




# Emotional Aromatherapy

YOUR EMOTIONS & ESSENTIAL OILS RESOURCE GUIDE

A woman with long, wavy hair is shown from the side, wearing a white crocheted hat. She is holding a daisy flower close to her nose, appearing to smell it. The background is a field of many daisies, and the lighting is bright and warm, suggesting a sunny day. The overall mood is peaceful and nostalgic.

*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

**CP**TG

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



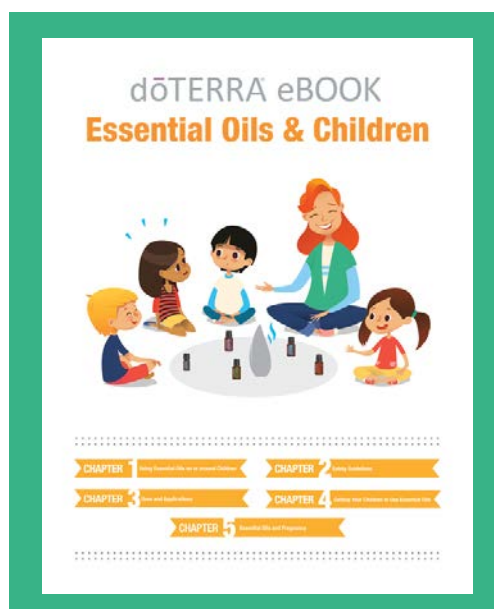
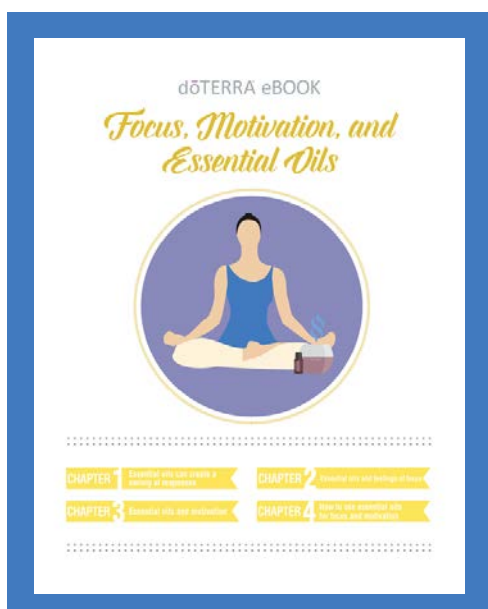
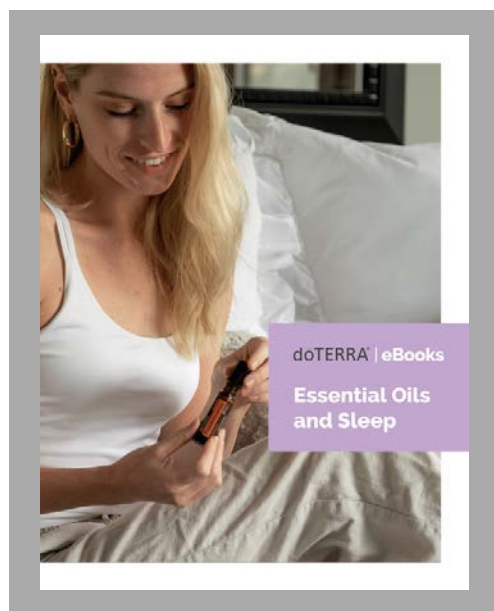
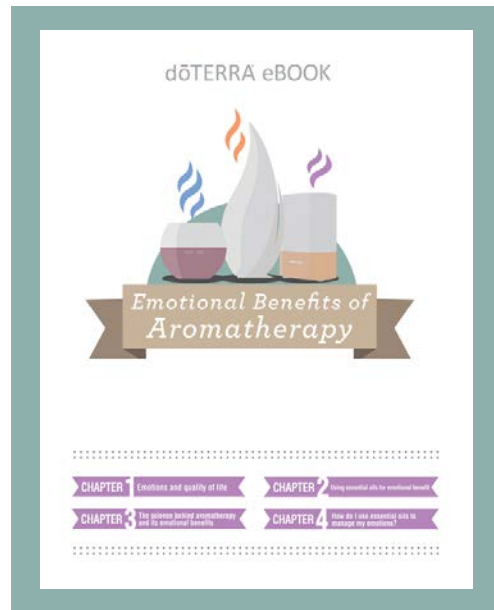
## Emotional Wellness Starter Pack



## Kid's Collection Great for kids and adults!

# dōTERRA eBooks

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



# 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, and Anxious. The center of the wheel features a stylized flower logo. Surrounding the wheel are six product descriptions, each with a small image of the product bottle:

- MOTIVATE®**  
Encouraging Blend  
Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.
- PEACE®**  
Reassuring Blend  
Support feelings of reassurance and composure, and return to peace and presence.
- CHEER®**  
Uplifting Blend  
Create a bright disposition, cheerful attitude, and boost happiness and positivity.
- PASSION®**  
Inspiring Blend  
Rekindle excitement and inspire the willingness to take risks and make new discoveries.
- FORGIVE®**  
Renewing Blend  
Release anger and guilt; move forward feeling relieved and renewed.
- 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>

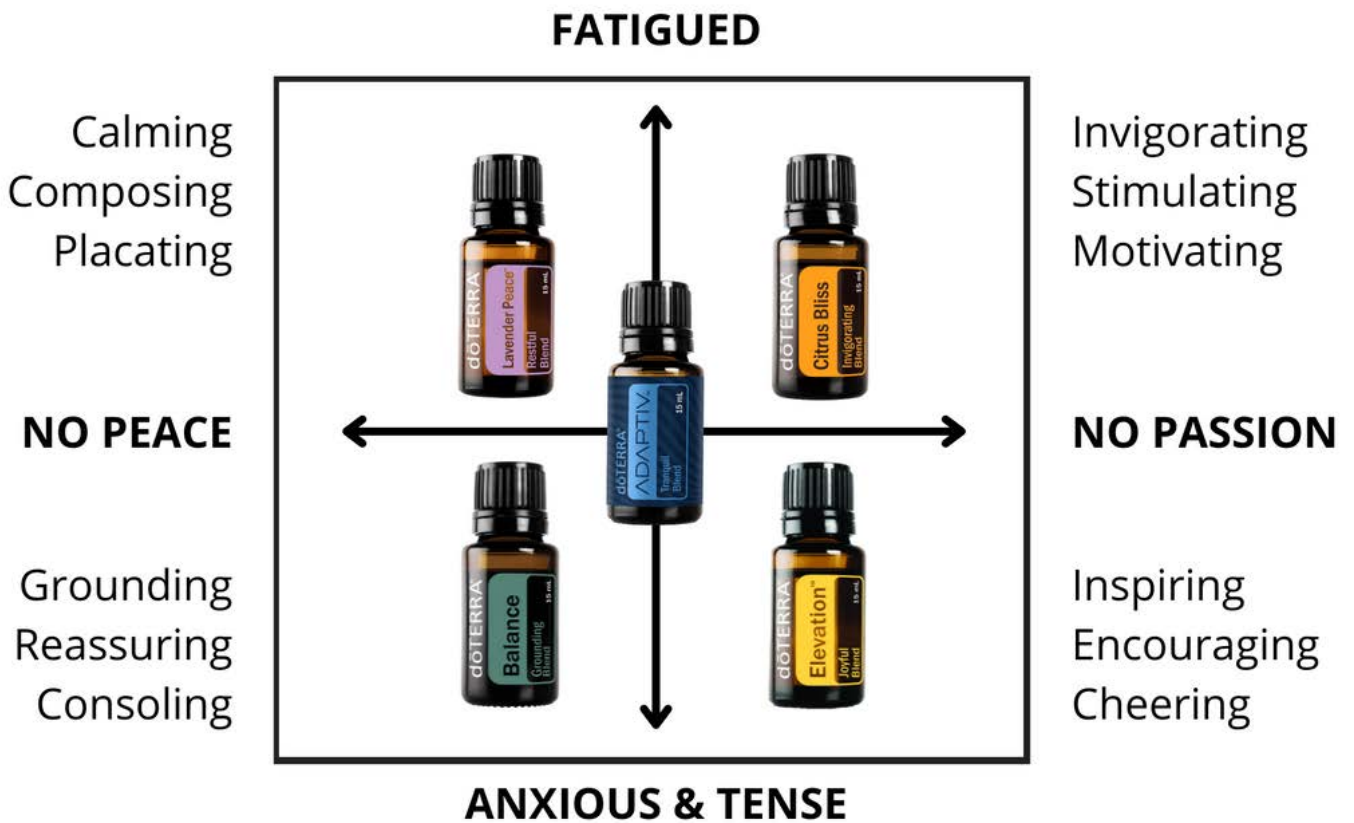
## Emotional Aromatherapy Training with Laura Jacobs

<https://www.youtube.com/watch?v=DBgaQdT0Log>

# Emotional Wellness Starter Pack



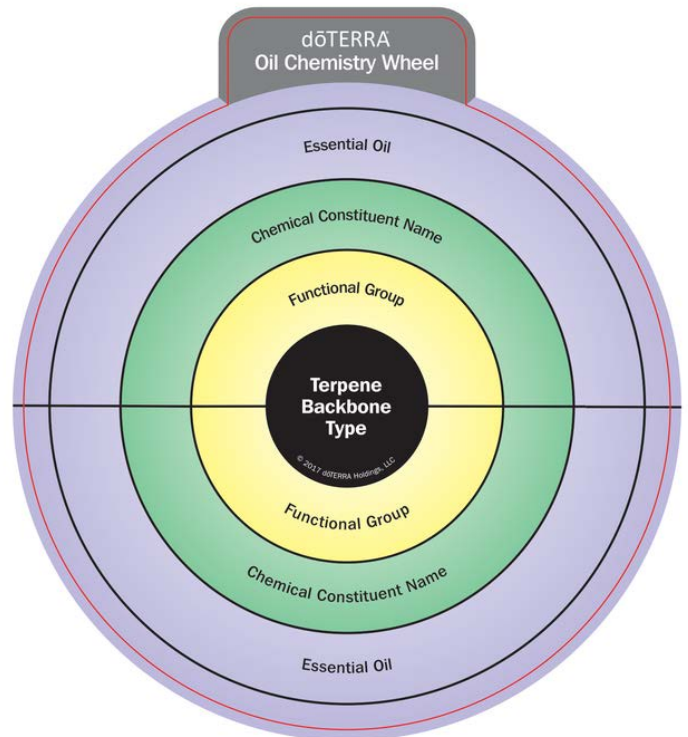
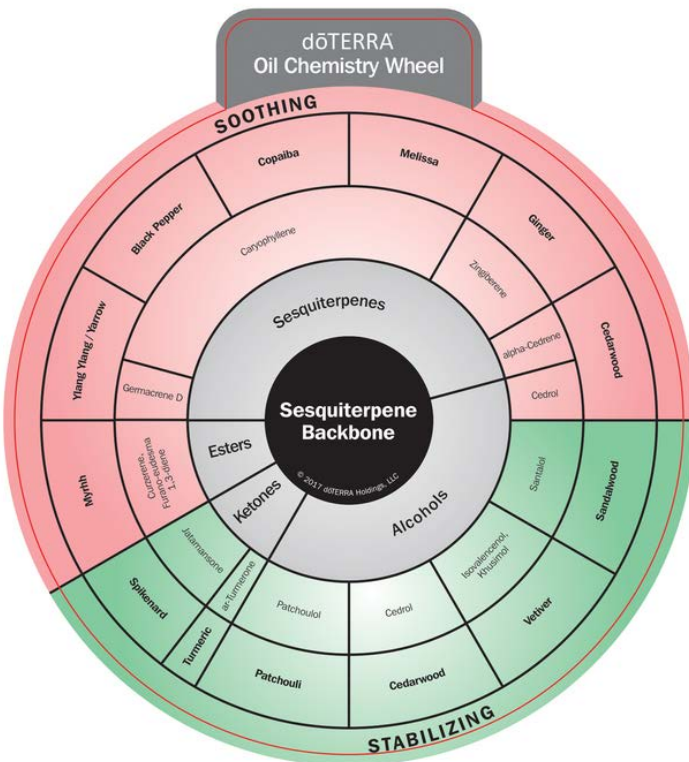
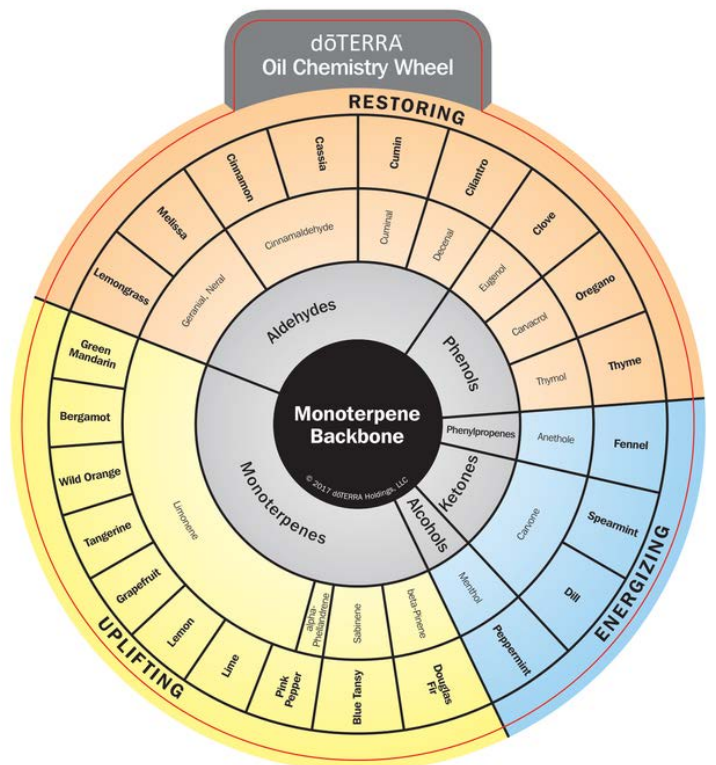
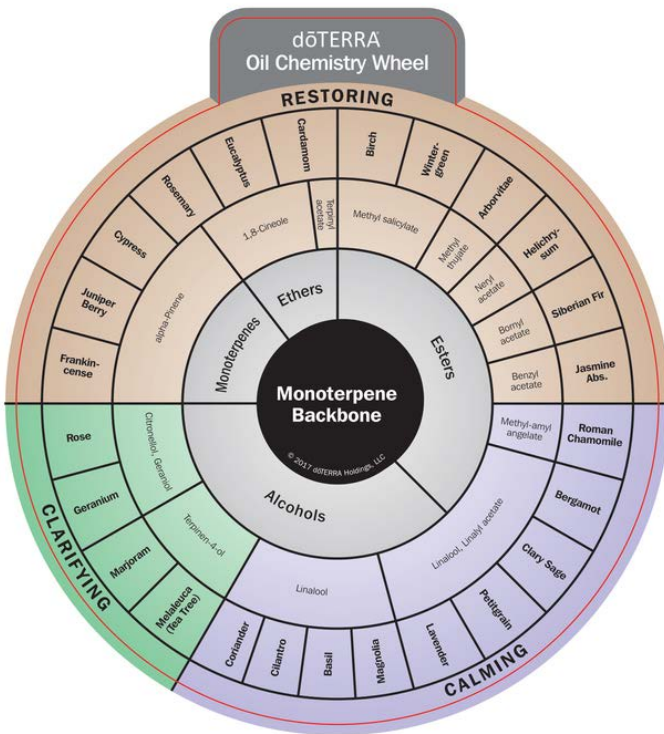
Before the Emotional Aromatherapy Kit was created, dōTERRA had a different system of emotional aromatherapy using the blends Elevation, Citrus Bliss, Balance and Lavender Peace (also known as Serenity) which they called the Mood Management Matrix. With the release of the wonderful Adaptiv Calming Blend, 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.



# dōTERRA Oil Chemistry Wheel



**Download here:**

<https://media.doterra.com/us/en/flyers/oil-properties-wheel.pdf>



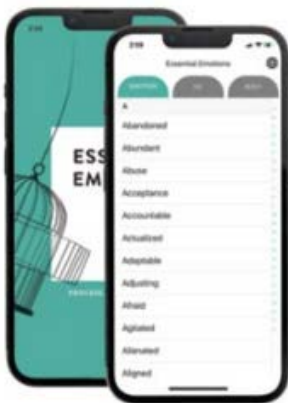
# Essential Emotions

<https://essentialemotions.com/>

One of my go-to guides is the Essential Emotions book and app.



Learn how to use  
the Essential  
Emotions book  
here:



**IOS app:**

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

**Android app:**

[https://play.google.com/store/apps/details?id=com.ionicframework.myapp930596&hl=en\\_US&pli=1](https://play.google.com/store/apps/details?id=com.ionicframework.myapp930596&hl=en_US&pli=1)

Find out more about the App here:  
<https://essentialemotions.com/App/>

# Essential Emotions

<https://essentialemotions.com/>

Check out the other products available at <https://essentialemotions.com/shop/>

## Emotions Wheel



## Feelings Guide



## Oil Insight Cards



# Essential Emotions

<https://essentialemotions.com/>

The Essential Emotions team have developed a process called Emotional Breakthrough.

You can download the free worksheet here:  
<https://essentialemotions.com/breakthrough/>



Watch the Emotional Breakthrough process in action

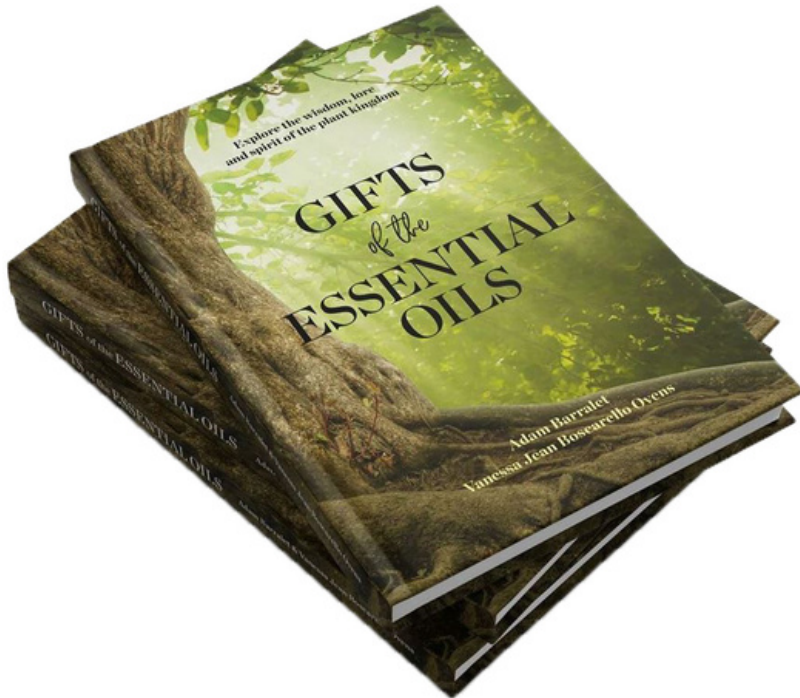


[www.caringforcareers.com.au](http://www.caringforcareers.com.au)

# Gifts of the Essential Oils

by Adam Barralet and Vanessa Jean Boscarello Ovens

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



The second edition 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.



The Companion Cards deck containing 119 full-colour cards features every essential oil found in the newly updated 'The Gifts of the Essential Oils' book.

Each double-sided card features a full-colour photo of the each essential oil plant along with the accompanying gift, key words, affirmation and elemental symbol.

## 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

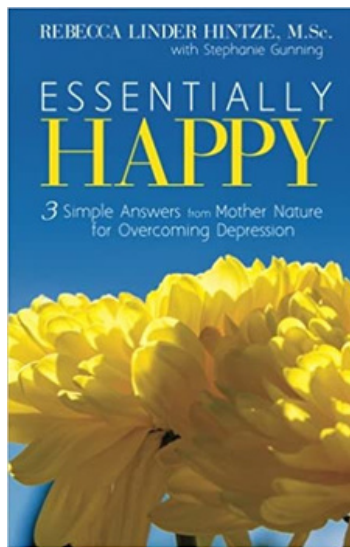
[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=u5UuqSHChF0&list=PLrtej7ItlkAz5NZFaNon6Ji6ilRirN-Gv)

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

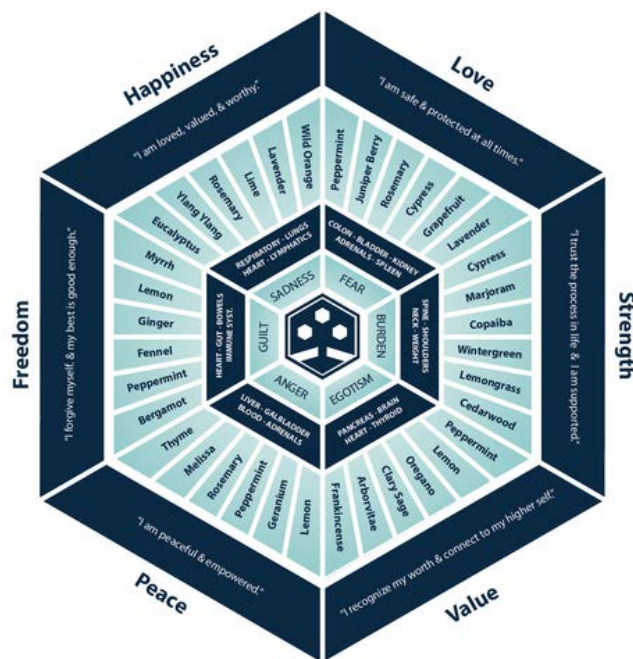
# Rebecca Hintze

<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](http://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)





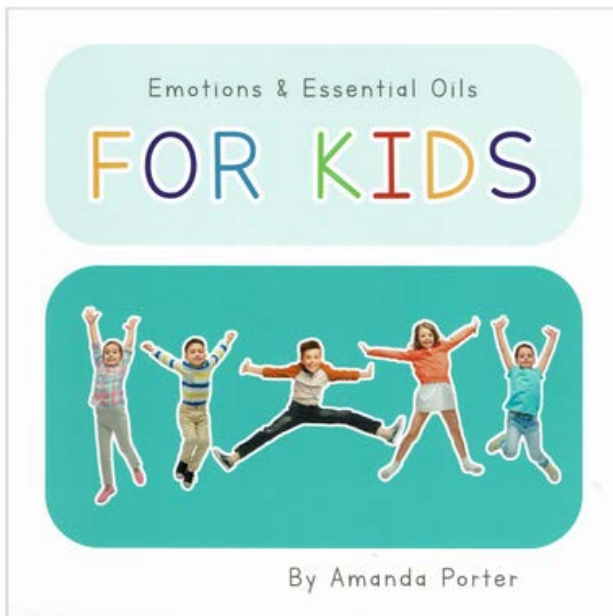
# Emotions & Essential Oils for Kids

by Amanda Porter

[www.kidemotions.com](http://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.

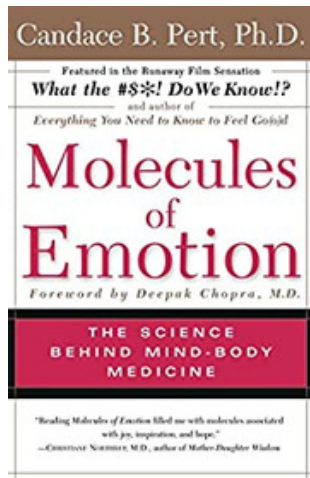


Watch **Emotions and Essential Oils for Kids** with Vanessa Jean Boscarello Ovens and Amanda Porter  
<https://www.youtube.com/watch?v=Gd2ZT0Ymwg8>

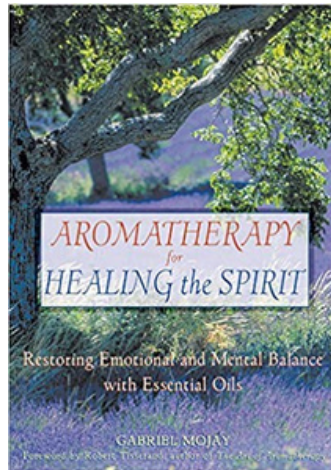
[www.caringforcarers.com.au](http://www.caringforcarers.com.au)

# Books

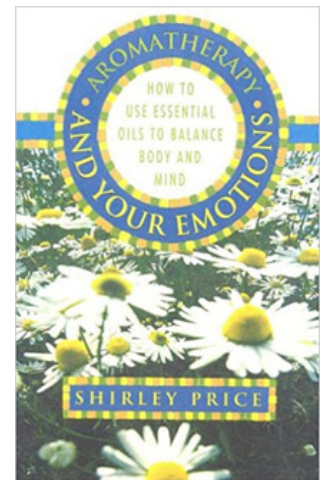
Check your favourite book reseller for these books.



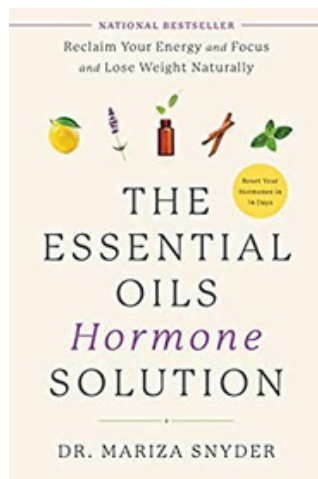
Molecules of Emotion  
Candace B. Pert



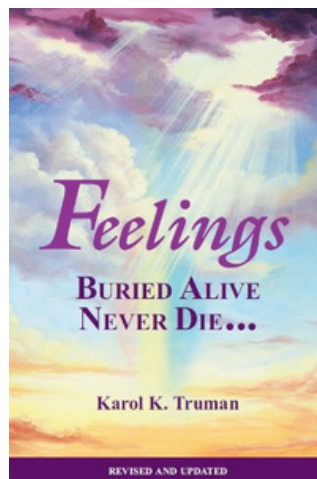
Aromatherapy for Healing the Spirit  
Gabriel Mojay



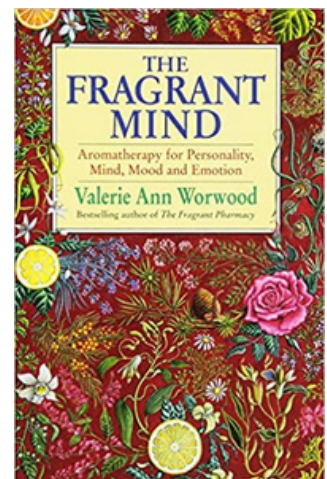
Aromatherapy and Your Emotions  
Shirley Price



The Essential Oils Hormone Solution  
Dr Mariza Snyder



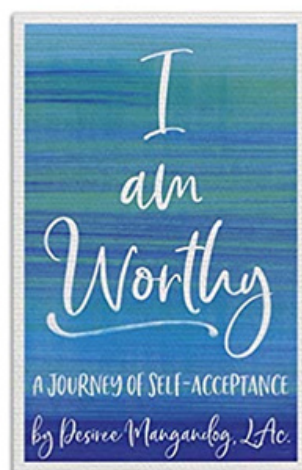
Feelings Buried Alive Never Die...  
Karol K. Truman



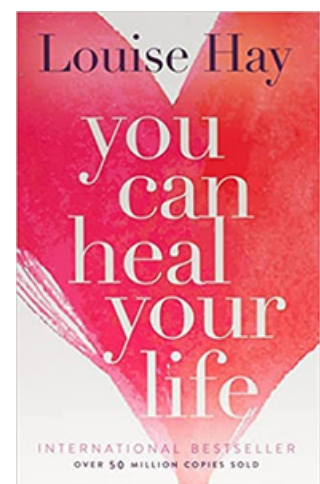
The Fragrant Mind  
Valerie Ann Worwood



I am Fabulous  
Desiree Mangandog



I am Worthy  
Desiree Mangandog



You Can Heal Your Life  
Louise Hay

# The Essential Life

<https://essentiallife.com/>



## The Essential Life - Oil Guide

by Total Wellness Media

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

[www.caringforcarers.com.au](http://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](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=Gd2ZT0Ymwig8>

## **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>

# The Secret Healer

## Elizabeth Ashley



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](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**

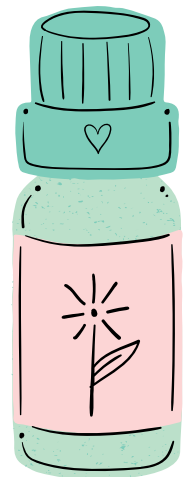
by Total Wellness Media

<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 March 2023.