

The dōTERRA™ Essential Aromatics System



The dōTERRA™ Essential Aromatics System is a revolutionary organisation of aromatic plant families supporting the range of emotions for a simple, profound approach to using fragrant essential oils in aromatic applications. Essential oils can be used with great effectiveness by skilled individuals for a variety of mood-boosting benefits. dōTERRA makes the aromatic benefits of essential oils easy and accessible for anyone with a line of proprietary essential oil blends representing six categories of well-being.

Motivate encouraging blend

When frustrations and setbacks arise, use this encouraging blend to help you reset and stay resilient. Fresh, clean, and minty, this blend will promote feelings of confidence, optimism, and determination. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead – you can do it!

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

Forgive renewing blend

The fresh, woody aroma of dōTERRA Forgive Renewing Blend helps to liberate feelings of contentment, relief, and patience. When embarking on the path to forgiveness, dōTERRA Forgive Renewing Blend is an encouraging companion that will help you to remember to let go and keep moving forward.

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. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its 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

dōTERRA Console Comforting Blend uses sweet floral and tree essential oils to promote feelings of comfort, putting you on a hopeful path of healing. The dōTERRA Console Comforting Blend will aid in bringing joy, happiness, and comfort back into your life.

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

Passion inspiring blend

dōTERRA Passion is an inspiring blend of spice and herb essential oils that will help to rekindle excitement in your life. You might find the courage to do things you've never tried before, like a painting class or dancing! But more importantly, dōTERRA Passion may also help you to experience renewed joy in your everyday activities and relationships.

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

Peace reassuring blend

Floral and minty, dōTERRA Peace 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. Use dōTERRA Peace to promote feelings of contentment, composure, and reassurance. Peace begins with you – and a few drops of dōTERRA Peace Reassuring Blend.

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



The dōTERRA™ Essential Aromatics System

contains six unique essential oil blends that have been carefully formulated to provide **targeted aromatic 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** or **motivate and inspire** you to dream with passion again. dōTERRA makes mood-boosting benefits simple and profound with these six essential oil blends.



**Essential Aromatics.** 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. Because of this, many people use fragrances to manage emotions and enhance feelings of well-being. Modern scientific study of the influence of aromas on emotion is confirming what people around the world have known for centuries: the delicate and complex aromatic compounds of many pure essential oils can be used effectively to help balance emotions and brighten mood.

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# dōTERRA™ essential aromatics system



## Choosing a Blend

- Identify the emotion you might be feeling on the essential aromatics 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 personalise your aromatic applications by using single dōTERRA essential oils from the aromatic plant families corresponding to the emotions found on the system wheel — incredibly simple!

## Emotional Blend Use Instructions

- Use aromatically in an essential oil diffuser.
- Apply 1 or 2 drops in your hands and rub your hands together (do not touch hands to eyes).
- Dilute and apply topically to 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.

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