



# terpology<sup>®</sup>

By Dr. Ethan Russo



## Calm

“Limonene has a mood-elevating effect and linalool will enhance a person’s ability to experience an easygoing unwind effect. This blend has a pleasant citrus and floral aroma.”

**FRAGRANCE:**

Earthy, lavender

**SUGGESTED TERMS:**

Relaxing, calming, restful



## Energy

“Pinene and Eucalyptol create an invigorating sensation. When paired with terpenes such as limonene, the experience is a bright and balanced with a significant mood elevating effect that gives me a productivity boost.”

**FRAGRANCE:**

Lemon, conifer

**SUGGESTED TERMS:**

Concentration, centering, attentiveness



## Focus

“Mind-clearing alpha pinene and sedating linalool to create a harmonious balance between stimulation and calmness. The aroma is reminiscent of eucalyptus, conifer and lavender.”

**FRAGRANCE:**

Eucalyptus, citrus

**SUGGESTED TERMS:**

Energizing, uplifting, invigorating



## Creative

“A blend of limonene, citronellol, phellandrene, alpha-pinene and linalool with a selection of other aromatics to spur the imagination.”

**FRAGRANCE:**

Earth, Citrus

**SUGGESTED TERMS:**

Inspiring, artistic, imaginative



## Recovery

“The terpenoids in this formula, linalool, limonene, and a touch of myrcene, were chosen to emphasize the contribution of beta-caryophyllene. This blend can stand alone or pair with cannabinoids”

**FRAGRANCE:**

Earth, floral

**SUGGESTED TERMS:**

Comfort, restorative, stimulating



## Rest

“Essential oils are often associated with restful qualities, and terpenes myrcene and linalool are renowned for their soothing effect. These are combined with select aromatics to round out the serene calm blend.”

**FRAGRANCE:**

Earth, floral

**SUGGESTED TERMS:**

Calming, peaceful, easing