

The dōTERRA Emotional Aromatherapy System



The dōTERRA Emotional Aromatherapy System is a revolutionary organization of aromatic plant families around a continuum of emotions for a simple, profound approach to using fragrant essential oils in emotional aromatherapy applications. Individual essential oils can be used with great effectiveness by skilled aromatherapists for a variety of emotional issues. dōTERRA makes emotional aromatherapy easy and accessible for anyone dealing with common negative emotions with a new line of proprietary essential oil blends representing six categories of emotional well-being.

Motivate encouraging blend



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!

Formulated with Peppermint, Clementine, Coriander, Basil, and Yuzu. Also includes Melissa, Rosemary, and Vanilla.

Forgive renewing blend



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.

Formulated with Spruce, Bergamot, Juniper Berry, and Myrrh. Also includes Arborvitae, Nootka Tree, Thyme, and Citronella.

Cheer uplifting blend



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.

Formulated with Wild Orange, Clove, Star Anise, Lemon Myrtle, and Nutmeg. Also includes Vanilla, Ginger, Cinnamon, and Zdravetz.

Console comforting blend



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.

Formulated with Frankincense, Patchouli, Ylang Ylang, Labdanum, and Amyris. Also includes Sandalwood, Rose, and Osmanthus.

Passion inspiring blend



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.

Formulated with Fractionated Coconut Oil, Cardamom, Cinnamon, Ginger, and Clove. Also includes Sandalwood, Jasmine, Vanilla, and Damiana.

Peace reassuring blend



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.

Formulated with Vetiver, Lavender, Ylang Ylang, Frankincense, and Clary Sage. Also includes Marjoram, Labdanum, and Spearmint.



The dōTERRA Emotional Aromatherapy™ System contains six unique essential oil blends that have been carefully formulated to provide **targeted emotional health benefits**. Each delicate blend contains pure, tested-grade essential oils that can be used aromatically or topically to **help balance and brighten your changing moods**. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you **let go of burdens** that have weighed you down too long, **find comfort and encouragement** in times of sadness and grief, or **motivate and inspire** you to dream with passion again. dōTERRA makes aromatherapy simple and profound with these six new aromatherapy essential oil blends.

Emotional Aromatherapy. Emotions are the results of complex psychological and sensory stimuli including smell. Fragrances associated with positive or negative experiences can last in our memories and alter our emotions for a lifetime. Aromatherapy is the use of fragrances to manage emotions and enhance feelings of well-being. Modern scientific study of the influence of aromatherapy on emotion is confirming what people of the world have known for centuries: the delicate and complex aromatic compounds of pure essential oils can be used effectively to help balance emotions and brighten mood.



dōTERRA emotional aromatherapy™

Six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits

dōTERRA

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dōTERRA emotional aromatherapy™



Choosing a Blend

- Identify the emotion you might be feeling on the emotional aromatherapy wheel.
- Select the corresponding essential oil blend that is right for you. (You may find that two or more blends are appropriate to balance your varied emotions at any given moment.) 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 the emotions found on the system wheel—naturally safe and simple.

Emotional Blends Use Instructions

- Use aromatically in an essential oil diffuser
- Apply 1 or 2 drops in your hands, rub hands together, cup in front of your nose and inhale deeply (do not touch hands to your eyes)
- Dilute and apply topically to aromatherapy touch points such as the back of the neck, on the wrists, and over the heart
- For children with sensitive skin, dilute with a carrier oil and apply directly to the bottom of the feet, particularly when going to bed or waking up each day
- Add a few drops to lotion or oil for a mood-balancing massage