



Emotional Aromatherapy Resources



Emotional Aromatherapy Resources

This is by no means the definitive answer to resources to address the emotional aromatherapy.

It represents resources that you may find useful as you explore this important field.


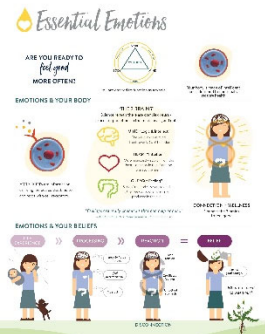



(Tracy Stoves, Virtual Assistant to Vanessa Jean and Paul Ovens)



Websites

	<p>dōTERRA official website https://www.doterra.com/US/en</p> <ul style="list-style-type: none"> ebooks and digital ebooks https://www.doterra.com/US/en dōTERRA Training – “Empowered Success” <ul style="list-style-type: none"> https://www.doterra.com/US/en/empowered-success Essential Emotions Class Handout https://www.doterra.com/US/en/empowered-success/essential-emotions Founding member profiles, company story Resources: photos, video, fact sheets Product information Co-impact sourcing, CPTG quality testing Address and phone details of all offices around the world with access to each country’s main website (Australia = www.doterraeveryday.com.au) Essential Wellness Education https://www.doterra.com/US/en/essential-wellness-education
	<p>Emotional Benefits Aromatherapy ebook by dōTERRA http://media.doterra.com/us/en/ebooks/emotional-aromatherapy.pdf</p>
	<p>dōTERRA Empowered Life Series https://www.doterra.com/US/en/empowered-life-series</p> <ul style="list-style-type: none"> Mood and Emotional Health – February 2017 https://www.doterra.com/US/en/empowered-life-series-mood-and-emotional-health Mind over Matter – August 2018 https://www.doterra.com/US/en/empowered-life-series-mind-over-matter Also check other series

	<p>dōTERRA Products Blog https://www.doterra.com/US/en/blog-products</p> <ul style="list-style-type: none"> • Living magazine • Do-it-yourself oil projects • Food recipes • Blog articles on oils • Emotional Aromatherapy: Psychology meets Chemistry https://www.doterra.com/US/en/blog/science-safety-physiology-emotional-aromatherapy-psychology-meets-chemistry • Emotions – Science for Kids https://www.doterra.com/US/en/blog/science-for-kids-emotions • Emotional Aromatherapy with Nicole Stevens https://www.doterra.com/US/en/emotional-aromatherapy-nicole-stevens <ul style="list-style-type: none"> ○ Download Presentation ○ Emotional Aromatherapy Brochure ○ dōTERRA Emotional Aromatherapy™ System ○ dōTERRA Emotional Aromatherapy™ Touch ○ Oil Properties Wheel
	<p>dōTERRA Science Blog https://www.doterra.com/US/en/blog-science Launched in October 2015 by dōTERRA to bring compliant science articles to Wellness Advocates</p>
	<p>AromaTouch Technique by dōTERRA https://www.doterra.com/US/en/aromatouch-technique</p> <p>Also check out https://www.aromatouch.com/#/aromaTouchTechnique/ATTResources</p>
	<p>Aromatic Science http://www.aromaticscience.com/</p> <p>The main RESEARCH and SCIENTIFIC site</p> <ul style="list-style-type: none"> • The Definitive Source on essential oil science • Research, education, professional forum
	<p>dōTERRA Chemistry Wheel</p> <p>Reference: https://www.doterra.com/US/en/blog/science-research-news-doterra-oil-chemistry-wheel</p>
	<p>Emotional Aromatherapy Booklet by dōTERRA http://media.doterra.com/us/en/brochures/emotional-aromatherapy.pdf</p>

	<p>Essential Emotions http://www.essentialemotions.org/</p> <p>Collaboration with doTERRA powerhouses: Cherie Burton, Natalie Goddard, Robin Jones, Stacy Russon & Jenny Swim</p> <ul style="list-style-type: none"> • Essential Emotions AU handout http://www.essentialemotions.org/wp-content/uploads/2017/06/EmotionHandout_60617_AU.pdf • Essential Emotions General handout http://www.essentialemotions.org/wp-content/uploads/2016/11/essential-emotions-handout.pdf • Essential Emotions PowerPoint • Essential Emotions Teacher's Script • Video https://m.facebook.com/story.php?story_fbid=1211264648956039&id=102050813210767
	<p>Essential Emotions Class Handout – from the Essential Emotions website https://www.doterra.com/US/en/empowered-success-essential-emotions</p>
	<p>Food Alchemy with Vanessa Jean http://www.foodalchemy.com.au/</p> <ul style="list-style-type: none"> • Blends http://www.foodalchemy.com.au/aromatic-blends.html • Aromatic Dressing http://www.foodalchemy.com.au/aromatic-dressing.html • YouTube channel https://www.youtube.com/channel/UCN94HZXvtUp9dqWhAynerA/videos
	<p>Emotions Mentor by Rebecca Hintze http://www.emotionsmentor.com/</p> <p>A centre for continuing education in the field of psychology.</p> <ul style="list-style-type: none"> • On-line courses • Events • Books • Blog
	<p>Enlighten Healing</p> <ul style="list-style-type: none"> • Website https://www.enlightenhealing.com/ • YouTube channel https://www.youtube.com/channel/UC7W6iwkrHRE4mVNVnphBo8A <p>Inner Voice Healing http://innervoicehealing.com/</p>

	<p>Aromatools (USA) https://www.aromatools.com/</p> <ul style="list-style-type: none"> • Modern Essentials book • Emotions & Essential Oils book • Books and media • Diffusers • Cases and displays • Containers • Business tools • Kits, capsules, accessories <p>Aromatools (Australia) https://au.aromatools.com/</p>
<p>Oil Life</p>	<p>Oil Life (USA) https://www.oillife.com/</p> <p>Oil Life Australia https://australia.oillife.com/</p> <ul style="list-style-type: none"> • Essential Life book • Emotions & Essential Oils book
<p>Essential Oil Supplies (UK)</p>	<p>Essential Oil Supplies (UK) https://www.essentialoilsupplies.co.uk/</p>



Other Products



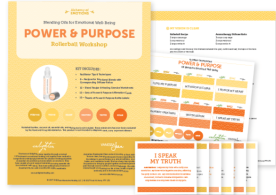
Ease & Grace: Blending Oils for Emotional Well-Being, ROLLERBALL WORKSHOP KIT

Designed by Vanessa Jean Boscarello Ovens and Amanda Porter (Enlighten Healing)
<https://www.shantistar.com.au/product/ease-grace-vanessa-jean-amanda-porter/>

<https://australia.oillife.com/products/ease-grace-rollerball-workshop?variant=5125034344475>

<https://www.essentialoilsupplies.co.uk/product/ease-grace-blending-oils-emotional-well-rollerball-workshop-kit/>

Also available through AromaTools (US) and Oil Life (US)



Power & Purpose: Blending Oils for Emotional Well-Being, ROLLERBALL WORKSHOP KIT

Designed by Vanessa Jean Boscarello Ovens and Amanda Porter (Enlighten Healing)
<https://www.shantistar.com.au/product/power-purpose-vanessa-jean-amanda-porter/>

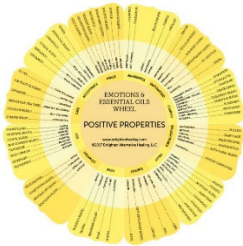
<https://australia.oillife.com/products/power-purpose-rollerball-workshop?variant=5125034901531>

<https://www.essentialoilsupplies.co.uk/product/power-purpose-blending-oils-emotional-well-rollerball-workshop-kit-copy/> (UK)

Check out the video on this kit Amanda Porter and Vanessa Jean - Power and Purpose Rollerball Kit

<https://www.youtube.com/watch?v=W93uoKbDHRw>

Also available through AromaTools (US) and Oil Life (US).



Emotions & Essential Oils Wheel

<https://www.enlightenhealing.com/shop/new-emotions-essential-oils-wheel/>

Recognizing the Emotional Root to your Physical Ailment


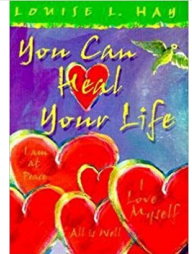
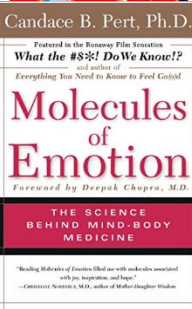

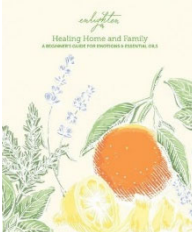
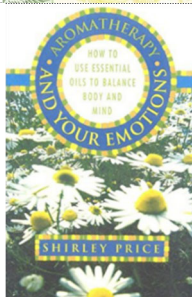
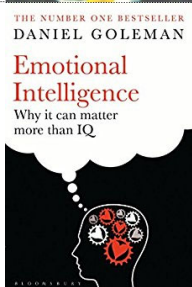
Emotional Root	Physical Ailment	Suggested Essential Oils	Essential Oils to Avoid
Love	Joint Pain	Ylang Ylang, Rose, Neroli, Sandalwood	Peppermint
Trust	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Self-love	Headaches	Peppermint, Eucalyptus, Citrus	Peppermint
Confidence	Stress	Ylang Ylang, Rose, Neroli, Sandalwood	Peppermint
Respect	Respiratory Issues	Peppermint, Eucalyptus, Citrus	Peppermint
Power	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Peace	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Freedom	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Security	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Success	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Health	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Wisdom	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Balance	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Harmony	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Unity	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Peace	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint
Love	Stomach Issues	Clary Sage, Lavender, Roman Chamomile, Bergamot	Peppermint


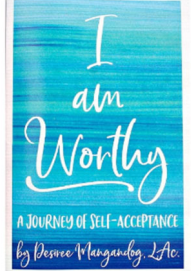
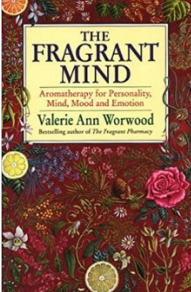
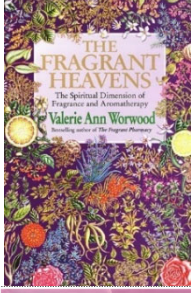

Recognising Emotional Root to your Physical Ailment by Natalie Goddard with Quinn Curtis (search the internet for this PDF)



Books

	<p>Emotions & Essential Oils an A to Z Guide by Rebecca Linder Hintze (dōTERRA Presidential Diamond)</p>
	<p>Essential Oils for Happy Living: Mother Nature's Remedy to Jumpstart Happiness by Rebecca Linder Hintze (dōTERRA Presidential Diamond)</p> <p>Also available through Emotions Mentor website.</p>
	<p>Essentially Happy: 3 Simple Answers from Mother Nature for Overcoming Depression By Rebecca Linder Hintze with Stephanie Gunning</p>
	<p>Feelings Buried Alive Never Die Kindle Edition by Karol K. Truman</p>
	<p>Aromatherapy for Healing the Spirit - Gabriel Mojay</p>
	<p>Modern Essentials - AromaTools</p>

		<p>The Essential Life</p>
		<p>Louise Hay - You Can Heal your Life</p>
		<p>Candace Pert – Molecules of Emotion</p>
		<p>Essential Emotions (new publisher, previously known as "Emotions & Essential Oils published by Enlighten)</p>
		<p>Healing Home and Family – a Beginner's Guide for Emotions & Essential Oils by Enlighten Healing</p>
		<p>Shirley Price – Aromatherapy and Your Emotions</p>
		<p>Daniel Goleman – Emotional Intelligence</p>

	<p>Desiree Mangandog – I am Fabulous https://desireemangandog.com/</p>
	<p>Desiree Mangandog – I am Worthy https://desireemangandog.com/</p>
	<p>Valerie Ann Worwood – The Fragrant Mind</p>
	<p>Valerie Ann Worwood – The Fragrant Heavens</p>
	<p>Robbie Zeck – The Blossoming Heart</p>



Videos

TITLE AND LINK	LENGTH OF VIDEO
Emotional Aromatherapy Training with Laura Jacobs https://www.youtube.com/watch?v=DBgaQdT0Log	2 hrs (Laura talks for the first hour only)
Laura Jacobs Emotions ONE 2016 https://www.youtube.com/watch?v=92QkwE193I8&t=2096s (unofficial video taken from Convention)	46 minutes
Emotional Aromatherapy Webinar with Amanda Porter and Laura Jacobs https://www.youtube.com/watch?v=_1mWPDAHg0E	51 minutes
Emotional Healing with doTERRA Essential Oils with Daniel McDonald https://vimeo.com/groups/258551/videos/30193924 (co-author of the Emotions & Essential Oils book – this video is before the book was even published)	1 hr, 9 minutes
Essential Oils and Emotional Aromatherapy with Hayley Hobson and Vanessa Jean https://www.youtube.com/watch?v=n1GC2pSt8ps	1 hr, 7 minutes
Essential Emotions Training with Natalie Goddard https://www.youtube.com/watch?v=BxFeZhYfNb0	1hr 53 minutes
Emotional Aromatherapy with Nicole Stevens https://www.doTerra.com/US/en/emotional-aromatherapy-nicole-stevens <ul style="list-style-type: none"> • Download Presentation • Emotional Aromatherapy Brochure • doTERRA Emotional Aromatherapy™ System • doTERRA Emotional Aromatherapy™ Touch • Oil Properties Wheel 	18 minutes
Emotions and the Aromatherapy Kit with Hayley Hobson https://www.youtube.com/watch?v=e5lrX_uuwf0	45 minutes
Emotional Aromatherapy with Vanessa Jean and Cherie Burton Emotional Aromatherapy May 2016 https://www.youtube.com/watch?v=IBc9R4dntaQ&t=1572s	1 hr, 16 minutes
Aromatic Dressing with Vanessa Jean https://www.youtube.com/watch?v=d87UvP3bhpl	7 minutes
Amanda Porter and Vanessa Jean - Power and Purpose Rollerball Kit https://www.youtube.com/watch?v=W93uoKbDHRw	1 hr, 2 minutes
Lifelong Vitality Pack with Paul Ovens https://www.youtube.com/watch?v=WUXkEqCUaxg	5 minutes
Men in doTERRA with Paul Ovens https://www.youtube.com/watch?v=7rppQ0--IME	10 minutes
Compensation Plan with Paul Ovens (if applicable – business builder) https://www.youtube.com/watch?v=HOAi-16QVgE	30 minutes
Enlighten Healing YouTube channel https://www.youtube.com/channel/UC7W6iwkrHRE4mvNVnphBo8A	Various



Mobile Phone Apps

	<p>dōTERRA Daily Drop App by dōTERRA https://itunes.apple.com/us/app/doterra-daily-drop/id1092276833?mt=8</p>
	<p>Modern Essentials by AromaTools https://itunes.apple.com/au/app/modern-essentials/id533956710?mt=8</p> <p>Based on the Modern Essentials book</p> <p>Note: you can change the generic names to doTERRA specific by holding down the blend name for a few seconds and then typing in the specific blend name.</p>
	<p>Essential Emotions App by Junto Holdings https://apps.apple.com/au/app/essential-emotions-reference/id1147824917</p>
	<p>Feelings Buried Alive by Chad Truman https://itunes.apple.com/us/app/feelings-buried-alive/id1075875617?mt=8</p>
	<p>EoEbooks Essentials of The Earth LLC https://itunes.apple.com/AU/app/id1264769388?mt=8</p>



Useful Facebook Pages

Facebook groups have a wealth of support and often have incredible file sections that people have contributed their knowledge to. Some suggested pages to join or follow:

- Food Alchemy with Paul and Vanessa Jean
<https://www.facebook.com/foodalchemypaulandvanessajean/>
- Essential Emotions Training
<https://www.facebook.com/groups/essentialemotions/#> =
- Emotions Mentor
<https://www.facebook.com/emotionsmentor/>

Finally, consider the following for emotional wellness:

- Healthy eating for mood management. Consider wholefoods, seasonal, organic where possible, and fermented foods to aide digestion. Be mindful and conscious of what and when you are eating.
- Always keep well hydrated
- A mindfulness practice – yoga, walking meditation, meditation in general, being in nature