



dōTERRA

# Emotional Aromatherapy®

Managing and Uplifting Your Atmosphere



# Introduction

Though scientists and psychologists have studied emotions for hundreds of years, this part of the human framework remains mysterious. Despite the confusing nature of emotions, it's clear they can directly influence well-being and quality of life. While attempting to control every emotion you feel is a fruitless and frustrating effort, you can choose how you respond. Using essential oils can help create an uplifting, energizing environment or a grounded, peaceful atmosphere. You can transform your space with the power of aroma.

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# History

Aromatherapy involves the use of essential oils and plant extracts. It's been a subject of interest for thousands of years. The ancient Greeks, Romans, Chinese, and Indians used essential oils for rituals and religious practices. Cultures all around the world have employed them for perfumes, health and wellness, rituals, and even food. Even with this rich history of aromatherapy, the term wasn't officially coined until the twentieth century, and it took many years for the scientific community to recognize the vast 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 numerous minds to a concept that ancient civilizations discovered long ago: aromatherapy can have a remarkable effect on the human experience.

# Science of Aroma

## **Essential Oils and Chemical Responses**

Because of the complexities of the human brain, certain aromas can trigger memories. This concept, known as the “Proust Phenomenon,” suggests that we all have different memories and experiences, yet everyone has the ability to experience a distinct response when inhaling aromas. This internal response acts as an aromatic pathway that connects the scent to particular areas of the brain, thus triggering a response.

When you inhale a distinct aroma, the scent is processed through the brain's olfactory system—the sensory system responsible for controlling your sense of smell. The olfactory system is connected to the limbic system, which is an area of the brain that regulates many things, including memory storage. From there, the limbic system produces a distinct response to the aroma based on memories that are associated with the smell.

## The Scientific Makeup of dōTERRA Emotional Aromatherapy®

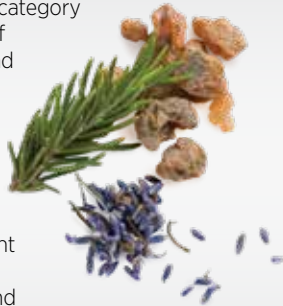
As every essential oil can cause a different response, the design of dōTERRA Emotional Aromatherapy is based on chemistry. Each oil blend in the system is made up of basic chemical compounds that are categorized into classifications.

These oil blends have been designed to achieve a unique chemical profile. In most cases, essential oils can be classified as having either uplifting or calming aromas. Using distinct essential oil groups, dōTERRA Emotional Aromatherapy relies on specific plant categories to support responses, based on the chemical components included in each essential oil.

### Calming Aromas

Essential oils in the floral category are typically composed of monoterpene alcohols and provide calming, relaxing aromas.

Tree, herb, and grass oils are known to promote a grounding, soothing, and renewing environment as they primarily include sesquiterpenes, esters, and oxides.



### Uplifting Aromas

With a high concentration of ketones, mint oils are commonly known for creating an energizing, uplifting atmosphere.

Citrus oils typically possess uplifting aromas, with chemical components like limonene, beta-pinene, and monoterpenes.

Many spice oils are known for their warming properties, a feature which stems from phenol content.



### An Individualized Experience

While everyone experiences definite responses to the aroma of essential oils, distinct triggers and memories make responses extremely personalized. Based on the unique chemical profile of each essential oil, we know each essential oil will generally stimulate a specific type of response. However, because no two people are the same, each person can receive distinct responses. Reactions to aromas are based on environmental indicators, past experiences, personal preference, and even unique genetic makeup. Because of these individual factors, not every user will have the same reaction to a specific essential oil.

# dōTERRA Motivate® Encouraging Blend

Are you frustrated at work? Having setbacks despite your best efforts? Is your confidence shaken? Feeling cynical from misplaced trust? Stop, reset, and restart with dōTERRA Motivate Encouraging Blend. Enjoy the minty, citrusy aroma of dōTERRA Motivate as you work to 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!

The aroma of dōTERRA Motivate complements affirmations of confidence, courage, and belief in oneself. It helps create a positive environment, making it excellent for diffusing while working on a project or preparing for a big event!

## AROMATIC DESCRIPTION:



Fresh



Clean



Minty



## INCLUDES

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



doTERRA

Motivate<sup>®</sup>

Encouraging  
Blend

5 mL

Essential Oil Blend

# dōTERRA Cheer® Uplifting Blend

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life. dōTERRA Cheer Uplifting Blend provides an aroma of happiness and positivity with citrus and spice oils. Its sunny, fresh, optimistic scent will brighten any moment of your day.

The aroma of dōTERRA Cheer inspires an optimistic, cheerful, and happy atmosphere. Diffuse it at work, home, or school to create an energizing and positive environment. You can also put a drop on your palm, rub your hands together, and inhale deeply as needed throughout the day.

## AROMATIC DESCRIPTION:



Fresh



Spicy



Warm



## INCLUDES

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





doTERRA  
Cheer®  
Uplifting Blend  
Essential Oil Blend  
5 mL



# dōTERRA Passion® Inspiring Blend

Do you feel like you've 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 can help you rekindle excitement in your life. Breathe in the spice and herb oils, and then jump out of an airplane, dive into an ocean, or try something that makes you scared. With dōTERRA Passion, you'll find the daring to try something new, as well as discover renewed joy and appreciation for the current blessings in your life.

The aroma of dōTERRA Passion cultivates a joyful, inspiring atmosphere that transcends the trivial. Diffuse it in the morning as you start the day with energy and enthusiasm and apply it to the pulse points throughout the day to spark creativity, clarity, and wonder.

## AROMATIC DESCRIPTION:



Spicy



Warm



Rich



## INCLUDES

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



doTERRA  
Passion<sup>®</sup>  
Inspiring  
Blend  
5 mL  
Essential Oil Blend

# dōTERRA Forgive® Renewing Blend

Are you carrying a burden that grows heavier with time? Would you be better off letting it go and facing a future unfettered by anger and guilt? When you're ready to move forward, dōTERRA Forgive Renewing Blend will serve as a reminder to take the liberating action of forgiving, forgetting, and moving on. Use this blend of tree and herb oils as you start each of your tomorrows relieved and content.

The aroma of dōTERRA Forgive inspires a grounded atmosphere, complementing affirmations of contentment, relief, and patience. Diffuse it when meditating while you release harbored feelings of anger and guilt. Apply it to the pulse points and heart throughout the day as you work on supporting stability and contentment.

## AROMATIC DESCRIPTION:



Fresh



Woody



Herbaceous



## INCLUDES

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



doTERRA

Forgive<sup>®</sup>

Renewing  
Blend

5 mL

Essential Oil Blend

Made in the USA. Pure and Therapeutic Grade.

# dōTERRA Console® Comforting Blend

Losing something or someone you love can be discouraging and painful. Words unspoken and questions unanswered may leave you worried and unsettled. dōTERRA Console Comforting Blend can accompany you as you close the door on sadness. With this blend of floral and tree oils, take your first steps on a hopeful path toward emotional healing.

The aroma of dōTERRA Console is comforting and can serve as a companion while you work toward hopefulness. Diffuse its uplifting, positive aroma during times of loss and apply it over the heart both morning and night as a reminder to be patient with the healing process.

## AROMATIC DESCRIPTION:



Sweet



Musky



Floral



## INCLUDES

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



dōTERRA

Console<sup>®</sup>

Comforting  
Blend

5 mL

Essential Oil Blend

# dōTERRA Peace® Reassuring Blend

Are life's anxious moments leaving you feeling overwhelmed and afraid? dōTERRA Peace Reassuring Blend 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 this blend of floral and mint oils.

The aroma of dōTERRA Peace complements affirmations of peace, reassurance, and contentment. Diffusing this oil blend fills the room with a calming, peaceful aroma that can be especially reassuring at night or during times of transition and change.

## AROMATIC DESCRIPTION:



Sweet



Rich



Minty



## INCLUDES

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





doTERRA

Peace<sup>®</sup>

Reassuring  
Blend

5 mL

Essential Oil Blend

# How to Choose a Blend to Create a Specific Atmosphere



## Choosing a Blend

- Identify on the wheel the environment you would like to create for yourself today.
- Select the corresponding essential oil blend that complements your intentions. (You may find that two or more blends are appropriate.)

As essential oil chemistry is naturally complex and each person is unique in their response to specific aromas, you may also personalize your aromatherapy applications by using single dōTERRA essential oils from the aromatic plant families corresponding to a desired atmosphere found on the system wheel—naturally safe and simple.

- A Can be used aromatically
- T Can be used topically
- N Can be used topically with no dilution (NEAT)
- S Dilute for young or sensitive skin (SENSITIVE)

CAUTION: Do not use essential oils in eyes, ears, or nose. To dilute, use dōTERRA Fractionated Coconut Oil, olive oil, or other carrier oil.

CP<sup>®</sup>TG Certified Pure Tested Grade<sup>™</sup>



# 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 for use in a variety of changing environments with proprietary essential oil blends and gentle application, the dōTERRA Emotional Aromatherapy Touch oils provide a simple companion throughout your wellness journey.

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

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