



LAVENDER ESSENTIAL OIL

Is known as the 'Universal Oil' because it is helpful for a myriad of concerns. It is both calming and energizing. It is a powerful relaxant and a strong yet gentle antiseptic. It calms and soothes the skin and stimulates circulation. It is great in reducing wrinkles.

EXTRA GENTLE DAY SCRUB

Pour 2-3 tsps of baking soda into the palm of your hand. Add 1 drop of lavender and a little warm water to make a paste. Apply to your face in circular motion.



EYE MASK

Take a white wash cloth; wet and wring. Pour 3-6 drops of lavender oil on cloth. Fold cloth in quarters, put in quart-size ziploc bag, then put in freezer. Once frozen, take wash cloth out of bag, unfold and re-fold in thirds. Put over eyes to reduce bags under eyes. If done b4 bedtime, it will help with sleep; if done in the morning, it will revitalize you.



FRANKINCENSE ESSENTIAL OIL

has been known for centuries for its beautifying properties. The ancient Egyptians used it in rejuvenation facial masks. It smooths lines and wrinkles; has properties that renew cells to their original state, thus promoting younger-looking skin.

Frankincense oil can be added to pure water and used as a toner or refresher. The oil will float on top; just shake the bottle before you spray it.

Intense Frankincense-Steam Shower

Add a few drops to your washcloth and run over your body during your final (hot water) rinse.



WRINKLE-REDUCING FORMULA

1 drop of Lemon, Lavender, and Frankincense. Apply day & night.

WRINKLE REDUCTION MASK

Add 1 drop Frankincense to 1 egg white (Chinese secret to keep facial skin glowing, taut and firm.) Apply mixture and let dry. Rinse off after 20 minutes, using cool water.



LEMON ESSENTIAL OIL

helps restore elasticity to your skin by boosting collagen production. It also has astringent properties that help tighten the skin and reduce wrinkles and other signs of premature aging. This oil also brightens a pale, dull complexion by removing dead skin cells.

Add 1-2 drops lemon essential oil to fresh lemon juice. Rub gently on face and neck. Leave on for 5-10 minutes, then rinse with water. Do this twice daily, followed by a good moisturizer.



Another option is to add to a cup of cold water, the juice of half a lemon and 1-2 drops of lemon oil. Splash this mixture to your clean face and let air dry. For best results do this once or twice daily.

REMEMBER

Citrus essential oils are to be used with caution when you expose your skin to the sun, due to their inherent PHOTSENSITIVITY.

PEPPERMINT FOOT SOAK

To foot bath, add warm to hot water, powdered milk, Epsom salts (makes your feet soft and smooth), loose peppermint tea & peppermint essential oil. Or...just add 6 drops of peppermint oil to your water and soak your feet for 20 minutes. What a nice way to end the day and soothe tired feet!

[Add 1 drop oil to glass quart of water for a refreshing, energizing, and calorie-free drink.]



COPAIBA ESSENTIAL OIL

Is usually applied to the skin to soften it. It has a natural high content of essential fatty acids which are the building blocks for the skin's tissues.

STRETCH MARKS

Apply directly to fade marks. Use in conjunction with olive oil.

SAGGING SKIN

Apply oil directly on sagging areas...boosts secretion of collagen and elastin to make skin firm and taut.



BLEMISHES

Because of its super anti-inflammatory power, Copaiba reduces redness around skin conditions. Apply 2 drops to a cotton ball & apply directly on area.



- **43% of adults** suffer adverse health effects from stress.
- **75%-90% of all doctor's office** visits are for stress-related ailments and complaints.

Researchers at the Univ. of CA found a **direct link between stress & decline in the ability of the skin to resume its normal function after a disruption...** stressed-out individuals are at higher risk for developing skin problems and diseases.

Stress Away™

...relaxing & comforting;
Apply on wrist and smell.

Contains:

Copaiba, Lime, Cedarwood
Vanilla, Ocotea, Lavender





PANAWAY ESSENTIAL OIL BLEND

has a refreshing, invigorating aroma and cooling sensation when applied to the skin. Apply to tired muscles after exercise or to neck and back any time of day to enjoy its soothing and stimulating aroma.

KEY INGREDIENTS

Wintergreen, Helichrysum, Clove, and Peppermint essential oils.



USES

- Rub a single drop of diluted PanAway essential oil into your temples when you are in heavy traffic or crowded, loud spaces such as an airport.
- Apply diluted oil onto the bottoms of your feet for a relaxing foot massage.

BENEFITS

- Offers a refreshing, stimulating aroma.
- Cools the skin after physical activity
- Provides a cooling sensation when applied to shoulders/neck/scalp
- Includes the naturally occurring constituents methyl-salicylate, gamma-curcumene, menthol, and eugenol.

LAVANDIN

ROSEMARY

LEMON-GRASS

MYRTLE

CINTRONELLA

PURIFICATION® ESSENTIAL OIL BLEND

helps freshen the air and eliminate odors. Add Purification oil to Animal Scents™ product to moisturize skin and improve the appearance for healthy looking skin or apply topically to enjoy the outdoors annoyance-free.

Diffuse up to 30 minutes 3 times daily to freshen air and eliminate odors.

Add to Young Living Bath & Shower Gel Base or 4 drops to 1 cup Epsom salt for a soothing foot soak.

Add to washer for fresh-smelling



R.C.™ ESSENTIAL OIL BLEND

Spruce, Cypress, and three types of Eucalyptus oils (E. globulus, E. radiata, and E. citriodora).

- Rub on your chest and back of the neck before an early-morning workout. Inhale. Breathe. Breathe. Breathe.
- Use with V-6 Oil Complex for a foot or back massage after your gym routine, outdoor adventure, or yoga practice.

- Place a few drops in a hot bath or shower. Warm water will calm and soothe you, and the oil will diffuse with the steam for an invigorating and empowering experience.
- Brighten your outlook during early-morning errands by applying R.C. oil to your chest and wrists.

Topical: Dilute 1 drop oil with 1 drop of V-6™ or olive oil and apply to desired area as needed.

Aromatic: Diffuse up to 30 minutes 3 times daily.

DiGize Vitality™

Use DiGize Vitality essential oil to help you enjoy each and every meal! This is a great mealtime companion and addition to your wellness regimen. DiGize™ Vitality™ blends **Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli** essential oils for a fresh

tasting blend—a perfect follow-up to any meal. Some cultures munch on fennel seeds after meals, and the use of this potent plant even dates back to ancient Egypt.

Uses:

Add 1–2 drops to a gel capsule and take it as a dietary supplement every day—or whenever you need it. Give your water a twist and add 2 drops of DiGize Vitality and 1 drop of Peppermint Vitality.



THE STORY OF THIEVES

As the bubonic plague decimated Europe in the year 1413, four thieves were captured and charged with robbing the dead and dying victims.

When the thieves were tried, the magistrate offered leniency if they would reveal how they resisted contracting the

infection as they performed their gruesome acts.

They explained that they were perfumers and spice traders and told of a special concoction of aromatic herbs, including cloves and rosemary, that they rubbed on their hands, ears, and temples.

Gary Young created Thieves essential oil blend oil based on this story.



THIEVES® VITALITY

Supports overall wellness and a healthy immune system. May also help support a healthy respiratory system when taken internally.

INGREDIENTS:

Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, and Rosemary.

- * Put a drop or a swirl of Thieves Vitality essential oil in your morning juice, tea, or coffee. The spicy, sweet flavor will also give your morning beverage a flavor boost.
- * Add a drop to oatmeal, granola, or other cereal to elevate your breakfast.
- * Take a shot of NingXia Red® with a drop of Thieves Vitality for a quick, spicy boost to your daily NingXia Red shot.
- Include a drop of Thieves Vitality in a cup of warm water or milk to add to your wellness regimen.

