



dōTERRA
emotional  aromatherapy™
managing and uplifting your emotions



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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.**

Contents

- | | | |
|--|---|--|
| 4 History of Aromatherapy | 8 dōTERRA Cheer™
Uplifting Blend | 14 dōTERRA Console™
Comforting Blend |
| 4 Scientific Makeup of the
dōTERRA Emotional
Aromatherapy™ System | 10 dōTERRA Passion™
Inspiring Blend | 16 dōTERRA Peace™
Reassuring Blend |
| 6 dōTERRA Motivate™
Encouraging Blend | 12 dōTERRA Forgive™
Renewing Blend | 18 How to Choose a Blend |

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

Essential oils in the floral category are typically composed of monoterpene alcohols, which hold calming properties.

Tree, herb, and grass oils are known to promote grounding, soothing emotions and feelings of renewal, as they primarily include sesquiterpenes, esters, and oxides.



Uplifting

With a high concentration of ketones, mint essential oils are commonly known to be energizing and uplifting.

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

Many spice essential oils are known for their warming properties, which come from phenols.



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, Cheer is waiting to brighten and invigorate your mood.



INCLUDES

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



doTERRA
Cheer™
Uplifting Blend
Essential Oil Blend
5 mL



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



Use with caution and avoid contact with eyes. Consult your physician if pregnant or nursing, or if you have a medical condition. Do not ingest. © 2014 dōTERRA LLC. All rights reserved. dōTERRA is a registered trademark of dōTERRA LLC.

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Console™

Comforting Blend 5 mL

Essential Oil Blend

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



doTERRA

Peace

Reassuring
Blend

5 mL

Essential Oil Blend

How to Choose a Blend

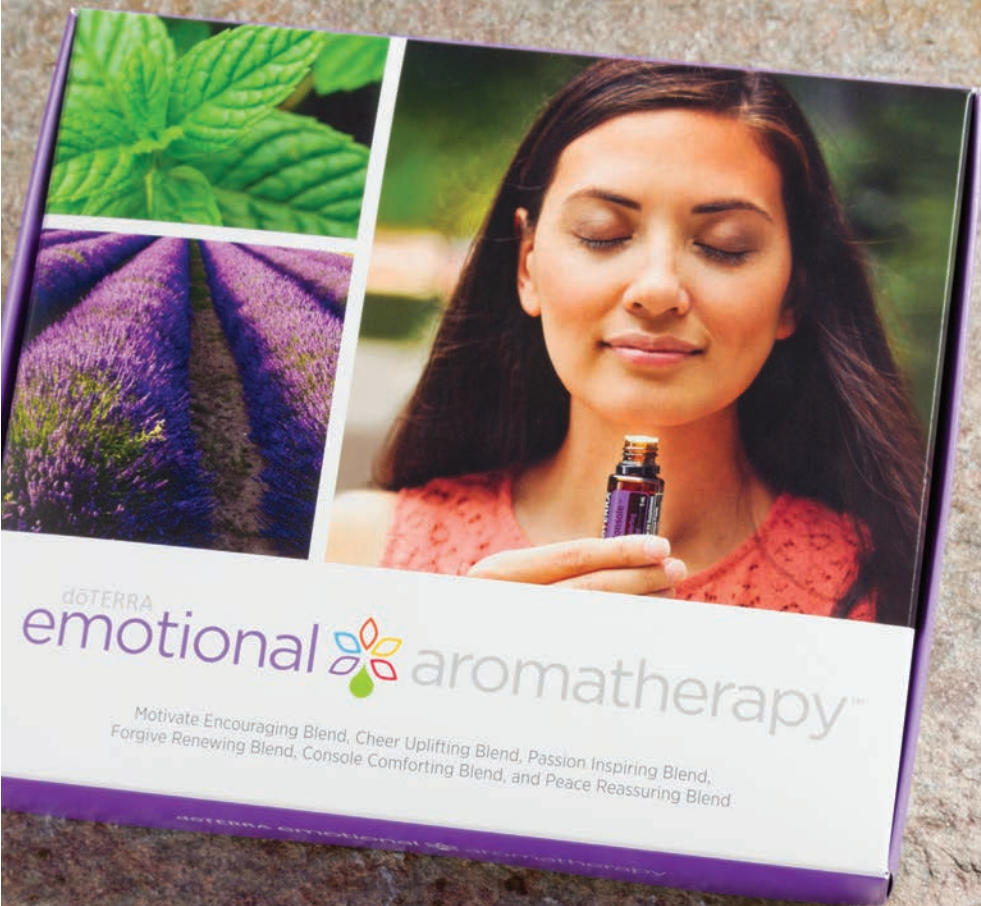


Choosing a Blend

- 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.

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



doTERRA
emotional  aromatherapy™

Motivate Encouraging Blend, Cheer Uplifting Blend, Passion Inspiring Blend,
Forgive Renewing Blend, Console Comforting Blend, and Peace Reassuring Blend





dōTERRA

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