

A close-up photograph of several lavender flower spikes against a soft, out-of-focus background. The flowers are a vibrant purple color, and the stems are green. The lighting is gentle, highlighting the texture of the small blossoms.

Emotional Aromatherapy

YOUR EMOTIONS & ESSENTIAL OILS RESOURCE GUIDE

Smell is a potent wizard that transports you across thousands of miles and all the years you have lived. The odors of fruits waft me to my southern home, to my childhood frolics in the peach orchard. Other odors, instantaneous and fleeting, cause my heart to dilate joyously or contract with remembered grief. Even as I think of smells, my nose is full of scents that start awake sweet memories of summers gone and ripening fields far away.

HELEN KELLER

To get you started on your essential oils for emotional wellness journey, this eBook is a guide to a selection of websites, courses, books, eBooks, and apps that you might like to explore.

There are many more resources available, so I suggest searching the internet for “emotions and essential oils” to see what gems you discover.

Pursue What's Pure

dōTERRA®

Learn more: <https://news.doterra.com/about/>

I use and recommend dōTERRA essential oils. Their potent and pure essential oils, their commitment to excellence, as well as their philanthropic endeavours means I trust the products they produce.

"Pursue what's pure. It's more than a tagline. To dōTERRA, these three words crystalize our mission as a company—from how we source our products and treat our partners, to how we interact with one another and the world in which we live. We feel that the pursuit of purity will always keep us on the right path. Because when the pure gifts of the earth are paired with the pure love of each other, there is no telling what we can achieve."

David Stirling - dōTERRA Founding Executive

dōTERRA's Founding Pillars

dōTERRA
cō·impact
SOURCING

CPTG

dōTERRA
healing hands
FOUNDATION

*"Changing the world one drop, one person,
one community at a time."*



Starter Packs & Collections

dōTERRA offer a range of starter packs to suit all needs and budgets. Here are some starter packs and collections curated specifically to support emotional wellness.

Starter packs and collections may differ in content depending on which country you purchase from.



Emotional Aromatherapy® Kit

Also available is a Touch collection, already diluted in Fractionated Coconut Oil.



Emotional Aromatherapy® Starter Pack



Emotional Wellness Starter Pack



Kid's Collection Great for kids and adults!

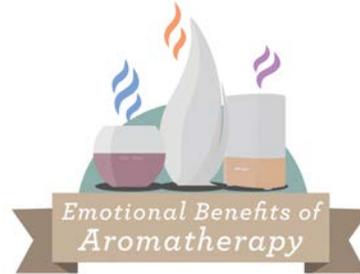
dōTERRA eBooks

<https://www.doterra.com/US/en/ebooks>



dōTERRA | eBooks
Essential Oils
for Beginners

dōTERRA eBook



Emotional Benefits of
Aromatherapy

- CHAPTER 1 Emotions and quality of life
- CHAPTER 2 Using essential oils for emotional benefit
- CHAPTER 3 The science behind aromatherapy and its emotional benefits
- CHAPTER 4 How do I use essential oils to manage my emotions?



dōTERRA | eBooks
Aromatic Use
of Essential Oils



dōTERRA | eBooks
Essential Oils
and Sleep

dōTERRA eBook

Focus, Motivation, and Essential Oils



- CHAPTER 1 Essential oils can provide a variety of benefits
- CHAPTER 2 Essential oils can enhance your focus
- CHAPTER 3 Essential oils and motivation
- CHAPTER 4 How to use essential oils for focus and motivation

dōTERRA eBook

Essential Oils & Children



- CHAPTER 1 Using essential oils on or around children
- CHAPTER 2 Safety guidelines
- CHAPTER 3 Essential oils and children
- CHAPTER 4 Safety tips related to the benefits of essential oils
- CHAPTER 5 Essential oils and pregnancy

Emotional Aromatherapy Kit

The Emotional Aromatherapy Kit and Touch Kit version (diluted in Fractionated Coconut Oil) were specifically formulated to support emotional wellbeing. The video by Nicole Stevens (link below) is an excellent explanation on how to use emotions wheel and blends.

The diagram is a circular wheel divided into four quadrants: MINT (top-left, green), CITRUS (top-right, orange), HERBS & GRASSES (bottom-right, green), and TREES (bottom-left, brown). The wheel is further divided into 16 segments, each representing an emotion. The emotions are: Discouraged, Gloomy, Distressed, Somber, Disinterested, Bored, Discontented, Bitter, Angry, Ashamed, Sad, Grieving, Hurt, Worried, Fearful, Anxious, Insecure, and Apathetic. Surrounding the wheel are six product descriptions, each with a small image of the product bottle.

dōTERRA MOTIVATE®
Encouraging Blend
Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.

dōTERRA PEACE®
Reassuring Blend
Support feelings of reassurance and composure, and return to peace and presence.

dōTERRA CHEER®
Uplifting Blend
Create a bright disposition, cheerful attitude, and boost happiness and positivity.

dōTERRA PASSION®
Inspiring Blend
Rekindle excitement and inspire the willingness to take risks and make new discoveries.

dōTERRA FORGIVE®
Renewing Blend
Release anger and guilt; move forward feeling relieved and renewed.

dōTERRA CONSOLE®
Comforting Blend
Feel more hopeful, comforted, and emotionally balanced.

Emotional Aromatherapy Brochure

<https://www.doterra.com/US/en/brochures-magazines-emotional-aromatherapy>

Emotional Aromatherapy with Nicole Stevens

<https://www.doterra.com/US/en/emotional-aromatherapy-nicole-stevens>

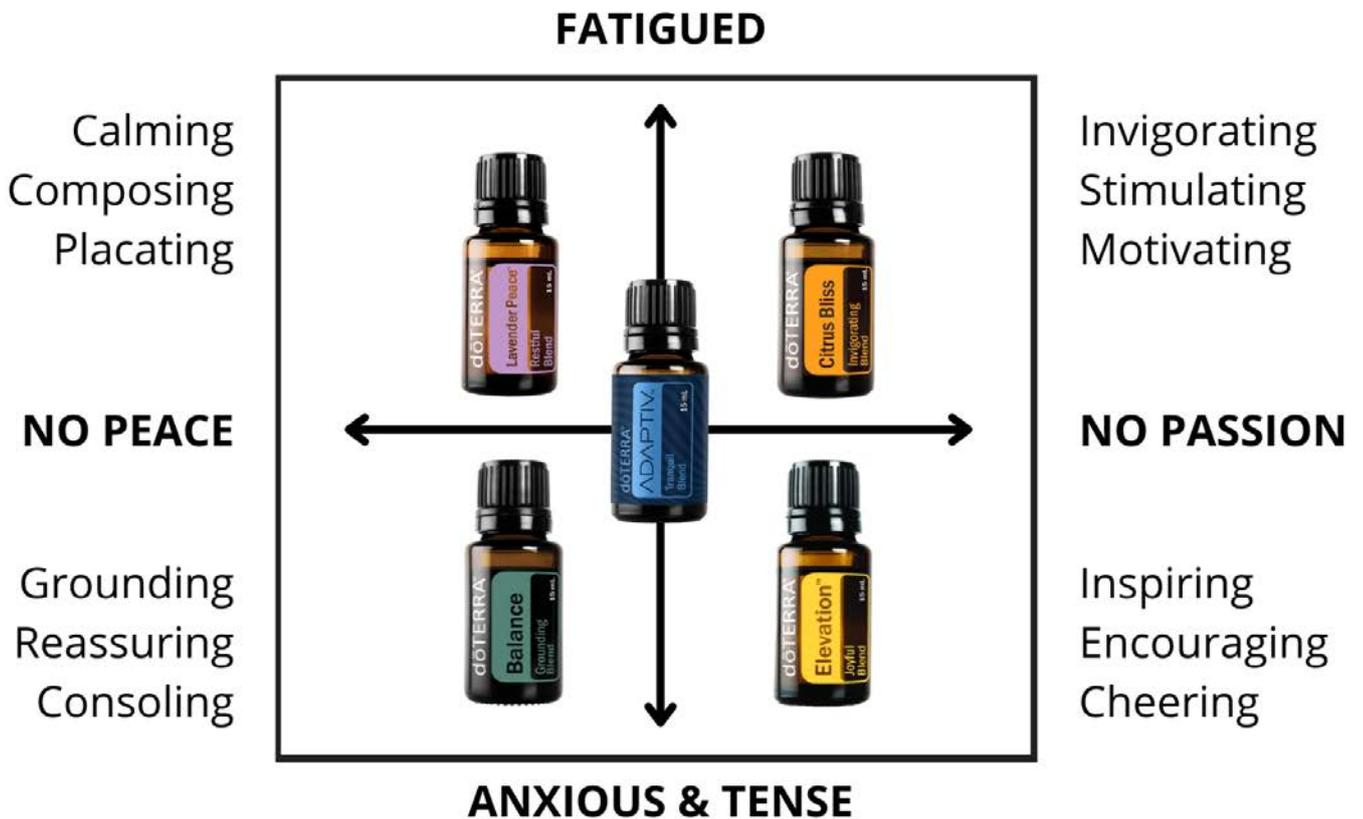
Emotional Aromatherapy Training with Laura Jacobs

<https://www.youtube.com/watch?v=DBgaQdTOLog>

Emotional Wellness Starter Pack



Before the Emotional Aromatherapy Kit was created, dōTERRA had a different system of emotional aromatherapy using the blends Elevation, Citrus Bliss, Balance and Lavender Peace (also known as Serenity) which they called the Mood Management Matrix. With the release of the wonderful Adaptiv Calming Blend, a new starter pack was created to include Adaptiv and a diffuser. This is another great kit to support for your emotional wellness journey.



The Adaptiv blend also comes in a Touch version for easy application to wrists, behind the ears and over the heart as needed and is a great one to have in the purse. Balance and Serenity are also available in Touch versions on limited release and also recommended for easy application. Balance on the feet is very grounding. Be aware of slippery feet after application.



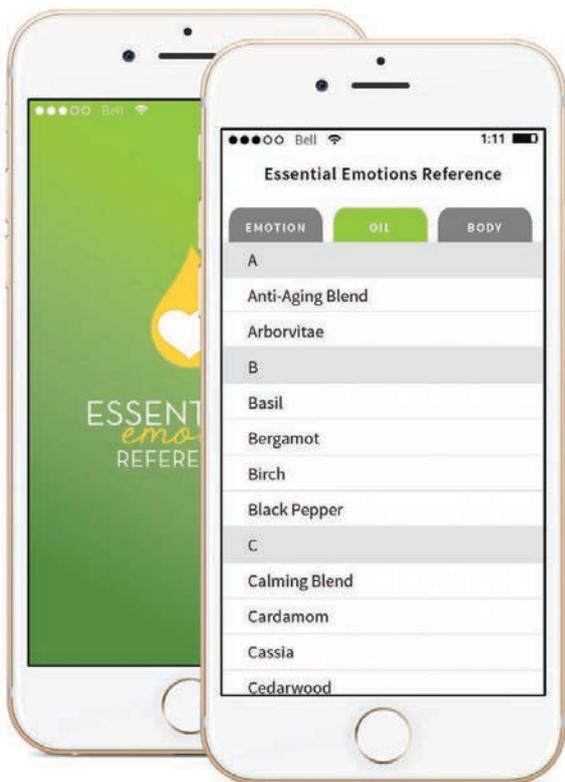
Essential Emotions

<http://essentialemotions.org/>

One of my go-to guides is the Essential Emotions app.
There is also a book and emotions wheel available.



Book and wheel: <https://essentialemotions.com/shop/>
Also available from retailers worldwide.



IOS app:

<https://apps.apple.com/us/app/essential-emotions/id1147824917>



Android app:

https://play.google.com/store/apps/details?id=com.ionicframework.mypapp930596&hl=en_US

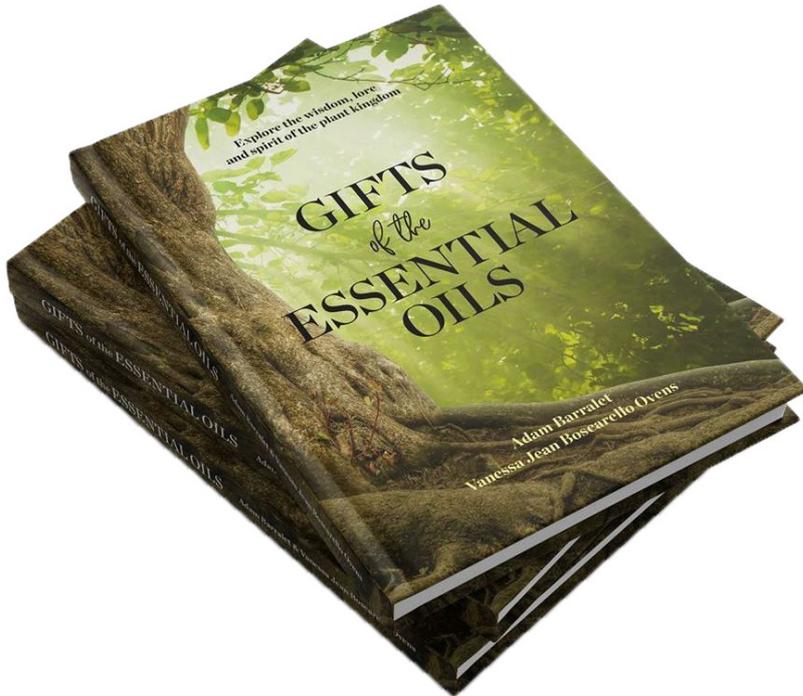
Find out more about the App here:
<http://essentialemotions.org/EEApp.htm>

www.caringforcarers.com.au

Gifts of the Essential Oils

by Adam Barralet and Vanessa Jean Boscarello Ovens

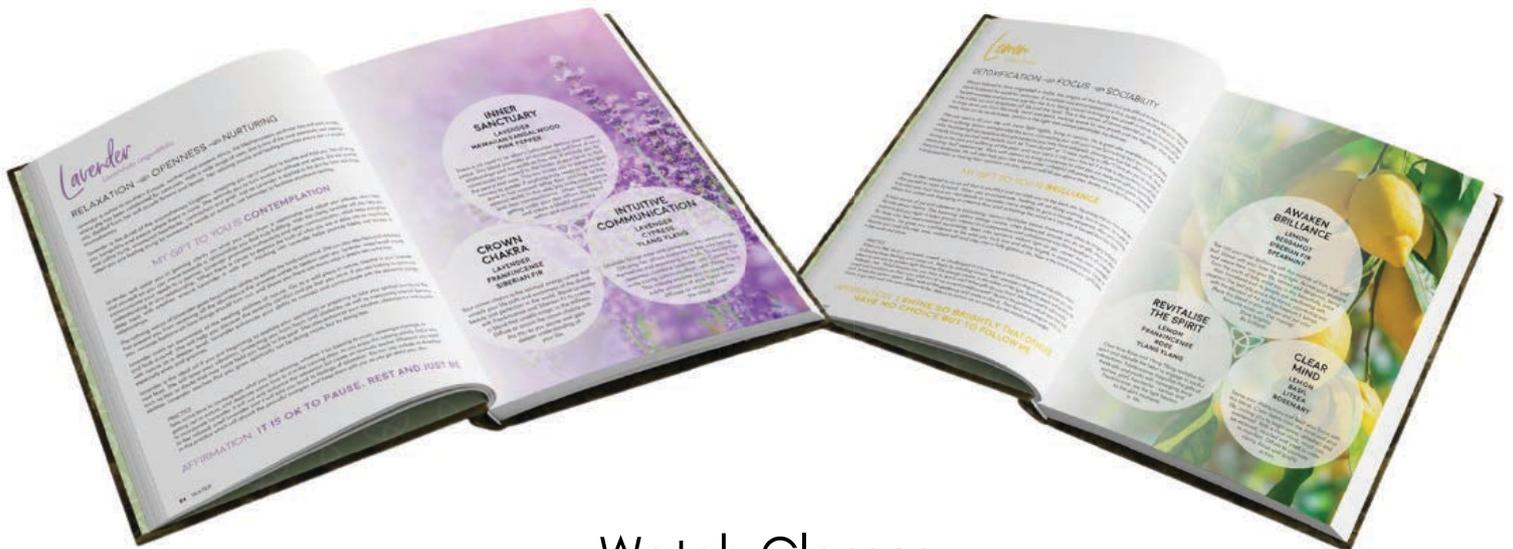
<https://www.paulandvanessajeans.com/gifts-of-the-essential-oils-book/>



This full color hardcover book explores over 100 essential oils.

The focus is on the mythological, emotional, spiritual and metaphysical aspects of each oil, as well as the plants that gift the oils.

The book also offers over 300 oil blends the reader can create at home.



Watch Classes



Masterclass

<https://vimeo.com/405855202>



Masterclass

<https://www.youtube.com/watch?v=YmajjpYRQk8>



Masterclass

<https://vimeo.com/519233945>

Vanessa Jean Boscarello Owens

<https://www.foodalchemy.com.au/>
<https://www.paulandvanessajeans.com/>

Vanessa Jean, author and transformational alchemist, has spent the past 25 years expanding and honing her knowledge base and skills in aromatherapy, public speaking, reading Akashic Records, sound therapy, meditation, retreat facilitating, and as a raw and wholefood cooking facilitator. With a personal dream as a guiding force, her dream of bringing people together, healing emotional and physical pain through sound, nutrition and aromatherapy, and giving people the gift of returning to a life of love, health of spirit, mind and body and returning to our natural state of joy has found living expression through Food Alchemy with Vanessa Jean.



Co-author of *Gifts of the Essential Oils* with Adam Barralet



Blends for diffusing, aromatic dressing, and purefume creation

<https://www.foodalchemy.com.au/aromatic-blends.html>



eBooks

<https://www.paulandvanessajeans.com/resources-ebooks/>



YouTube channel

<https://www.youtube.com/channel/UCN94HZXvttUp9dgWhAynerA>



Essential Oils for Grounding

<https://www.foodalchemy.com.au/oils-for-grounding.html>



Aromatic Dressing

<https://www.foodalchemy.com.au/aromatic-dressing.html>

Learn how to apply essential oils/blends with a carrier oil onto your body while you lovingly massage it in - giving it messages of love and acceptance. Create powerful affirmations and aromatic anchors as you use your essential oils to aromatically dress.

Adam Barralet

<https://www.adambarralet.com/>



Co-author of *Gifts of the Essential Oils* with Vanessa Jean Boscarello Ovens

Adam Barralet has been observing and living in tune with nature since childhood. Growing up amongst the bushland and wildlife of the hills in Western Australia and residing in various locations around the world has presented Adam with diverse opportunities to access extensive and eclectic teachings about the secrets of Mother Earth. He has a passionate curiosity for the messages of the plant world and adores diving into the depths of their love. He has a unique gift to simplify and personify each plant, and the essential oils they gift, to bring their individuality to life for you.

He has now established himself as one of Australia's premier spiritual teachers, adept at working with essential oils, along with crystals, animal guides, tarot, astrology and mythology. Adam's passionate, engaging and relatable style of sharing the magic of nature has helped people all around the world change their lives and reconnect with the blessing of nature's gifts. Let him help you discover the secret messages that the universe eagerly wants you to hear.



YouTube channel

<https://www.youtube.com/user/adambarralet>

Adam has over 100 essential oil videos in a playlist

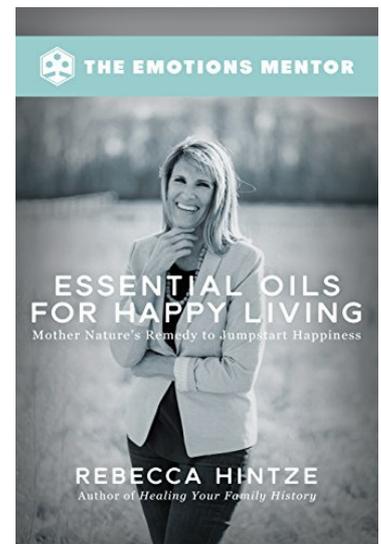
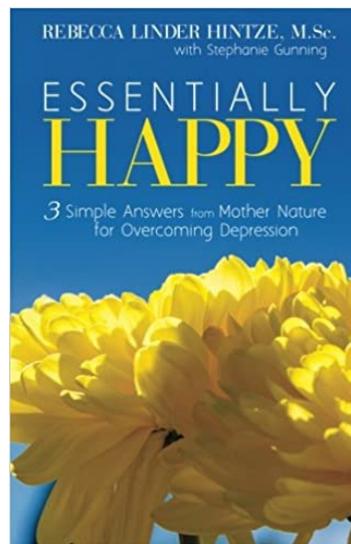
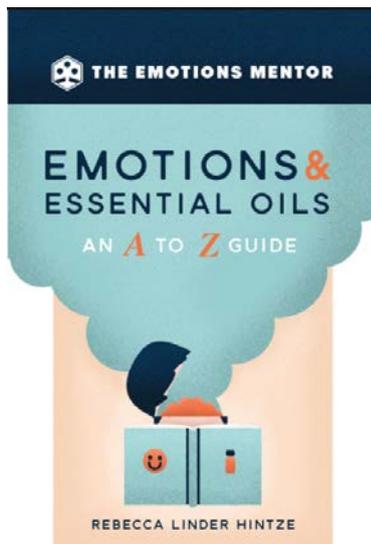
[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=u5UuqSHChF0&list=PLrtej7ItlkAz5NZFaNon6Ji6ilRirN-Gv)

[v=u5UuqSHChF0&list=PLrtej7ItlkAz5NZFaNon6Ji6ilRirN-Gv](https://www.youtube.com/watch?v=u5UuqSHChF0&list=PLrtej7ItlkAz5NZFaNon6Ji6ilRirN-Gv)

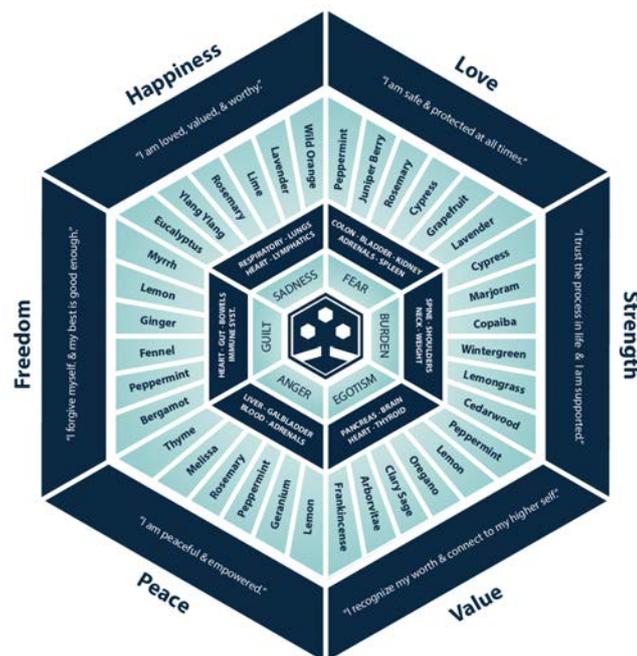
Rebecca Hintze

<https://www.rebeccahintze.com/>
and <https://www.emotionsmentor.com/>

Rebecca Hintze, M.Sc. is a mental health specialist, bestselling author and speaker. She's considered an expert on natural solutions for mood. She also specializes in family issues and is an instructor of emotional intelligence for families and individuals.



Courses: <https://www.rebeccahintze.com/new-courses/>



Emotions Mentor Wheel

<https://www.rebeccahintze.com/emotions-mentor-wheel/>
also available at: <https://www.emotionsmentor.com/emotions-mentor-wheel/>
www.caringforcareers.com.au

Elisabeth Ashley

- The Secret Healer

<https://www.thesecrethealer.co.uk/>

Shop: <https://www.thesecrethealer.co.uk/shop>



Elisabeth's credentials are mighty! Check them out [here](#).

You can access her content through the shop or via Amazon. She has a free book on Kindle called **The Complete Guide to Clinical Aromatherapy and Essential Oils of The Physical Body: Essential Oils for Beginners** (The Secret Healer Book 1) which you can find [here](#). While not specifically about emotions, it's a great guide to essential oils for beginners.

Other titles you might like to check out are:

Essential Oils for The Mind Body Spirit: The Holistic Medicine of Clinical Aromatherapy.

(The Secret Healer Book 2) Kindle edition

The Professional Stress Solution: Essential Oils, Aromatherapy and Holistic Healing Stress Management Techniques for The Professional Aromatherapist

(The Secret Healer Book 4) Kindle edition

There are also many other books available.

Elisabeth regularly contributes articles to **Aromatika Magazine**.



Elisabeth has two YouTube channels:

- **List of Essential Oils and Their Uses**
- **Tongue of the Trees How To Use Essential Oils for Aromatherapy** (with Gergely Hollodi)



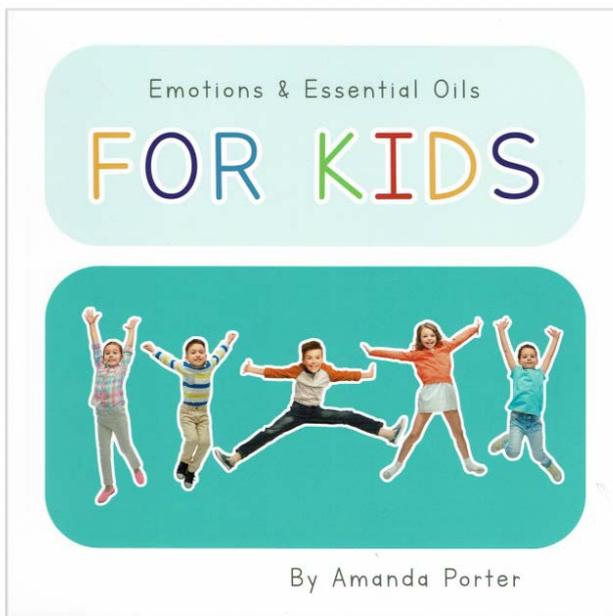
Emotions & Essential Oils for Kids

by Amanda Porter

www.kidemotions.com

Amanda Porter is a professionally-trained facilitator in emotional healing and author of the best-selling book on essential oils for emotional healing, Emotions & Essential Oils. Emotions & Essential Oils was first published in 2012 by Enlighten Healing and sold over half a million copies worldwide, with 7 editions in total. Note: this changed hands and became Essential Emotions (see below for details).

Amanda has written a book about essential oil use and emotions for kids, based around the dōTERRA Kid's Collection.



A specially collated selection of oils designed for use by kids and adults alike.

These blends are all in a base of Fractionated Coconut Oil in a handy to use roll on applicator.

- doTERRA Thinker®
- doTERRA Rescuer®
- doTERRA Brave®
- doTERRA Calmer®
- doTERRA Stronger®
- doTERRA Steady®
- dōTERRA Tamer®

Collection may differ by country.



Watch **Emotions and Essential Oils for Kids**

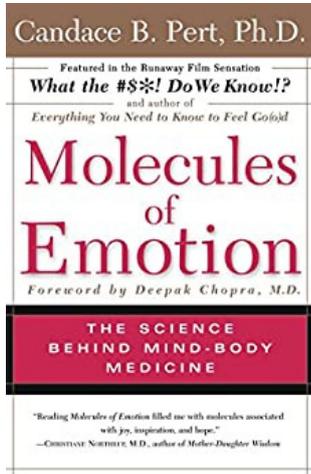
with Vanessa Jean Boscarello Ovens and Amanda Porter

<https://www.youtube.com/watch?v=Gd2ZT0Ymwg8>

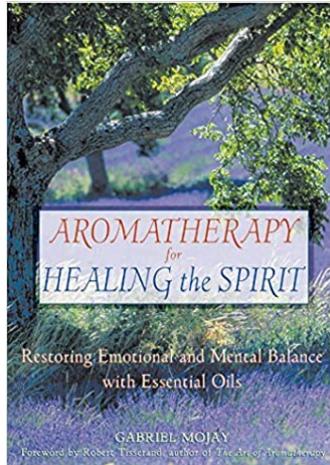
www.caringforcarers.com.au

Books

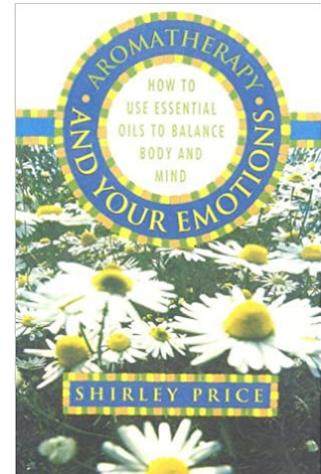
Check your favourite book reseller for these books.



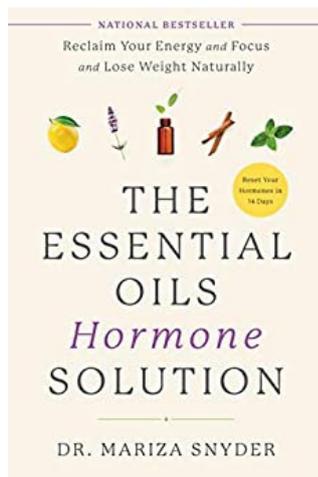
Molecules of Emotion
Candace B. Pert



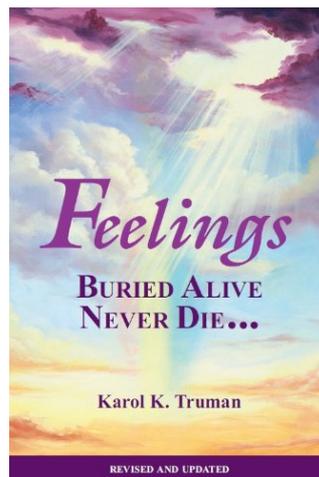
Aromatherapy for Healing the Spirit
Gabriel Mojay



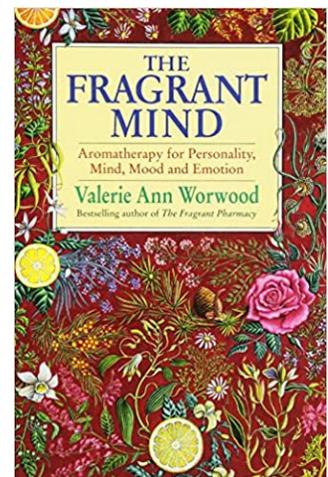
Aromatherapy and Your Emotions
Shirley Price



The Essential Oils Hormone Solution
Dr Mariza Snyder



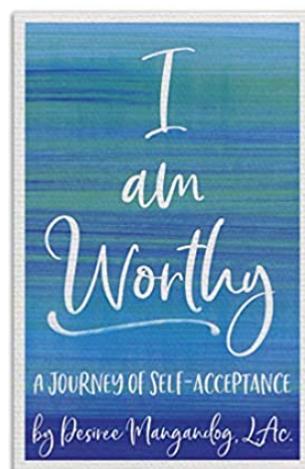
Feelings Buried Alive Never Die...
Karol K. Truman



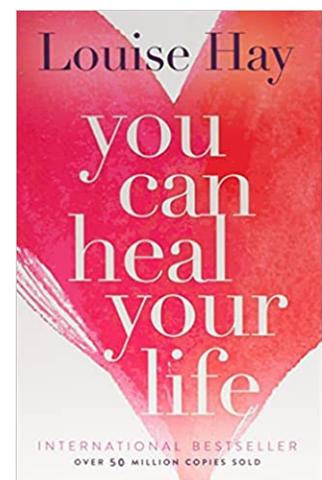
The Fragrant Mind
Valerie Ann Worwood



I am Fabulous
Desiree Mangandog



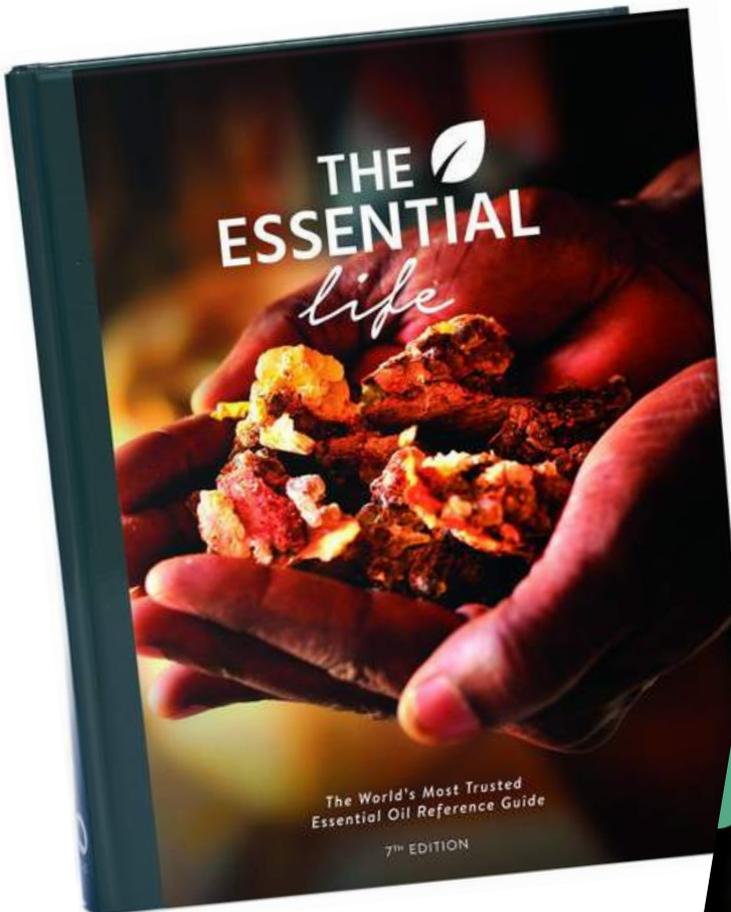
I am Worthy
Desiree Mangandog



You Can Heal Your Life
Louise Hay

The Essential Life

<https://essentiallife.com/>



<https://www.oillife.com/products/essential-life-book-7th-edition>



The Essential Life - Oil Guide

by Total Wellness Media

<https://apps.apple.com/gb/app/my-essential-life/id1434661865>

www.caringforcarers.com.au

Videos

Emotional Aromatherapy Webinar with Amanda Porter and Laura Jacobs

<https://www.youtube.com/watch?v=1mWPDAHg0E>

Emotional Healing with doTERRA Essential Oils with Daniel McDonald

<https://vimeo.com/groups/258551/videos/30193924>

(Original Co-author of the Emotions & Essential Oils book. This book morphed into Essential Emotions under another company.)

Essential Emotions Training with Natalie Goddard

<https://www.youtube.com/watch?v=BxFeZhYfNbo>

Emotional Aromatherapy with Nicole Stevens

<https://www.doterra.com/US/en/emotional-aromatherapy-nicole-stevens>

Emotional Health and Essential Oils

https://www.youtube.com/watch?v=zK8m7No_FiA

Emotions and Essential Oils for Kids with Vanessa Jean Boscarello Ovens and Amanda Porter

<https://www.youtube.com/watch?v=Gd2ZT0Ymwg8>

Vanessa Jean and Cherie Burton Emotional Aromatherapy May 2016

<https://www.youtube.com/watch?v=IBc9R4dntaQ>

Share Success - Essential Emotions Training

<https://www.facebook.com/shareoilssuccess/videos/1211264648956039>

List of Essential Oils and Their Uses

Elizabeth Ashley (- the Secret Healer)
Clinical Aromatherapist



The Secret
HEALER

YouTube channel: <https://www.youtube.com/channel/UCJ13vExZBtHD9zXkzIPdHw>

Playlist - Essential Oils for Mental Health

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=_OKeZ0t5Avs&list=PL4UsgsyLFOOQawtZvgLmRGIQclrfmb71z)

[v=_OKeZ0t5Avs&list=PL4UsgsyLFOOQawtZvgLmRGIQclrfmb71z](https://www.youtube.com/watch?v=_OKeZ0t5Avs&list=PL4UsgsyLFOOQawtZvgLmRGIQclrfmb71z)

What Essential Oils Are Good for Anxiety? [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=_OKeZ0t5Avs&t=1602s)

[v=_OKeZ0t5Avs&t=1602s](https://www.youtube.com/watch?v=_OKeZ0t5Avs&t=1602s)

Do Essential Oils Really Work (For Anxiety and Depression?)

<https://www.youtube.com/watch?v=uLECGN-gho0&t=27s>

Essential Oils for Mental Health

<https://www.youtube.com/watch?v=FAD6wv2-cwU&t=24s>

Essential Oils for PTSD

<https://www.youtube.com/watch?v=kUASwGt570I&t=20s>

Essential Oils for Stress and Anxiety

<https://www.youtube.com/watch?v=evyRzhXuPzc&t=25s>

Essential Oils for Anxiety and Depression

<https://www.youtube.com/watch?v=Yd-jKxDSEIY&t=1s>

Essential Oils for Grief

<https://www.youtube.com/watch?v=tBBtbUv9q6c>

The Best Essential Oils for Depression According to A Clinical Aromatherapist

<https://www.youtube.com/watch?v=3BDBMZejtQA&t=27s>

TONGUE OF THE TREES

Elizabeth Ashley and Gergely Hollodi

How To Use Essential Oils for Aromatherapy

<https://www.youtube.com/channel/UCAvFOaP9XDzcHTmyLUQ4Mlw>

The Tongue of the Trees YouTube channel contains a wealth of detailed information on essential oils and their uses for physical and emotional health.

The Tongue of the Trees Aromatherapy Oracle Cards with booklet are a fun resource.

Tongue of the Trees Aromatherapy Oracle Cards

https://tongueofthetrees.com/about-the-cards1585408909121?mc_cid=6298a2dbff&mc_eid=%5B3064f8418e%5D



Mobile Apps



Essential Emotions

by Essential Emotions LLC

<https://apps.apple.com/au/app/essential-emotions/id1147824917>



EoEbooks

by Essentials of The Earth LLC

<https://apps.apple.com/au/app/id1264769388>



The Essential Life - Oil Guide

by Total Wellness Media

<https://apps.apple.com/gb/app/my-essential-life/id1434661865>

Finally...

Essential oils are potent allies in our emotional wellness. But, they are not the only consideration. They are one but one piece of the puzzle. I would also suggest you check out:

- Your gut health. Are you eating healthy food? Is your food nutritious, wholesome, seasonal and organic?
- Do you have other health issues that should be investigated by your medical provider that may be causing emotional concerns?
- Eat mindfully and slowly and give thanks for the food you are consuming
- Drink plenty of good quality water. Tea and coffee don't count towards a healthy water intake!
- Consider a mindfulness practice:
 - Yoga
 - Walking meditation
 - Meditation in general
 - A practice of gratitude all day, every day
 - Being in nature
 - Journalling
 - Art and craft
 - Socializing with friends and family



I also have many other suggestions on my [Caring for Carers](http://www.caringforcarers.com.au) website.

Disclaimer

I am not, nor am I holding myself out to be a doctor/physician, nurse, physician's assistant, advanced practice nurse, or any other medical professional ("Medical Provider"), psychiatrist, psychologist, therapist, counsellor, or social worker ("Mental Health Provider"), registered dietician or licensed nutritionist, or member of the clergy. I am not providing health care, medical or nutritional therapy services, or attempting to diagnose, treat, prevent, or cure any physical, mental or emotional issue, disease or condition. The information provided in this eBook is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider. Always seek the advice of your own Medical Provider and/or Mental Health Provider regarding any questions or concerns you have about using essential oils for your emotional health. Do not disregard medical advice or delay seeking medical advice because of information you have read in this eBook or the links provided. Do not start or stop taking any medications without speaking to your own Medical Provider or Mental Health Provider.

Every effort has been made to accurately portray information in this eBook. However, due to the ever-changing nature of the internet and the evolution of dōTERRA, some links may change. If in doubt, please contact your dōTERRA member services. eBook created October 2021.