

essential oils: 101





VITAL
ONE EIGHTY

Welcome friend!

LET'S GET TO KNOW EACH OTHER



SIMIANE-LA-ROTONDE, FRANCE

essential oil history

- Essential oils may be the oldest and some of the most powerful wellness tools
- There are over 200 references to essential oils throughout the Old and New Testaments of the Bible
- Aromatics, incense and ointments made of frankincense, myrrh, cassia, cinnamon, galbanum, rosemary, hyssop and spikenard were used for anointing and healing the sick

seed to seal

STANDARDS FAR BEYOND THE STANDARD



3 pillars

1. SOURCING

- Never compromise by adding synthetics, contaminants, cheap fillers or by using unethical production practices

2. SCIENCE

- Cutting-edge methods to develop product and ensure quality

3. STEWARDSHIP

- Sustainably sourcing plants
- Uplifting local communities
- Complying with environmental and other laws



WHAT ARE ESSENTIAL OILS?

WHAT DO THEY DO?

Oils go so far *beyond* making your home “smell pretty”



3 Ways to Use Oils

1. AROMATICALLY

USE ESSENTIAL OILS AROMATICALLY TO UPLIFT THE SPIRIT AND SET THE MOOD!

- Inhale directly from the bottle.
- Rub 2-3 drops of essential oil between your palms and inhale deeply.
- Place a few drops on a clothespin or cotton ball and place in car vents, garbage cans, or in your dresser drawers to keep things fresh.
- Add your favorite essential oils to a diffuser and place in your living room, kitchen, bathroom, or bedroom.



3 Ways to Use Oils

2. TOPICALLY

5 TIPS FOR EASY APPLICATION

- On the crown
- Apply to skin
- Dilute if needed
- Massage
- Reflexology



Rub along spinal points



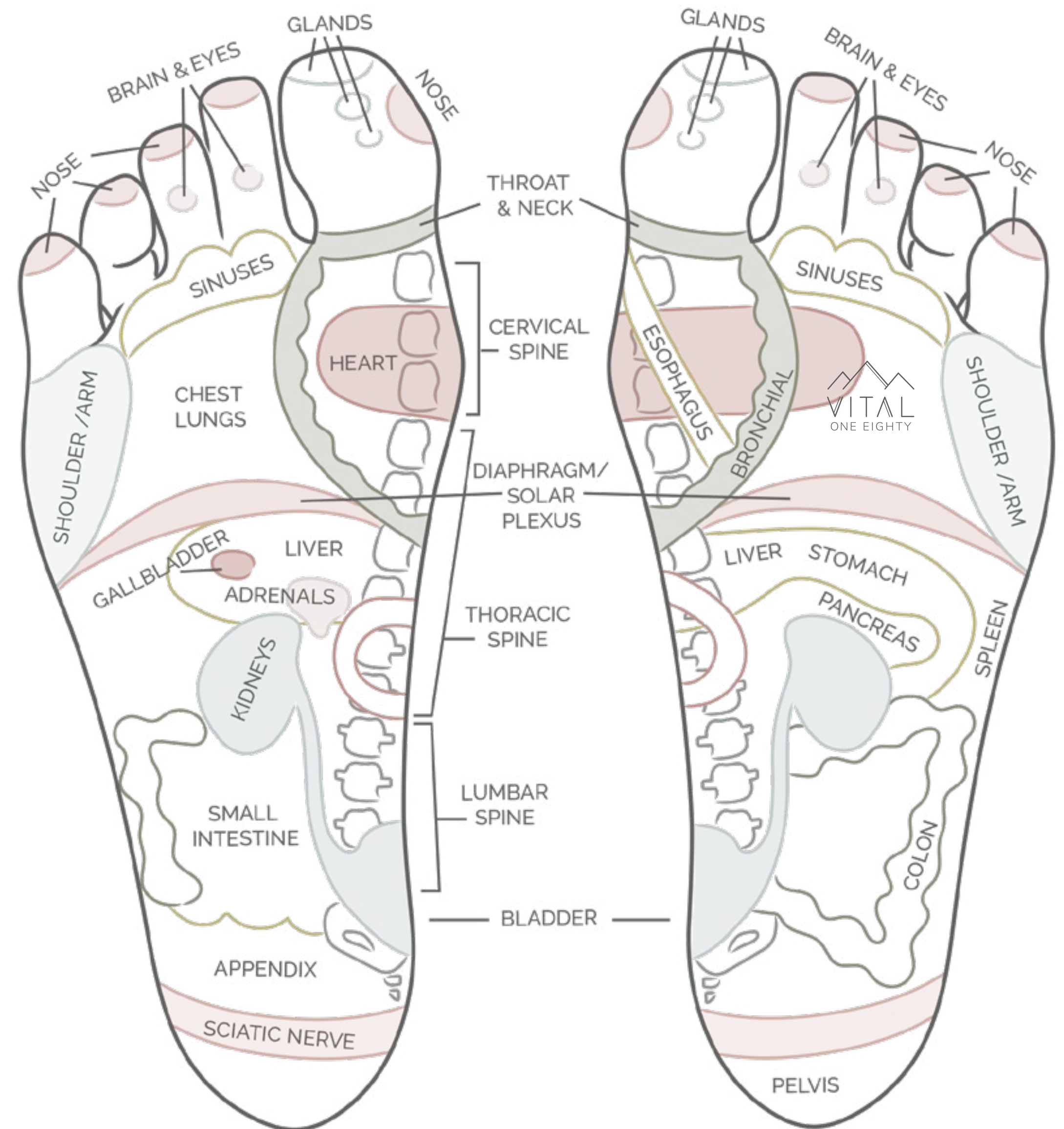
Rub over entire foot



Rub on chest and sinus points



Rub over entire foot



3 Ways to Use Oils

3. DIETARY

A LOT OF FLAVOR IN JUST ONE DROP!

- Ingesting oils
- Drinking water*
- Cooking
- Capsules

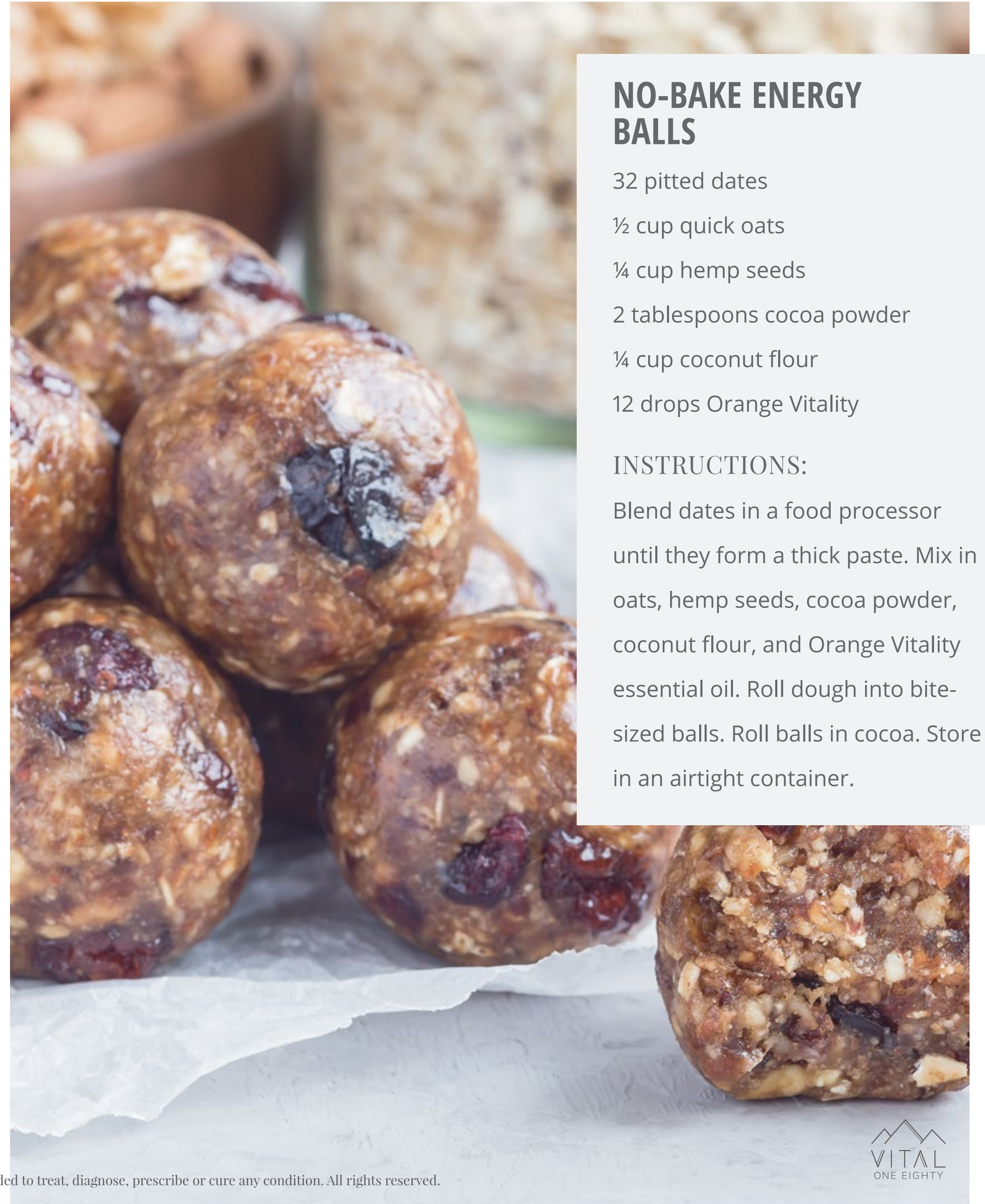
**Make sure to use glass or stainless steel drinkware.*

NO-BAKE ENERGY BALLS

- 32 pitted dates
- ½ cup quick oats
- ¼ cup hemp seeds
- 2 tablespoons cocoa powder
- ¼ cup coconut flour
- 12 drops Orange Vitality

INSTRUCTIONS:

Blend dates in a food processor until they form a thick paste. Mix in oats, hemp seeds, cocoa powder, coconut flour, and Orange Vitality essential oil. Roll dough into bite-sized balls. Roll balls in cocoa. Store in an airtight container.





TOPICALLY



AROMATICALLY



DIETARY



Lavender **A STAPLE IN EVERY HOME.**

- Diffuse or apply on the bottoms of the feet to relax or wind down in the evenings – good for the whole family!
- Your skin's best friend. Apply topically to irritations.
- Safe for kids! A must-have for your purse or diaper bag.
- Diffuse with Lemon and Peppermint in the springtime and in autumn for seasonal discomforts.



TOPICALLY



AROMATICALLY



DIETARY

Peppermint

PERK UP & FOCUS. SORE MUSCLES. HAPPY BELLIES.

- Add a drop of Peppermint Vitality to a glass of water after a spicy meal, or to calm a very full tummy.
- Dilute and massage into muscles after a workout.
- Rub a drop on temples for head tension.
- Can be used to keep bugs & pests at bay.





TOPICALLY



AROMATICALLY



DIETARY



PHOTOSENSITIVE*

Lemon **CLEANING. CLEANSING. MOOD BOOSTING.**

- Diffuse for all the happy, positive vibes.
- Remove crayon, sticky residue, or tough stains.
- Add 1-2 drops of Lemon Vitality in water to support the immune & circulatory systems daily.
- Contains limonene, a powerful antioxidant.

**This oil is photosensitive. Stay out of the sun for 12 hours after applying on the skin to avoid minor burn.*





TOPICALLY



AROMATICALLY



DIETARY



Frankincense UPLIFTING. EMPOWERING. GLOWING SKIN.

- This oil is often referred to as the “fountain of youth.”
- Add a drop to your facial moisturizer daily.
- Rub a drop over heart to calm and uplift emotions.
- Rub 1-2 drops in palms and cup over nose to alleviate nervous tension.



TOPICALLY



AROMATICALLY



DIETARY

DiGize **IMPROVE DIGESTION. HAPPY BELLIES.**

- Helps support and cleanse the digestive system.
- Use after a large meal to calm and soothe.
- Traveling or trying new foods? Never leave home without your DiGize.
- Massage over your abdomen when tummy troubles arise. Try adding a drop of Peppermint for an extra kick!

DiGize Essential Oil: Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, Patchouli.





TOPICALLY



AROMATICALLY



DIETARY



Thieves **SWEET 'N SPICY. HAPPY 'N HEALTHY. IMMUNE SYSTEM LOVE.**

- Apply daily on the bottoms of the feet for fewer missed days at daycare, work, and school.
- Add Thieves Vitality to honey and hot water and drink up.
- Try 1 drop over your toothbrush with the Aromabright toothpaste.
- Soothe your throat and gargle with Thieves Vitality and water.

Thieves Essential Oil: Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, Rosemary.



TOPICALLY



AROMATICALLY

Panaway **MUSCLES. JOINTS. ACHE RELIEVER.**

- Apply topically to joints, fingers and hands.
- Great to soothe muscles before and after exercise.
- Cooling sensation when applied directly to the skin.
- Tired at work? Rub a few drops on your neck and shoulders for an afternoon pick-me-up!

PanAway Essential Oil: Wintergreen, Helichrysum, Clove, Peppermint.



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TOPICALLY



AROMATICALLY

Valor **BOLD. BRAVE. GROUNDING.**

- Inhale & apply over heart when emotions are running high.
- Apply before the big game, test, presentation or challenge.
- Helps ground overactive minds.
- Massage on bottoms of the feet and back before bed to promote restful sleep.

Valor Essential Oil: Black Spruce, Blue Tansy, Camphor Wood, Frankincense, Geranium.



VITAL
ONE EIGHTY



TOPICALLY



AROMATICALLY



Raven **JUST BREATHE. HAPPY LUNGS. FOCUSED MIND.**

- Cooling when applied to the neck and chest.
- Mix up a chest rub with Raven and coconut oil to breathe easy.
- Massage 2-3 drops on chest before, during, or after a workout.
- Not a morning person? Put Raven on chest to help you wake up!

Raven Essential Oil: Ravintsara, Peppermint, Eucalyptus Radiata, Lemon, Wintergreen.



TOPICALLY



AROMATICALLY



PHOTOSENSITIVE*

Peace & Calming **REST. CHILL. CALM THOSE CRAZIES.**

- A bedtime favorite. Apply to bottoms of feet for restful sleep.
- Apply to the back of neck and wrists of overactive little ones.
- Breathe in during times of stress or frustration.
- Great for big feelings, toddler tantrums, and mama meltdowns.

Peace & Calming Essential Oil: Ylang Ylang, Orange, Tangerine, Patchouli, Blue Tansy.

**This oil is photosensitive. Stay out of the sun for 12 hours after applying on the skin to avoid minor burn.*





TOPICALLY



AROMATICALLY



DIETARY



PHOTOSENSITIVE*

Citrus Fresh

UPLIFT MOOD. SPARK CREATIVITY. PURIFY AIR.

- Stay energized and focused by diffusing at work.
- Put a few drops of Citrus Fresh Vitality in your salad dressings for an extra punch of citrus flavor.
- Drop a couple drops of Citrus Fresh Vitality in water to curb appetite.
- Add drops to wool dryer balls and ditch the toxic dryer sheets.

Citrus Fresh Essential Oil: Lemon, Grapefruit, Orange, Tangerine, Mandarin, and Spearmint.

**This oil is photosensitive. Stay out of the sun for 12 hours after applying on the skin to avoid minor burn.*





TOPICALLY



AROMATICALLY



PHOTOSENSITIVE*



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Stress Away

CHILL OUT. COOL THOSE JETS. MARGARITA IN A BOTTLE.

- Diffuse in your home or office.
- Apply to neck and chest to reduce mental rigidity.
- Enhance feelings of relaxation for adults, children and pets.
- Encourages better quality sleep.

Stress Away Essential Oil: Lime, Copaiba, Lavender, Cedarwood, Vanilla, Ocotea.

**This oil is photosensitive. Stay out of the sun for 12 hours after applying on the skin to avoid minor burn.*

USING "scents-able" PRECAUTIONS

- If you get an essential **oil in your eye**, or if the sensation is too much on your skin, dilute with a carrier oil such as Young Living's V6 Vegetable oil complex, Coconut, Almond, or any lotion with a thicker consistency. Do NOT use water.
- Keep essential oils **out of the reach of children**. If a child should happen to swallow an essential oil, administer milk or honey (almond and rice milk are also ideal).
- Essential oils should **NEVER be placed directly into the ear canal**, only apply on the outer ear and around the ear.
- Store your little bottles of magic in a **cool, dark place**.
- Wait AT LEAST 12 HOURS before going outside after applying photosensitive oils to the skin to **avoid minor burn**.
- If ingesting Vitality oils upsets your tummy, try drinking with milk, honey, or a little olive oil to **dilute the essential oil**.
- If **pregnant or breastfeeding**: Sage oils, as well as Juniper, Fennel and Idaho Tansy have constituents with hormone-like activity. Therefore, it is best not to use these oils while pregnant. Check with your health professional before using.
- If you have other **health conditions or are currently taking a medication**, it is recommended that you speak to your health care provider with any concerns.



NEED MORE ENERGY?

NingXia Red Juice

- Provides energy throughout the day
- Rich in antioxidants, helping prevent against oxidative stress
- Supports normal eye health
- Powerful nutritive energizer and cleanser - with a sweet and fruity taste

NingXia Nitro

- Healthy energy boost
- Great for busy mamas on-the-go
- More focus - lift mental fog
- Perfect to take anytime you need a pick-me-up





THE *only* CLEANING PRODUCT UNDER YOUR SINK

- Combines the strength of Thieves essential oil blend with naturally derived, plant-based ingredients for superior cleaning power
- Perfect to use around your family, including kids and pets
- Effective, deep clean without the harsh or dangerous chemicals found in many traditional cleaning products
- Ultra-concentrated, versatile formula—perfect for virtually every surface in your home

Pro Tip: If adding in extra essential oils, make sure to use a glass or stainless steel spray bottle—the essential oils can break down thinner plastic bottles!

Thieves Household Cleaner

CBD OIL

CBD is short for cannabidiol, which is a compound that comes from hemp plants.



SMART SPECTRUM™ CBD

Smart Spectrum science blends the CBD isolate and the terpenes from essential oils to make a CBD product that is broader and more robust. The terpenes found in essential oils can also increase the overall efficacy of the product. Our CBD products are the only CBD products formulated this way on the market.



WELCOME TO THE

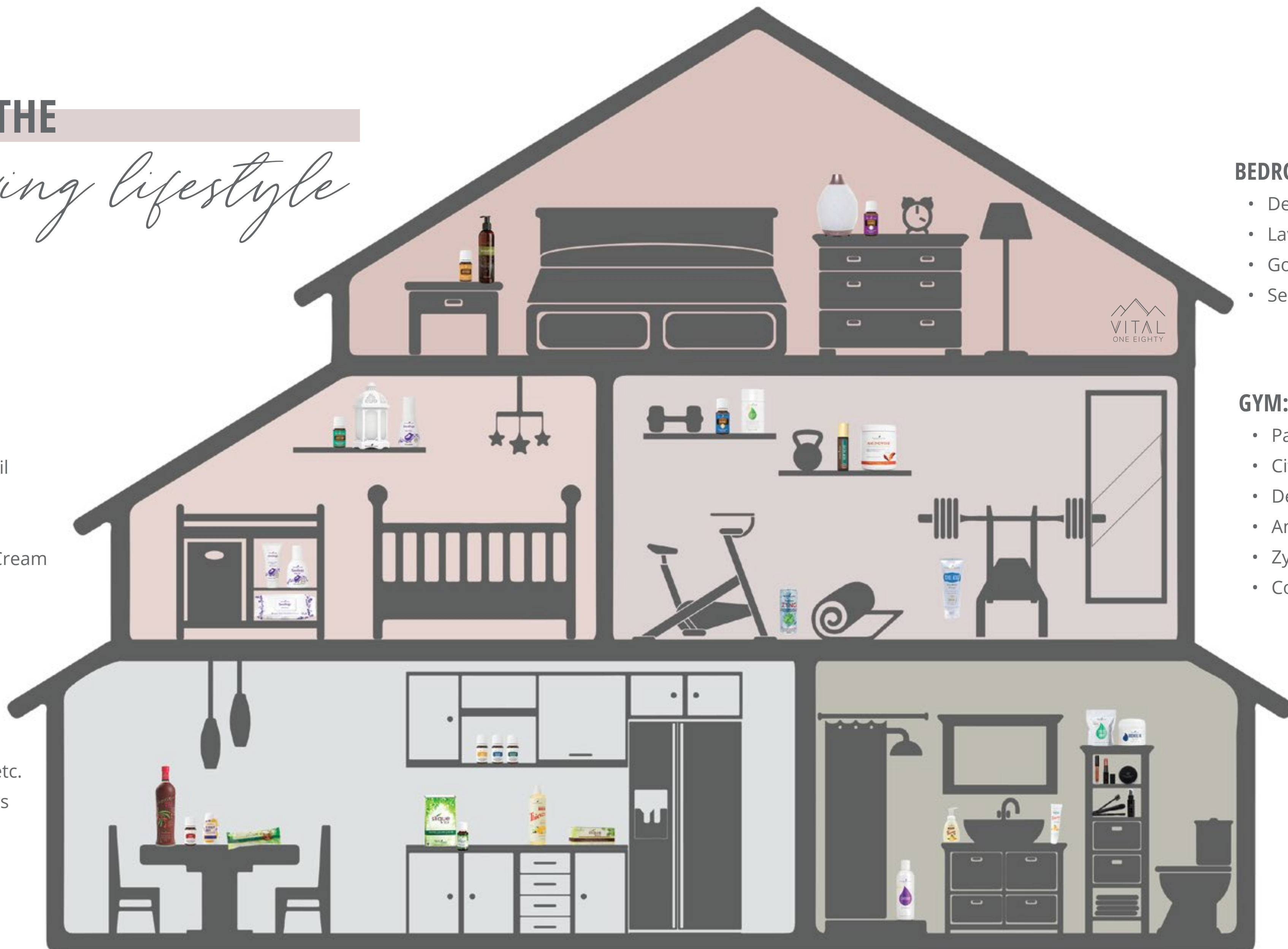
young living lifestyle

NURSERY:

- Lantern Diffuser
- Gentle Baby Essential Oil
- Seedlings Linen Spray
- Seedlings Baby Lotion
- Seedlings Diaper Rash Cream
- Seedlings Baby Wipes

KITCHEN:

- Vitality Essential Oils:
- DiGize, Lemon, Basil, Rosemary, etc.
- Lavender Lemonade Vitality Drops
- NingXia Red
- Thieves Dish Soap
- Slique Tea & Essential Oil
- Slique Bars



BEDROOM:

- Desert Mist Diffuser
- Lavender Essential Oil
- Goldenrod Essential Oil
- Sensation Massage Oil

GYM:

- PanAway
- CitraGuard Deodorant
- Deep Relief Roll-On
- AminoWise
- Zyng
- Cool Azul

BATHROOM:

- Stress Away Bath Bombs
- Boswellia Wrinkle Cream
- Savvy Minerals Makeup
- Thieves Foaming Hand Soap
- Thieves Whitening Toothpaste
- Lavender Shampoo

everyday oils starter bundle



DESERT MIST DIFFUSER
(OR CHOOSE FROM THESE OTHER OPTIONS)



+



THE EVERYDAY OILS COLLECTION
(10 - 5 ML BOTTLES)

+



THIEVES SPRAY

+



THIEVES HAND
SANITIZER

+



5 ML STRESS AWAY +
PEACE & CALMING
OILS + AROMAGLIDE
ROLLER FITMENTS

+



2 NINGXIA RED
TRAVEL PACKETS



ningxia starter bundle

- NingXia Red 2-pack
- 32 NingXia Red Singles (2-oz. ea.)
- NingXia Nitro
- Stress Away™ 5-ml
- AromaGlide™ Roller Fitment
- Thieves® Mints
- Thieves® Hand Sanitizer
- Essential Oil Magazine



thieves starter bundle



- Thieves® 15-ml Essential Oil Blend
- Thieves® AromaBright™ Toothpaste
- Thieves® Fresh Essence Plus Mouthwash
- 2 Thieves® Household Cleaner
- 2 Thieves® Foaming Hand Soap
- 2 Thieves® Spray
- 3 Thieves® Hand Sanitizer
- Stress Away™ 5-ml
- AromaGlide™ Roller Fitment
- Thieves® Mints
- 2 NingXia Red 2-oz. travel packets
- Essential Oil Magazine



little oilers starter bundle



- Feather the Owl Diffuser
- Kidscents® Geneyus™ 5 ml
- Kidscents® Owie™ 5 ml
- Kidscents® TummyGize™ 5 ml
- Kidscents® SniffleEase™ 5 ml
- Kidscents® Sleafyze™ 5 ml
- Two AromaGlide Roller Fitments

cbd starter bundle



- Calm CBD Roll-On, 300 mg
- Citrus CBD Oil, 500 mg
- CBD Muscle Rub, 300 mg
- Getting Started with CBD

How do I order?

THERE ARE 3 WAYS TO GET STARTED:

- 1** A GOOD way to start
- 2** A BETTER way to start
- 3** The BEST way to start





3 Ways to meet your needs

1. SIMPLY ENJOY THE WELLNESS BENEFITS

of the many quality products that Young Living has to offer!

2. EARN YOUR PRODUCT FOR FREE

With Essensial Rewards! Earn up to 25% back in free product + your 24% off retail and you are essentially getting your product at 49% off retail!

3. EARN AN EXTRA \$50, \$100, \$500, \$1000 OR \$10,000+ EACH MONTH!

Did you know you can earn a residual income by simply sharing your experiences with Young Living? Your Thank You check from the company is determined by how passionate you are about the products and how much you consistently share!



Thank you!

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