







# dōTERRA Emotional Aromatherapy Kit Quiz

# dōTERRA Emotional Aromatherapy



	<b>Cheer</b>	Name an oil in blend _____
		One use emotionally _____
		Blend _____
		Common name _____
	<b>Console</b>	Name an oil in blend _____
		One use emotionally _____
		Blend _____
		Common name _____
	<b>Forgive</b>	Name an oil in blend _____
		One use emotionally _____
		Blend _____
		Common name _____
	<b>Motivate</b>	Name an oil in blend _____
		One use emotionally _____
		Blend _____
		Common name _____
	<b>Passion</b>	Name an oil in blend _____
		One use emotionally _____
		Blend _____
		Common name _____
	<b>Peace</b>	Name an oil in blend _____
		One use emotionally _____
		Blend _____
		Common name _____



# dōTERRA Cheer™

Uplifting Blend 5mL

dōTERRA™

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade

#### Application:



#### Ingredients:

Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

**Aromatic Description:** Fresh, spicy, warm

#### PRIMARY BENEFITS

- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low

#### dōTERRA Cheer™

Uplifting Blend 5 mL

Part Number: 31720001  
Wholesale: \$25.00  
Retail: \$33.33  
PV: 25.00



#### PRODUCT DESCRIPTION

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunny, fresh, optimistic aroma will brighten any moment of your day.

#### USES

- Diffuse at home, work, or school to promote a positive, uplifting environment
- Apply to a cotton ball or terra cotta plate and place in car to experience dōTERRA Cheer's energizing aroma while driving
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day

#### DIRECTIONS FOR USE

**Diffusion:** Use one to two drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

#### CAUTIONS

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

# dōTERRA Peace™

Reassuring Blend 5mL

dōTERRA™

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade

#### Application:



#### Ingredients:

Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb

**Aromatic Description:** Sweet, rich, minty

#### PRIMARY BENEFITS

- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions

#### dōTERRA Peace™

Reassuring Blend 5 mL

Part Number: 31710001  
Wholesale: \$28.00  
Retail: \$37.33  
PV: 28.00



#### PRODUCT DESCRIPTION

Are life's anxious moments leaving you feeling overwhelmed and afraid? dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Everything turning out fine begins with believing it will—and a few drops of Peace Reassuring Blend.

#### USES

- Diffuse at night time to promote a calming environment and restful sleep
- When experiencing anxious feelings, apply one drop to hands, rub together, and inhale deeply
- Diffuse or inhale before taking a test, presenting to a large group, or in times of worry or distress
- To calm an upset or restless child, apply to bottoms of feet

#### DIRECTIONS FOR USE

**Diffusion:** Use one to two drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

#### CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

# dōTERRA Passion™

Inspiring Blend 5mL

dōTERRA™

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

## Application:

A T S

## Ingredients:

Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower, Vanilla Bean, Damiana Leaf

**Aromatic Description:** Spicy, Warm, Rich

## PRIMARY BENEFITS

- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom and disinterest

## dōTERRA Passion™

Inspiring Blend 5 mL

Part Number: 31760001

Wholesale: \$42.00

Retail: \$56.00

PV: 42.00



## PRODUCT DESCRIPTION

Have you lost your why, your mojo, your passion? Too much of even a good thing can become predictable and boring over time. dōTERRA Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life. Jump out of an airplane, dive into an ocean, or try something really scary like dancing. With dōTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life.

## USES

- Diffuse in the morning to start the day feeling energized and enthusiastic
- Apply to pulse points and heart throughout the day to feel inspired and passionate
- Diffuse at work to spark creativity, clarity, and wonder

## DIRECTIONS FOR USE

**Diffusion:** Use one to two drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

# dōTERRA Console™

Comforting Blend 5mL

dōTERRA™

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

## Application:

A T N

## Ingredients:

Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Leaf/Stalk, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower

**Aromatic Description:** Sweet, musky, floral

## PRIMARY BENEFITS

- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, and hopelessness

## dōTERRA Console™

Comforting Blend 5 mL

Part Number: 31730001

Wholesale: \$37.00

Retail: \$49.33

PV: 37.00



## PRODUCT DESCRIPTION

Losing something or someone you love can be deeply disorienting and painful. Words unspoken and questions unanswered may keep you worried and unsettled. dōTERRA Console Comforting Blend of floral and tree essential oils will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing. Bind your broken heart with Console Comforting Blend.

## USES

- Diffuse during times of loss to comfort the soul and evoke feelings of hope
- Apply over the heart morning and night as a reminder to be patient with healing and to think positive thoughts
- Apply one to two drops to a shirt collar or scarf and smell throughout the day to ward off feelings of grief and sadness

## DIRECTIONS FOR USE

**Diffusion:** Use one to two drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

# dōTERRA Forgive™

Renewing Blend 5mL

dōTERRA™

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade

## Application:



## Ingredients:

Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb

**Aromatic Description:** Herbaceous, fresh, woody

## PRIMARY BENEFITS

- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt

## dōTERRA Forgive™

Renewing Blend 5 mL

Part Number: 31750001  
Wholesale: \$20.00  
Retail: \$26.67  
PV: 20.00



## PRODUCT DESCRIPTION

Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing a future unfettered by anger and guilt? When you are ready to move forward, dōTERRA Forgive Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on. Start each of your tomorrows relieved and contented with Forgive Renewing Blend.

## USES

- Diffuse when meditating to help release harboring feelings of anger and guilt
- Apply to pulse points and heart throughout the day to feel grounded and content
- Have dōTERRA Forgive on hand throughout the day to counteract negative emotions that may arise from undesirable situations

## DIRECTIONS FOR USE

**Diffusion:** Use one to two drops in the diffuser of your choice.

**Topical use:** Dilute one to two drops with dōTERRA Fractionated Coconut Oil then apply to desired area. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

# dōTERRA Motivate™

Encouraging Blend 5mL

dōTERRA™

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade

## Application:



## Ingredients:

Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla Bean

**Aromatic Description:** Fresh, Clean, Minty

## PRIMARY BENEFITS

- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

## dōTERRA Motivate™

Encouraging Blend 5 mL

Part Number: 31740001  
Wholesale: \$23.00  
Retail: \$30.67  
PV: 23.00



## PRODUCT DESCRIPTION

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it!

## USES

- Apply to shirt collar before giving a speech to instill feelings of confidence
- Diffuse when working on a project at work or school to stay motivated
- Apply to pulse points before participating in sporting events or other competitions

## DIRECTIONS FOR USE

**Diffusion:** Use one to two drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

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