

Essential Oil Properties Wheel by doTerra

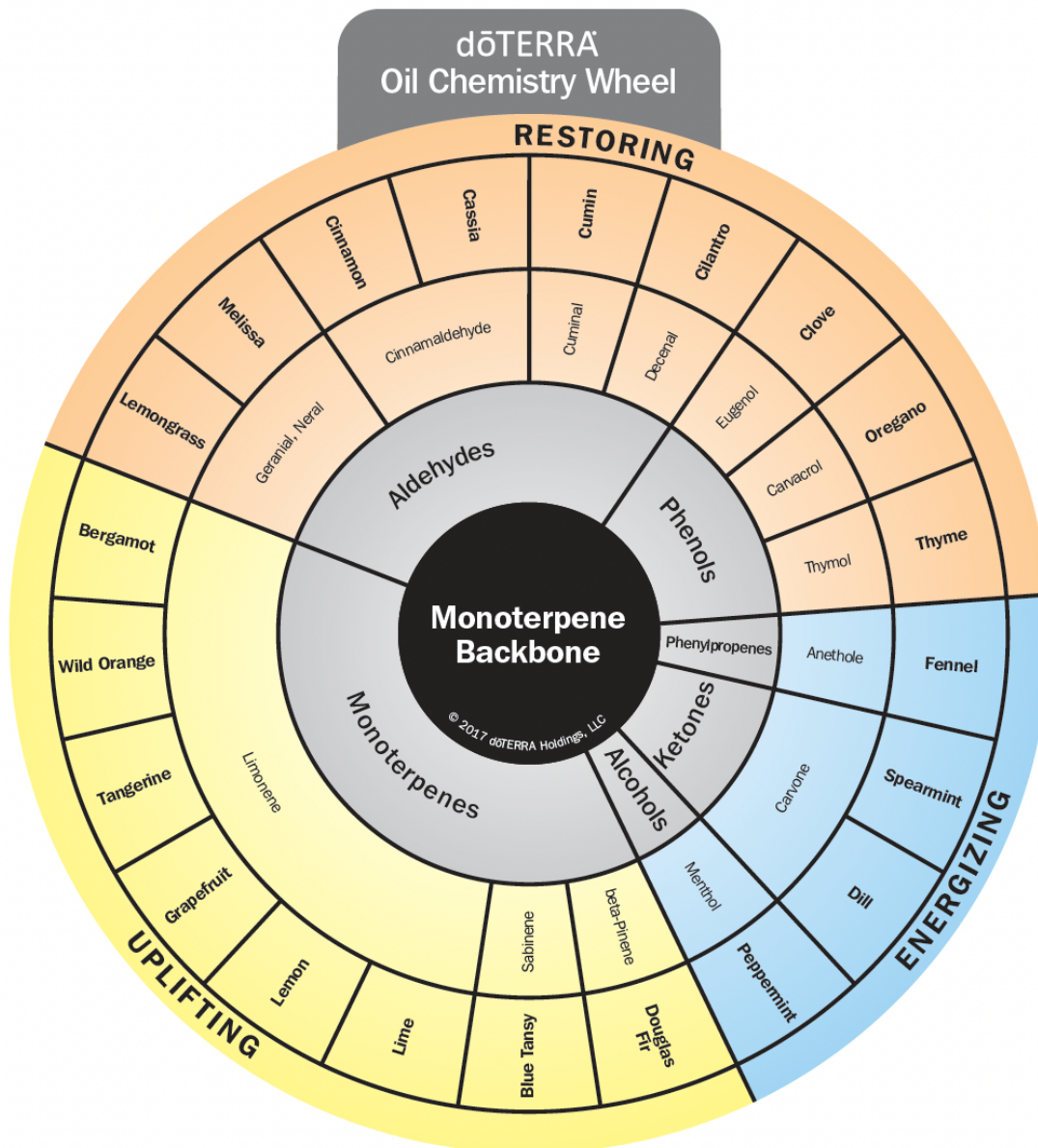
With so many **Essential Oils** available, it can be difficult to remember which property a specific **Essential Oil** is made up of and then to know their emotional benefits. So to help you with this information, below you will find three Essential Oil Property Wheels for your use and reference. *Of course, if you still have questions, please do not hesitate to ask.*

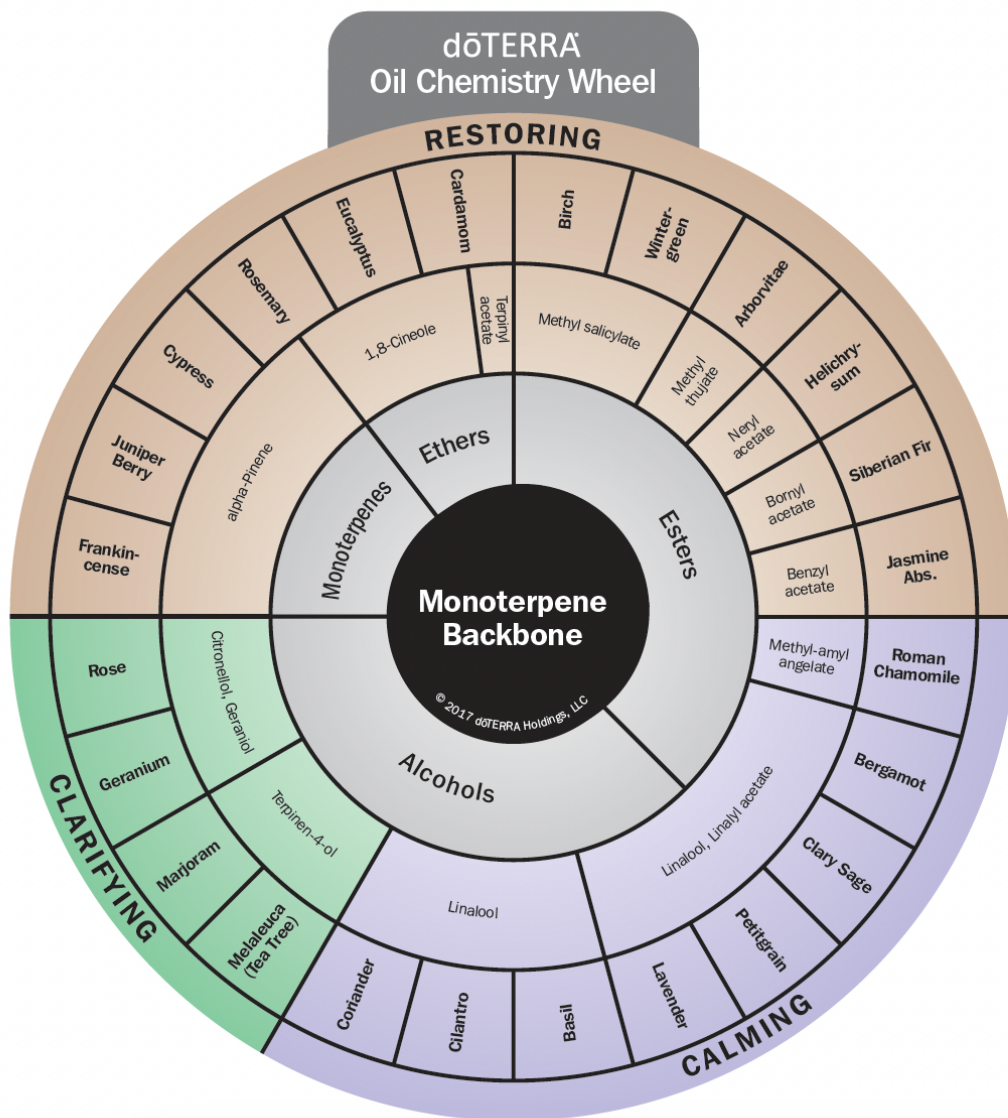
Here are the steps to determine which oil to choose to obtain your desired outcome.

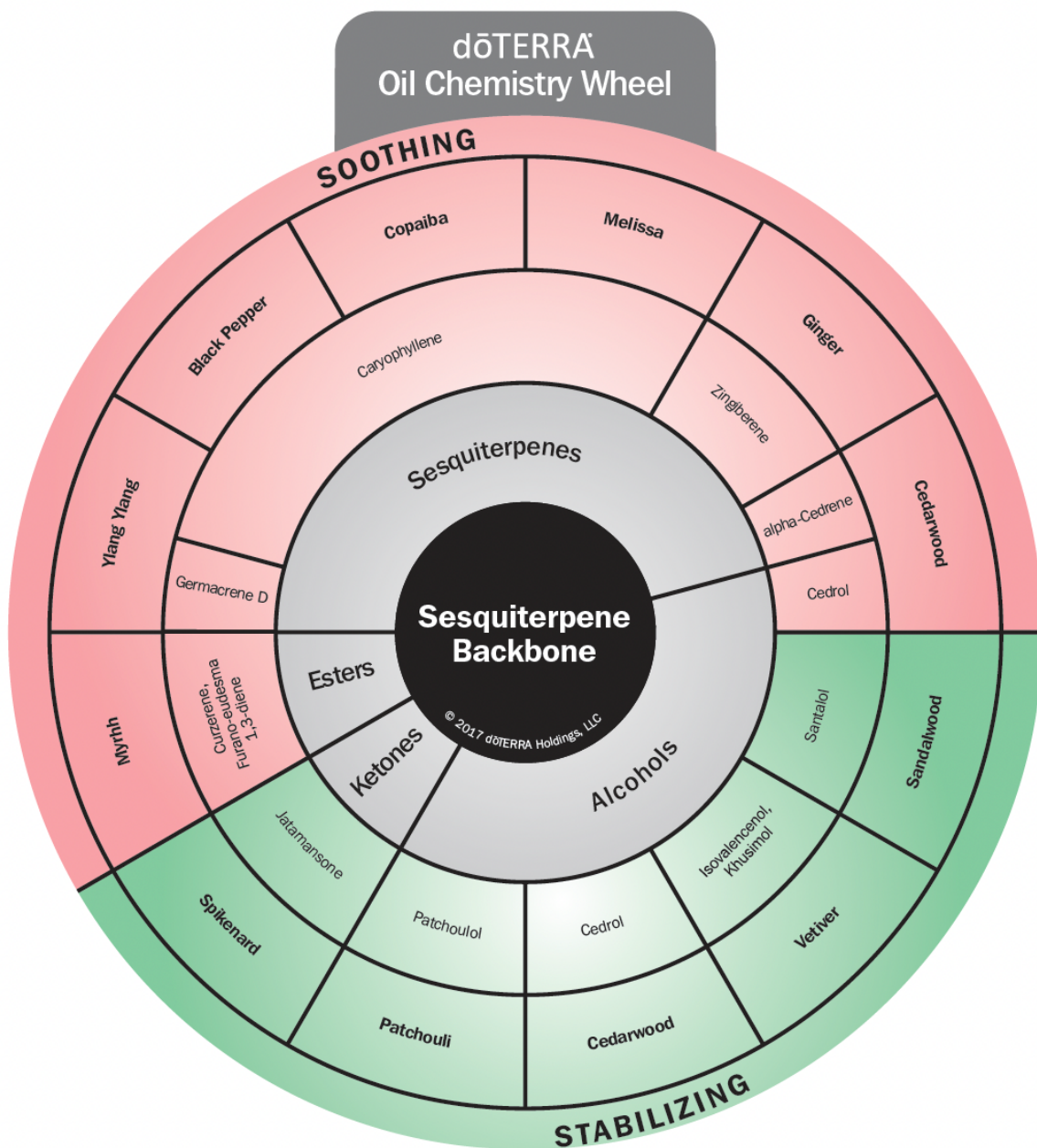
1. Identify the type of emotional response you want.
2. Find the **Essential Oil** that has the correct properties to align with the emotional response you desire (*soothing, uplifting, calming, energizing, restoring, etc.*)
3. Determine what is the best application to obtain the emotional response you want. Do you want to diffuse, apply topically, or ingest? (*Remember not all oils are to be ingested. Do your research. doTerra does identify oils that can be ingested.*)

Different options for using Essential Oils to improve your mood.

1. Diffuse – add a few drops of the **Essential Oil(s)** of choice to your diffuser. Multiple oils can be diffused at the same time. This will help promote peace, be uplifting, give you energy or release positivity to you. Place in any or every room of your home.
2. Topical – apply a drop or two to your temples, shoulders and neck. This will create mood-enhancing benefits as you inhale the aroma.
3. Spray – apply **Essential Oil(s)** in a spray bottle and spray your clothing to enjoy the aroma all day.
4. Bath – apply a few drops of a grounding, relaxing or soothing **Essential Oil** to your bath water. Soak as you inhale the aroma, and your body absorbs the oils.
5. Inhalation – put a drop or two in your hands, rub your palms together and then cup them over your nose. Breathe deeply to experience the emotional response you desire.
6. Shower – place a few drops on the floor of your shower just before you go in. Place these drops away from the drain or away from the water path. Breathe the aroma as you are showering.
7. Diffuse – add a few drops into your diffuser as you are meditating or reading God’s Word to encourage, uplift and clear your mind.
8. Exercise – apply a few drops topically before you do physical activity to help promote energizing and uplifting feelings.
9. Bedtime – spritz some calming **Essential Oil(s)** over your pillow and bedding to help promote a relaxing night of sleep.
10. Feet – add a few drops of uplifting **Essential Oil(s)** to the bottom of your feet to help promote an energizing feeling as you begin your day. Or add a few drops of relaxing **Essential Oil(s)** to the bottom of your feet prior to bed to put you in a relaxing state of being.







The Best Essential Oils for Mood Management!

This list will help you learn more about the emotional benefits of specific **Essential Oils**. Take note that some oils are considered “hot” oils and if they are to be applied topically, they should be mixed with a carrier oil like Coconut Oil, Almond Oil, Jojoba Oil, etc. Those “hot” oils are Cassia, Cinnamon, Clove, Cumin, Oregano, and Thyme.

Arborvitae – the grounding aroma will help promote a sense of peace and calm.

Basil – used to lessen anxious feelings.

Bergamot – can be both calming and uplifting. This oil can be used to reduce feelings of negativity and stress.

Cardamon – this clear refreshing aroma can help promote a positive mood.

Cedarwood – use aromatically to help relax your mind and body.

Clary Sage – this oil will create a restful environment while reducing stress and anxiety.

Clove – can be used for stimulating and energizing your emotions.

Coriander – will help promote feelings of calmness and relaxation.

Cypress – it is a refreshing aroma that will be energizing and help reduce anxiety.

Douglas Fir – use this oil to promote a positive mood and the ability to focus.

Eucalyptus – this oil will lessen feelings of tension and help to promote relaxation.

Frankincense – will bring you feelings of peace and overall wellness.

Geranium – will help produce a calming and grounding emotion.

Grapefruit – this fragrance is very light and uplifting.

Jasmine – you will evoke feelings of peace, joy and self-confidence.

Juniper Berry – if you use this oil aromatically it will promote feelings of positivity and will help reduce stress.

Lavender – one of the best oils for its relaxing and calming properties.

Lemon – promotes a positive mood.

Lime – promotes emotional balance and well-being.

Marjoram – this oil is used to bring a sense of peace and calmness.

Melissa – it will help you calm your nerves and the tension in your body.

Myrrh – will help to increase spiritual awareness, enhance creativity and promote an inspiring mood.

Patchouli – very grounding and balancing of emotions.

Peppermint – will give you an energizing boost.

Petitgrain – will help to ease your feelings of tension and bring you to a state of calmness.

Roman Chamomile – this oil will promote peaceful and calming emotions.

Rose – the fragrance of this oil will be uplifting.

Sandalwood – will help enhance your mood.

Spearmint – is an oil that is uplifting as well as providing a sense of focus.

Spikenard – it is known for its grounding properties.

Tangerine – will promote feelings of happiness.

Vetiver – will be calming and grounding for your emotions.

White Fir – this oil will help to promote feelings of empowerment and uplifting energy.

Wild Orange – provides energy on days of stress and overwhelm.

Ylang Ylang – is typically used for a calming effect as well as providing you with uplifting emotions.

Get started with one or two oils to see how your body responds. Then begin to add to your collection!