

Balanced Essential Living

Oils for Various Emotions

Stressed: AromaTouch, Serenity, Ylang Ylang, Past Tense, Basil

Confusion: Clary Sage, Lemon, Peppermint, Rosemary

Over-Analyzing: Wild Orange, Ylang Ylang

Pessimistic: Wild Orange, Peppermint

Repressed: Lavender, Vetiver, Black Pepper

Fear: Cassia, Cinnamon, Birch, Cypress, Lavender, Myrrh

Anger: Thyme, Serenity, Geranium, Ylang Ylang

Guilt: Bergamot, Lemon, Peppermint, Clear Skin

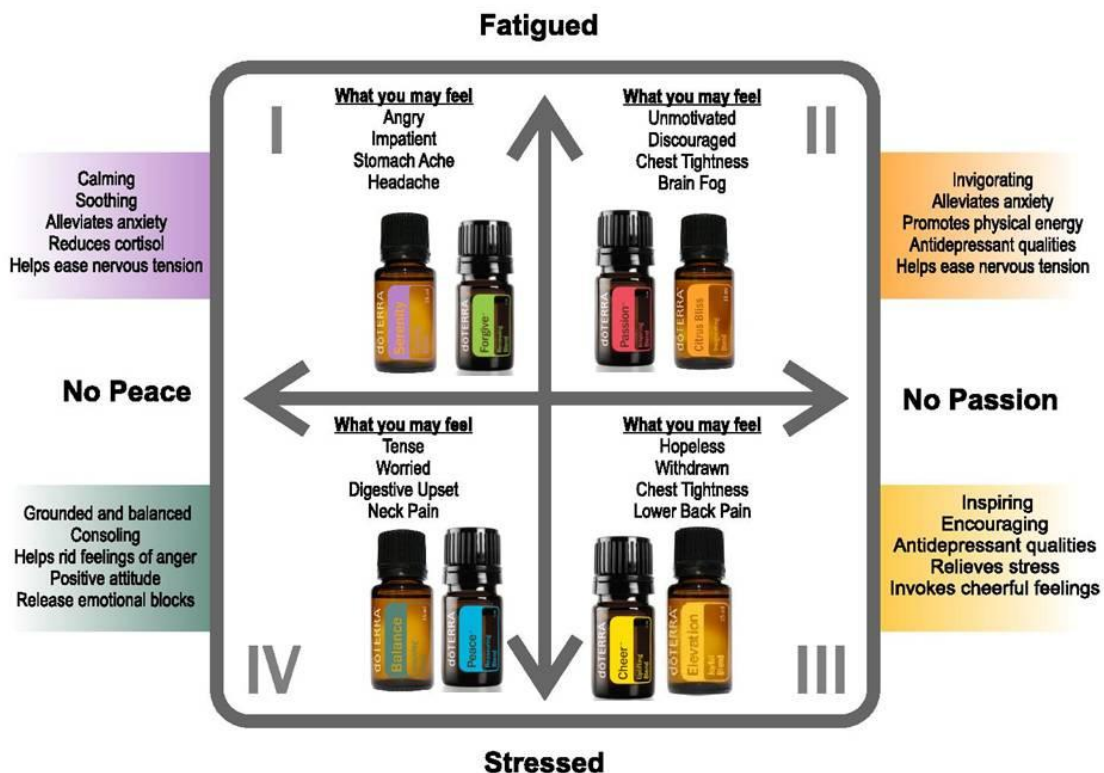
Isolated: Marjoram

Insecure: Cassia

Self-acceptance: Bergamot, Grapefruit, Slim & Sassy

Stuck: Cypress, Lemongrass, Thyme, DDR Prime, Fennel

Mood Management with dōTERRA



Christine Russell, RN

www.BalancedEssentialLiving.com

215-237-8575

NOTE: The proceeding statements have not been evaluated by the FDA. Products and methods recommended are not intended to diagnose, treat, cure or prevent any disease. The information provided here is in no way intended to replace proper medical help.

Balanced Essential Living

Mood Essential Oil Recommendations

Sadness/Despair:

Elevation^{AT}
Citrus Bliss^{AT}
Balance^{AT}
Lemon^{ATI}
Frankincense^{AT}
In Tune^{TA}
Cheer^{AT}
Console^{AT}
Passion^{AT}
Motivate^{AT}
Wild Orange^{ATI}

Anxious Feelings:

Serenity^{AT}
Lavender^{AT}
Lemon^A
Wild Orange^A
Elevation^A
Balance^T In Tune^{TA}
Peace^{AT}
Copiaba^{AT}
Neroli^{AT}

Cycling Moods:

Frankincense^{IT}
Balance^{AT}
Clary Sage^{AT}
Zendocrine^{IT}

Stress:

Lavender^{AT}
Lemon^{AT}
Ylang Ylang^{AT}
Bergamot^{AT}
Petitgrain
Neroli
Serenity^{AT}

Key:

A - Aromatic
T - Topical
I - Internal

Diffusing Blend for Despair and Mood Elevation

2 drops Peppermint
2 drops Frankincense
2 drops Lime
2 drops Wild Orange
Place in diffuser and inhale deeply
From: StephanieBlue.com

Sleep Soundly: Vetiver & Lavender

Worry Away: Serenity & Balance

Frayed Nerves Diffuser Blend:

2 drops Lavender
2 drops Wild Orange
1 drop Geranium
1 drop Clary Sage
Add to a room diffuser, sit in a quiet spot, & inhale deeply
From: www.Oilsinspired.com

Grouchy Pants Blend

2 drops Balance
2 drops Lavender
Apply to base of neck & on wrists & inhale
From: onedoterracommunity.com

Stress Relief Roll-on blend

4 drops Balance
2 drop Elevation
2 drop Wild Orange
4 drops Serenity
1 tsp Fractionated Coconut Oil
Mix in roller ball bottle and apply to back of neck, temples, wrists or bottoms of feet when you feel stressed
From: everyessentialoil.wordpress.com