and optimistic aroma.

Uses

- Diffuse Elevation to promote a positive and calming aroma.
- Diffuse Elevation in the mornings before waking kids to create a positive and energised environment.
- Rub Elevation essential oil over your heart, temples, or wrists to promote a revitalising aroma.



- After a long, stressful day, add to a bath for a restful, uplifting experience.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

Cautions

Keep out of reach of children. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. If you are pregnant, nursing, or under a doctor's care, consult your physician. Possible skin sensitivity.

Primary Benefits

- Uplifting aroma to help enliven the senses.
- Energising and refreshing aroma.
- Promotes a revitalising environment.

Aromatic Description

Floral, sweet, citrus

INGREDIENTS

- Lavandin Flower
- Tangerine Peel
- Lavender Flower
- Amyris Bark
- Clary Sage Flower/Leaf
- Hawaiian Sandalwood Wood
- Ylang Ylang Flower
- Ho Wood Leaf
- Osmanthus Flower
- Lemon Myrtle Leaf
- Melissa Flower/Leaf

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Emotional Aromatherapy Pricing and Wish List

Product	Size	Retail	Wsale	Qty
Emotional Aromatherapy Kit		\$346.67	\$260.00.....	
Motivate® Encouraging Blend	5ml	\$50.00	\$37.50.....	
Cheer® Uplifting Blend	5ml	\$57.67	\$43.25.....	
Passion® Inspiring Blend	5ml	\$86.33	\$53.00.....	
Forgive® Renewing Blend	5ml	\$45.99	\$34.50.....	
Console® Comforting Blend	5ml	\$77.34	\$58.00.....	
Peace® Reassuring Blend	5ml	\$58.20	\$43.65.....	
 Emotional Aromatherapy™ Touch Kit		 \$260.00	 \$160.00.....	
Motivate® Touch	10ml	\$32.00	\$24.00.....	
Cheer® Touch	10ml	\$35.00	\$26.00.....	
Passion® Touch	10ml	\$64.75	\$40.00.....	
Forgive® Touch	10ml	\$28.00	\$34.50.....	
Console® Touch	10ml	\$51.00	\$38.50.....	
Peace® Touch	10ml	\$39.00	\$29.00.....	
 Mood Management Kit		 \$165.33	 \$124.00.....	
Balance® Grounding Blend	15ml	\$36.00	\$27.00.....	
Lavender Peace® Restful Blend	15ml	\$54.00	\$40.75.....	
Citrus Bliss® Invigorating Blend	15ml	\$27.33	\$20.50.....	
Elevation® Joyful Blend	15ml	\$66.00	\$49.50.....	

Medical Disclaimer:

The information contained in this document is not meant to diagnose, treat, cure, or prevent any disease. The information represents what I, and other users of Essential Oils, have chosen to do to take charge of their own personal health and that of their family. Statements in this document have not been evaluated by the Food and Drug Administration (USA) or the Therapeutic Goods Administration (Australia). Products in this document are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using these products.

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For more information contact: