

YOUNG LIVING ESSENTIAL OILS QUICK USAGE GUIDE

BODY DEFENSE: Antiviral, Antibacterial, Anti-Inflammatory, and Disease

Singles: Cinnamon Bark, Cistus, Clove, Dorado Azul, Lemon, Lemon Myrtle, Oregano, Palmarosa, Palo Santo, Spearmint, Spikenard, Tangerine, Thyme, Eucalyptus Blue

Blends: Breathe Again Roll-On, Melrose, Purification, R.C., Raven, Sacred Mountain, The Gift, Thieves

Supplements: ImmuPro, Inner Defense, Ningxia Red, ParaFree,

Oral Care, Sprays: Thieves Dentarome Toothpastes, Thieves Fresh Essence Plus Mouthwash, Thieves Spray, Thieves Hard Lozenges

BONES, JOINTS, MUSCLES

Singles: Basil, Black Pepper, Copaiba, Idaho Balsam Fir, Lemongrass, Marjoram, R. Chamomile, Spruce, Wintergreen

Blends: Aroma Seiz, Deep Relief Roll-On, M-Grain, PanAway, Relieve It

Supplements: BLM, Balance Complete, Master Formula HIS/HERS, MegaCal, Mineral Essence, Omega Blue, Power Meal, Sulfurzyme

Massage Oils: OrthoEase, Ortho Sport

CHILDREN

Singles: Lavender, Peace & Calming, Rose **Blends:** Gentle Baby

Supplements: KidScents MightyVites (vitamin supplement); KidScents MightyZymes (enzyme supplements)

Shower: KidScents Bath Gel, KidScents Shampoo

Lotions: KidScent Lotion, KidScents Tender Tush

Toothpaste: KidScents Toothpaste

DIGESTIVE DYSFUNCTION, CONSTIPATION, BLOATING, GAS, AND CLEANSING

Singles: Cardamon, Carrot Seed, Celery Seed, Coriander, Eucalyptus *Rad.*, Fennel, Ginger, Grapefruit, Juniper, Ledum, Melaleuca *Alt.*, Peppermint, Tarragon

Blends: Di-Gize, EndoFlex, Exodus ii, GLF, JuvaCleanse, JuvaFlex, Longevity

Supplements: Alkalime, Balance Complete, ComforTone, Digest + Cleanse, ICP, JuvaPower, JuvaSpice (for salads and cooking), JuvaTone, Life 5; all enzymes: Allerzyme, Carbozyme, Detoxzyme, Essentialzyme, Essentialzyme 4

Massage Oils: Cel-Lite Magic Massage Oil

EMOTIONAL AND SPIRITUAL

Singles: Bergamot, Clary Sage, Frankincense, Galbanum, Lavender, Lemon, Orange, Patchouli. Pine, Sacred Frankincense, Tsuga, Ylang Ylang

Blends: Abundance, Acceptance, Australian Blue, Believe, Chivalry, Egyptian Gold, Forgiveness, Gathering, Gratitude, Gentle Baby, Grounding, Harmony, Hope, Humility, Inner Child, Inspiration, Into the Future, Joy, Lady Sclareol, Motivation, Live With Passion, Present Time, RutaVala, SARA, SclarEssence, The Gift, 3 Wise Men, Transformation, Trauma Life, Valor, White Angelica

Supplements: CortiStop Women's, EndoGize, FemiGen, PD 80/20

FORTIFYING AND MAINTAINING THE BODY - ANTIOXIDANTS

Singles: Juniper, Lemon, Nutmeg, Peppermint, Rosemary

Blends: En-Er-Gee, Hope, ImmuPower, Joy, Motivation

Supplements: Balance Complete, Blue Agave, EndoGize, Essentialzyme 4, Inner Defense, JuvaTone, Master Formula HIS/HERS, MegaCal, Mineral Essence, MightyMist & MightyVites (Children), MultiGreens, Ningxia Red, Omega Blue, Power Meal, Prostate Health, Pure Protein, Super B, Super C Chewables, Thyromin, JuvaSpice (for salads & cooking)

MEMORY, CONFUSION, LACK OF MENTAL CLARITY, BRAIN FOG

Singles: Frankincense, Lavender, Peppermint, Rosemary, Sacred Frankincense

Blends: Awaken, Brain Power, Citrus Fresh, Clarity, Common Sense, Dream Catcher, Envision, Gathering, Joy, Into The Future

Supplements: Essentialzyme 4, Detoxzyme, Master Formula HIS/HERS, MegaCal, Ningxia Red, Thyromin, Ultra Young + Oral Spray

OVERWEIGHT, METABOLISM

Singles: Fennel, Grapefruit, Lemon, Nutmeg, Patchouli, Spearmint, Peppermint

Blends: Di-Gize, EndoFlex, GLF, Joy, JuvaFlex, Motivation, SclarEssence

Supplements: Allerzyme, Carbozyme, ComforTone, Detoxzyme, Digest + Cleanse, EndoGize, Ezzentialzyme 4, ICP, JuvaPower, JuvaTone, Ningxia Red, PD 80/20, Power Meal, Thyromin, JuvaSpice (for salads and cooking)

TEA: Slique Tea, Ocotea Oolong Cacao

PROTECTION-ANTIOXIDANTS

Singles: Cinnamon Bark, Copaiba, Dorado Azul, Eucalyptus Blue, Frankincense, Helichrysum, Melaleuca *Alternifolia*, Melissa, Mountain Savory, Ocotea, Oregano, Palo Santo, Ravintsara, Roman Chamomile, Thyme

Blends: Aroma Life, Di-Gize, Exodus ii, Melrose, PanAway, Purification, R.C. Raven, The Gift, Thieves

Supplements: Longevity Softgels, Master Formula HIS/HERS, Super C, Super C Chewables

Sprays, Body Oils: LavaDerm Cooling Mist, Protec

SKIN CARE

Note: *After applying essential oils on the skin, use a skin cream to sooth the natural drying effect of some oils: A.R.T. (Age Refining Technology) Day Activator, Night Reconstruction, Gentle Foaming Cleanser, & Purifying Toner; Boswellia Wrinkle Cream, Genesis and Sensation and Lavender Hand & Body Lotions, Sandalwood Moisture Cream*

Singles: Frankincense, Galbanum, German Chamomile, Helichrysum, Idaho Tansy, Jasmine, Lavender, Petitgrain, Melaleuca *Ericifolia*, Myrrh, Myrtle, Roman Chamomile, Rose, Sandalwood, Vetiver, Western Red Cedar, Ylang Ylang

Blends: Gentle Baby, Highest Potential, Sensation, 3 Wise Men, Valor

Lotions, Serums, Sprays, Supplements: Sulfurzyme, ClaraDerm, Progessence Plus Body, Essential Beauty Serum, Rose Ointment

SLEEP

Singles: RutaVala, Lavender, Lemon Myrtle, Golden Rod, Valerian, Roman Chamomile, Orange, Mandarin

Blends: RutaVala Roll-On, Tranquil Roll-On, Peace & Calming, Surrender, Trauma Life, Hope, Humility

Supplements: ImmuPro, Essentialzyme 4, MegaCal, SleepEssence, Mineral Essence, Omega Blue, Life 5, Thyromin (just b/4 getting into bed), Stress Away Roll-On, Ultra Young + Oral Spray

SMOKING CESSATION & OTHER ADDICTIONS

Singles: Cinnamon, Clove, Nutmeg, Orange, Peppermint, Roman Chamomile, Tarragon, Clary Sage,

Blends: Thieves, Harmony, JuvaCleanse, Peace & Calming, GLF

Supplements: ICP, Comfortone, Essentialzyme 4, Life 5, JuvaTone, JuvaPower, JuvaSpice (for salads and cooking)

STRESS

Singles: Angelica, Dill, Frankincense, Lavender, Neroli, Orange, Petitgrain, Rosemary, Valerian, Vetiver

Blends: Harmony, Joy, Peace & Calming, RutaVala, RutaVala Roll-on, Trauma Life, Valor, White Angelica

Supplements: Master Formula HIS/HERS, MegaCal, Mineral Essence, Sleep Essence, Super B, Thyromin