

Introduction to Young Living Essential Oils

Are you ready to take control of your health and your finances? Are you ready to maintain good health and solve problems naturally? Today's lifestyles don't always create optimal conditions for physical wellness. Poor diet, lack of exercise and an abundance of environmental toxins can leave the body unbalanced and with diminished energy levels.

Essential oils are a necessity and are healthy alternatives that have been used for thousands of years. They are a modern trend but essential oils date back to 4500 BC, and are mentioned in the Bible 188 times. We will show you how you can ditch the synthetics and use something that will benefit your body and mind in a perfect, plant-based way.

From cleansing and weight management to supporting every body system, essential oils and essential oil-infused supplements can provide the targeted solutions you need to restore balance and feel your best. Feel vital every day with the whole food-based nutrients, powerful antioxidants and pure essential oils by Young Living. Using essential oils and essential oil-infused supplements daily can provide the targeted solutions you need to restore balance and feel your very best.

What are Essential Oils?

Essential oils are made from plant constituents such as leaves, stems, bark and roots. The oils are essentially the immune system of the plant and protect it from environmental threats. Our bodies have similar building blocks as plants and therefore the oil goes to work in the same way in our bodies as it would to help with immunity for the plant.

Young Living's Genuine Therapeutic Grade Essential Oils are primarily extracted through careful steam distillation and cold pressing. The pure essential oils are far more powerful than the botanicals from which they were extracted. When you hold a bottle of our powerful essential oils, you are holding the pure essence of health-promoting botanicals that can be diffused, inhaled, applied topically, incorporated into massage, or taken internally.

Why Young Living?

Young Living was founded in 1993 and is the largest, most trusted essential oil company in the world. Their mission statement says, "We honor our stewardship to champion nature's living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose and abundance." Young Living has 20+ years of research and experience, and is the only company that has the Seed to Seal® guarantee. The proprietary Seed to Seal® process is the heart of their commitment to purity and authenticity.

You deserve products that are genuine, free of synthetic chemicals, of unmatched purity and that is what you get with Young Living. Seed to Seal® is both a promise to you and a reflection of the sense of global stewardship. Through each step of the production process on both YL owned farms and partner farms, they use the highest standards possible to make their products, your life

and the earth better. From the time the seed is sourced until the oil is sealed in the bottle, we apply the most rigorous quality controls possible to ensure that you are receiving essential oils exactly the way nature intended. Only one company can make the Seed to Seal® promise and that is Young Living.

Young Living is the world leader in producing and guaranteeing 100% pure and potent, genuine therapeutic grade essential oils. Gary Young, the founder, has built 8 farms around the world, not including their partnered farms that also uphold the Young Living Seed to Seal® standard. Young Living loves for their members to be a part of the farming process from seed planting to the harvest and distillation process. Young Living uses its internal labs in addition to third-party audits to verify that international purity and potency standards are met and surpassed. There are no pesticides or chemicals used on their farms, only essential oils to keep away pests. Young Living completes 8 different tests on every batch of oil.

How to use Essential Oils:

Proper usage is indicated on each essential oil label. Please follow label instructions. The idea of “if a little is good, a lot is better” is not always correct. Essential oils are potent and powerful, so start low and go slow.

There are 4 ways to use essential oils:

Topically

In most cases 1-2 drops are adequate and using more may waste product. Depending on the essential oil, you can gradually build up to 3-4 uses daily. Dilute appropriately with carrier oil (coconut, grape seed, almond) if necessary.

Direct Inhalation

Fragrance is the substance of memories. Research shows that when inhaling the pure essential oils constituents, it can stimulate the olfactory receptors and activate regions in the brain’s limbic system associated with memory, emotion and state of mind. This is the brain’s center of emotion and memory. Hence, in less than a second, a scent has the power to activate a number of physical and emotional responses. Essential oils can be your key to a more fulfilling and balanced emotional life.

Diffuse

Harsh chemical formulas are not your only home cleansing option. Enjoy peace of mind without compromise by diffusing Young Living Essential Oils. Diffusing helps to purify and cleanse the air from environmental impurities. Diffuse 6-8 drops for adults and 3-5 drops for children.

Internally

Young Living’s Vitality products are for internal usage. The white label means that they are safe for proper internal usage. What labeled products are labeled specifically for internal use, whereas the regular essential oils are labeled for aromatic and topical use. They are the same oils with the same Seed to Seal quality and potency. They are the same oils, but because of FDA’s regulations on essential oils, topical / aromatic use and internal use, must be marked separately. A great way

to use Vitality oils internally, is by putting them in an empty vegetable capsule or in a glass of water, juice or tea. You can also cook with the oils to enhance your food. Vegetable capsules may be easily obtained from Amazon.

Carrier Oils vs. Essential Oils:

A carrier oil is a vegetable oil such as coconut oil or almond oil or grape seed oil that is used to dilute the essential oil. Young Living's V-6 Vegetable Oil Complex is an excellent carrier oil for all applications. Carrier oils ensure that essential oils applied topically are comfortable. Dilution with a carrier oil does not dilute the effect of the essential oil and prevents waste due to excessive application. Vegetable shortening, butter, margarine or petroleum derivatives (petrolatum jelly) should never be used as carrier oils. Some consumers choose to avoid olive oil as a carrier oil because of its strong aroma and thick viscosity.

Some favorite carrier oils include:

Sweet almond oil, grape seed oil, coconut oil and jojoba oil

Precaution Guidelines:

Essential oils are potent gifts from nature that can often be more powerful than expected. In order to prevent misuse of these precious oils and ensure their maximum benefit, please follow precautions.

- Do not put essential oils directly in eyes or ear canal, it will burn.
- If an essential oil gets in your eye, put milk or a carrier oil around the eye for relief. Do NOT use water!
- If an essential oil feels hot to the skin, immediately apply a carrier oil on the area for relief.
- If a rash occurs at any time after application of an oil, refrain from applying topically for a few days and restart slowly with dilution of a carrier oil.
- Pregnant women, epileptics and those with high blood pressure should consult their doctors as there are a few oils that should be avoided.
- Essential Oils are not recommended orally or topically for anyone undergoing chemotherapy or radiation treatment. Inhaling the oils for relaxation purposes, emotional purposes, or occasional nausea is okay if your doctor approves.
- We do not recommend peppermint, rosemary, sage or eucalyptus under the age of 5 or wintergreen under the age of 12. If previously applied to a child with no reaction, you may choose to continue the use of the oil.
- Citrus oils are photosensitive, so avoid being in the sun for at least 2 hours after applying topically.
- If you are allergic to anything, always read the label.
- If taking medication on a regular basis, or have a medical condition, always consult your doctor.

Premium Starter Kit:

1. Lavender: Topical / Aromatic

Lavender is one of history's most celebrated and versatile essential oils. It is a great aid for relaxing and winding down before bedtime. Lavender has a wonderful scent that is a blend of fresh, floral, clean and calm, which makes it lovely to diffuse. It's this dynamic aroma that has made the flower a classic for perfumes, soaps, fresheners, shampoos, lotions and other beauty products. Lavender oil is a great beginner oil and a must for every home.

Fun Fact: It takes 27 square feet of lavender plants to make one 15 ml bottle of lavender oil.

Favorite Uses:

- Diffuse at bedtime (lavender + copaiba or lavender + cedarwood) are great tranquil combos.
- Add to Epsom salts for bath.
- Add a drop to pillow/sheet to support normal sleep and ease depressed moods.
- After Sun Spray: 4 oz spray bottle, 4 drops lavender and 4 drops peppermint to soothe sun exposed skin.

2. Peppermint: Topical / Aromatic / Dietary

Peppermint has an invigorating, energizing and fresh mint aroma. This amazing and versatile essential oil has been widely studied for its potential health benefits with benefits that include gastrointestinal comfort and normal digestion support, in addition to its great taste.

As a dietary supplement, Peppermint Vitality oil can support healthy gut function and digestive efficiency. These benefits make it a great way to start your day or end a meal. Peppermint Vitality oil as a dietary supplement may support exercise performance to help you have a great workout.

Because of its great taste, it's easy to add this versatile oil to your tea or experiment with it in your baking.

Fun Fact: It takes one pound of raw peppermint material to make one 15 ml bottle of peppermint oil.

Favorite Uses:

- Diffuse to promote focus (workplace/homework/classroom)
- Take in gel capsule, add to water, or rub on stomach area to soothe stomach discomfort.
- Put on temples, forehead and over sinuses to relieve head pressure.
- Add 4 drops to your brownie mix or mix with coffee and mocha syrup for your favorite peppermint mocha!

3. Lemon: Topical / Aromatic / Dietary

Lemon Vitality essential oil is cold pressed from the rind of the lemon. It promotes clarity of thought and purpose and has a purifying citrus scent that is invigorating, enhancing and warming and is known as one of the most fragrant essential oils. Lemon essential oil includes the naturally occurring constituent limonene. Lemon contains d-limonene, an antioxidant that has been linked to healthy immune system function. Currently in research with its relation to breast cancer Lemon Vitality can add a bright, dynamic flavor to many dishes. Its versatility in sweet and savory recipes is what makes this fruit a popular item in kitchens around the world. Use Young Living's Lemon Vitality essential oil to add flavor to savory foods like fish and chicken or sweet foods like pastries and cakes. Lemon Vitality oil has a bright taste you'll want to keep on hand for almost anything you make. Instead of zesting or juicing, use Lemon Vitality for a convenient way to use this great flavor.

Fun Fact: It takes 75 lemons to make one 15 ml bottle of lemon oil.

****Caution**** Avoid applying to skin that will be exposed to prolonged sunlight or UV light within 24 hours.

Favorite uses:

- Diffuse in your kitchen for a clean, energizing feel (also try peppermint + lemon)
- Cleaning:
 - pull out stains / goo remover:
 - Remove gum, crayon, glue, oil, or grease.
 - Diffuse for a fresh, energizing, clean scent.
- Substitute for lemon juice or seasoning.
- Use in all natural cleaning recipe:
 - 30 oz spray bottle (half distilled water / half vinegar / add 10 drops lemon essential oil, 10 drops thieves essential oil.

4. Copaiba Vitality: Topical / Aromatic / Dietary

Copaiba essential oil is found near the Amazon rain forest basin and has a rich complex aroma that is grounding and relaxing. Copaiba contains the highest amounts of beta carophyllene (55%) of any known essential oil and supports the body's natural response to irritation and injury. Unlike other essential oils, Copaiba Vitality is tapped directly from the tree rather than distilled and has a rich, uplifting, woody smell. Copaiba Vitality has a pleasant, complex taste and when taken internally, it promotes wellness and supports the body's natural response to injury or irritation. Take Copaiba Vitality daily as an important part of a health regimen. Adding a little Copaiba Vitality to an herbal tea such as chamomile or rooibos will bring a complex flavor as part of your daily health regimen.

Fun Fact: Traditionally used in Native American recipes.

Favorite Uses:

- Inhale or diffuse to help create a positive and calm atmosphere!
- Take as a supplement to aid common digestion discomforts and help the body regulate its natural immune responses.
- Enhances other oils properties, increase effectiveness of other oils, combine in diffuser or layer on topically.

5. Frankincense: Topical / Aromatic

Frankincense is one of the oldest essential oils. Considered the “holy anointing oil” in the Middle East, frankincense has been used in religious ceremonies for thousands of years. It was well known during the time of Christ and was one of the gifts given to Christ at his birth. The Chinese use frankincense to support overall health.

Frankincense includes the naturally occurring boswellic acid and has a woody, warm, balsamic aroma. Diffuse Frankincense during meditation and prayer for grounding and purpose. Research shows that when inhaling the pure essential oils, it helps stimulate the olfactory receptors and activate regions in the brain’s limbic system associated with memory, emotion and state of mind.

Applying Frankincense topically may help smooth the appearance of healthy-looking, radiant skin and is excellent to use for massage.

Fun Facts:

- Frankincense is mentioned in one of the oldest known scientific records, the Ebers Papyrus, dating from the 16th century B.C.
- Young Living distills its Frankincense oil from the resin of *Boswellia carterii* trees located in northern Africa near the Arabian Peninsula.

Favorite Uses:

- Apply 1-2 drops to the face and neck to minimize blemishes and add a healthy looking glow.
- Diffuse or inhale deeply to help alleviate nervous energy and boost immunity

6. Thieves: Aromatic / Topical / Dietary

Thieves can support overall wellness and a healthy immune system. Popular for its anti-viral and anti-bacterial properties, this is a winter must. Thieves is a blend of 5 oils (Clove, Cinnamon Bark, Rosemary, Lemon and Eucalyptus). When taken internally, Thieves Vitality supports healthy immune function. When taken as a dietary supplement, Thieves is an ideal complement to a daily wellness regimen. Additionally, Eucalyptus Radiata Vitality (also included in thieves) may also help support a healthy respiratory system when taken internally.

Fun Fact: Thieves essential oil blend was inspired by the legend of four 15th-century French thieves who formulated a special aromatic combination composed of clove, rosemary and other botanicals they used to protect them from disease while robbing the dead and dying.

Favorite Uses:

- Add 3-5 drops to an empty gelatin capsule and take internally for immune support.
- Thieves Tea: 1 cup hot water, 1-2 drops thieves, ½ lemon or 1 drop lemon oil, 1 tbsp honey to ease sore throat and boost immunity.
- Roller blend and rub on yours or your children's feet every night to support whole body wellness.
- Diffuse in the winter to ward off germs, viruses and purify your home.

Thieves can be found in many of Young Living's most popular products. It is a safe, natural alternative to use in your home.

7. Purification: Topical / Aromatic

Ditch overpowering and harsh chemical-based sprays and keep your home smelling fresh and clean with Young Living's Purification essential oil. This blend is made up of six essential oils for the ultimate weapon against odors. Citronella, Lavandin, Lemongrass, Rosemary, Myrtle and Tea Tree work together to create a refreshing, bright scent helping to eliminate odors from cooking, laundry, pets, or anything else life throws your way. Diffuse it throughout your house or use a more targeted approach so you always feel confident in your home, in the car, or on the go! Due to the citronella it works great as a natural insect repellent, free of harmful chemicals.

Favorite Uses:

- Add a few drops to the diffuser to get rid of unwanted odors (kitchen/bathrooms).
- Add a drop or 2 to a cotton ball and place in the bottom of a diaper pail/ trash can or stinky shoe.
- Add a couple drops to a spray bottle to help promote an annoyance free time outdoors.

8. RC: Topical / Aromatic

R.C. Essential Oil is a powerful blend of Spruce, Cyprus and three types of Eucalyptus oils. R.C. has a refreshing aroma and is used to support the respiratory system and help you stay motivated when you hit the weights, treadmill, or bike. Diffuse or apply it directly before, during, or after your workout.

Favorite Uses:

- Add R.C. to a bowl of hot steamy water and then place a towel over your head and inhale the soothing aroma and steam to help promote respiratory wellness.
- Dilute and apply to chest, neck and throat areas as needed for chest and throat comfort.
- Diffuse to promote more open airways and relieve sinus congestion.

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

9. DiGize: Topical / Dietary

Use DiGize Vitality to help you enjoy each and every meal! This proprietary blend of Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise and Patchouli aids in digestion and tummy troubles. You definitely don't want to be without this one if the stomach bug hits your house.

Fun Fact: Some cultures munch on fennel seeds after meals. The use of this potent plant dates back to ancient Egypt.

Favorite Uses:

- Smell to ease motion distress.
- Put in a gelatin capsule to aid in digestion.
- Rub on your stomach area when confronting queasy moments.
- Use when traveling abroad and encountering different cuisines.

10. PanAway: Topical

PanAway has a stimulating aroma and is a popular and original combination of Wintergreen, Helichrysum, Clove and Peppermint essential oils. This blend is ideal to apply topically before and after exercise or daily activities. Wintergreen's essential oil has a soothing, calming properties and its clean, refreshing scent makes it an ideal addition to lotions and ointments that are applied after activity to aid in muscle soreness.

Favorite Uses:

- Apply topically after a strenuous workout to help with over worked muscles.
- Apply several drops to bottom of feet for a soothing foot massage.
- Place 3-4 drops onto a hot towel and hold over the abdomen during monthly female cycles.

11. BONUS OIL:

Stress Away: Topical / Aromatic

Stress Away is a natural solution created to combat normal stresses that creep into everyday life. Stress Away is the first product to contain the unique stress-relieving combination of lime, vanilla and copaiba to reduce mental rigidity, restore equilibrium, induce relaxation, reduce occasional nervous tension and restore composure.

Favorite Uses:

- Diffuse stress away to create a relaxing and grounding atmosphere (great for the office).
- Apply to wrists daily in place of perfume.
- Add 1-2 drops of stress away to gel capsule and take daily when life is demanding.
- Add a couple drops to epsom salts and add to bath for a relaxing experience.

Two ways to get Young Living Essential Oils

1. Customer - Pay Retail
2. Membership - Pay Wholesale (24% Off)

Wholesale Membership with Premium Starter Kit: Only \$160!

Includes 24 % off retail price. With a wholesale membership, you are not required to distribute, sell anything, teach a class, or promote Young Living, etc. All you do to keep your Young Living membership active is spend \$50 a year.

Joining as a wholesale member with the Premium Starter Kit is the best bang for your buck. I personally suggest all new members to start off with the Premium Starter Kit to fully experience the overall wellness benefits. You will receive the 10 oils as part of the Everyday Essential Oils Kit, plus a 5 ml bottle of Stress Away, an AromaGlide roller fitment, 10 sample sachets, 10 sample bottles with informational sharing cards, 2 Ningxia Red samples, other informational literature, plus a FREE home diffuser!

OR...

Customer Retail Value: Pay \$170.72 for Everyday Oils Collection (10 oils ONLY). You cannot purchase the Premium Starter Kit as a retail customer and you do not get 24% discount.

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