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### **WHAT ARE ESSENTIAL OILS?**

Essential oils have been used for thousands of years for their health, cosmetic, and emotionally uplifting properties. Young Living has always been at the forefront of bringing this ancient tradition to modern users, introducing millions to a total mind/body wellness they may never have dreamed possible. Primarily extracted through careful steam distillation, but also through cold pressing, the purest essential oils are far more powerful than dry herbs, delivering quick and effective results.

Essential Oils are the aromatic, volatile liquid that circulate through tissues and pass through cell walls, carrying nutrients into the cells and carrying waste products out. They keep the plant alive. They work similarly within our own bodies when we use them. We may not need them to live, as the plant does, but the essential oils can bring healing and nutrition to our bodies and carry the waste products and toxins out.

Essential Oils are made up of hundreds of chemical constituents. This is what gives them the ability to treat many different things at once. They have the unique ability to penetrate cell membranes and diffuse throughout our blood and tissues.

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### **WHY YOUNG LIVING?**

Almost ALL essential oils say “100% pure” on the front of the label. But just like on the fruit juice you buy at the supermarket, this means very little. Sure, the juice is pure, but there is 60% water in that bottle along with 100% pure juice, right?

It is a similar concept with many oils. The companies who bottle them will often add fillers or synthetics to their oils in order to save money.

Young Living has a Seed to Seal guarantee. Young Living’s authentic essential oils capture the pure energy of the plant. This energy has proven therapeutic properties that can help move you to a life of wellness, purpose, and abundance.

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### **TOPICAL**



Real quick let's go over a bit of "Essential Oil-ese". A single oil is just that. One singular oil in a bottle. A "blend" is a mixture of different oils that are put together for a common purpose. "Neat" means that you apply the oil topically, without dilution. And "dilution" is adding some of a "carrier oil" with the essential oil before applying or ingesting it. A "carrier oil" is a nonessential oil, such as almond oil, grapeseed oil, olive oil, or coconut oil. Some oils are considered "Hot" meaning that they might sting a little on contact - like peppermint. Ever popped a spicy peppermint candy into your mouth or added too much cinnamon to a recipe? That's what we mean by "Hot". Those oils should be diluted with a carrier oil. Other oils like lavender and frankincense can be used "Neat", which means you can pour some drops from the bottle and apply those drops directly to your skin.

Apply your oils topically to the desired area. You can also apply topically to "vitaflex points". Always dilute "hot" oils, like peppermint or Thieves. (The bottles will have details on how much to dilute) And you will always want to dilute more on small children and babies (They do not need a full adult dosage, so we dilute more since we can't divide a drop into smaller amounts.) You can also dilute to spread the oil onto a larger area.

<http://www.pbs.org/wgbh/nova/next/body/skin-can-smell/>

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## **INHALATION**

The sense of smell is one of the most powerful senses. Close your eyes and think of your grandmother's house. You can instantly smell it can't you? Inhalation is a great way to deliver the oils. Young Living has several amazing diffuser options. When you use the diffuser, you are benefiting everyone in the room, not just rubbing oil on one person. And when you diffuse Thieves or other immune supporting oils, you are benefiting everyone in the room. Calming oils can calm your overactive children and destress mom and dad at the same time. Everyone benefits! Also, as far fetched as it may sound, you can get benefits simply from sniffing the bottle of many of the oils. Putting the oil on the palms of your hands and cupping them over your nose and mouth to breathe them in is also very effective.

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## **INGESTION**

Young Living essential oils are so pure you can put a drop in your glass of water for a health and energy boost. You can also use them to flavor your baking with a powerful health boosting punch!

Please keep in mind that not all Young Living essential oils are safe for ingestion, just as not all plants are meant to be ingested. Always refer to the label or your reference guide to see if an oil is safe for ingestion. When ingesting oils, start with one drop of an oil and work up to more so your body can get used to it. Also, if you choose to take your oil in a capsule, use a carrier oil to fill the capsule after putting the essential oils in. If you add essential oils to water, use a GLASS container. Especially citrus oils, which leach onto toxins and carry the toxins OUT. So, the same oil that will take the toxins from your body and transport



them out, will also take the toxins from PLASTIC and transport them out, or rather right into your body. So, always use glass!

**\*\* ONLY INGEST YOUNG LIVING OILS! Most others ARE NOT SAFE! Please don't risk the health of yourself or your family by not heeding this warning. \*\***

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## **LAVENDER**

Lavender is one of history's most celebrated and versatile essential oils. It is steam distilled from *Lavandula angustifolia*, a perennial, bushy shrub with a flowery top. Historically, Greeks used lavender as a perfume. The Romans used it in their baths for washing, for its cleansing qualities, and to deter insects. The Egyptians used lavender as an ingredient in incense and perfume. Queen Elizabeth I used it in her tea to soothe tension. The many plant constituents in lavender essential oil contribute to a vast range of usage. Today, we use lavender to cleanse, support normal sleep, ease occasional depressed moods, soothe sun-exposed skin, and reduce stress. Lavender oil is one of the safest essential oils and can be applied neat to the skin. The benefits of lavender essential oil are limitless, and modern research will continue to yield new and exciting uses for this amazing plant.

We love Lavender! We often refer to lavender as the 'swiss army knife' of oils because it has so many amazing uses. We love lavender in the spring! When we experience minor skin irritations, I put lavender on them. When someone's skin needs soothing from sun exposure, I put lavender on it. When my family is in need of calming or sleep support, I diffuse lavender.

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## **PEPPERMINT**

Peppermint has an invigorating and fresh mint aroma. This amazing and versatile essential oil has been widely studied for its potential health benefits and for its ability to enhance mental acuity.

Peppermint is one of the oldest and most highly regarded herbs for soothing digestion.

Peppermint is another must have oil in the house! It's perfect for soothing the tummy. Inhaling from the bottle helps during bouts with sour tummies. We also use peppermint for relief from tension and discomfort of the head and neck.

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## **LEMON**

Lemon essential oil is cold pressed from the rind of *Citrus limon*, a 20-foot tree with highly scented blossoms and lemon fruits. Lemon essential oil 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 contains d-limonene, an antioxidant that has been linked to healthy immune



system function. Studies show that inhaling lemon can help with the occasional blues. Lemon is also an important ingredient in natural cosmetics that may be useful for cleansing the skin and reducing the appearance of wrinkles.

I LOVE lemon. It's my favorite to use to clean up the kitchen. It removes the sticky, waxy coating they apply to produce. It will clean your counter quickly and efficiently. It's rejuvenating when dropped in a glass of water. And it's another oil we love in the springtime. We also love to use lemon when we need to support our immune systems during the winter.

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### **VALOR**

Valor essential oil blend is one of our most popular products and a favorite of Founder and Chairman of the Board D. Gary Young. A truly unique blend of Black Spruce, Blue Tansy, Camphor Wood, Geranium, and Frankincense, Valor has a woody, grounding aroma that is great for massages and other topical and aromatic uses. Use it to greet each morning with a positive attitude or to refocus at the end of a challenging day.

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### **PEACE & CALMING**

Peace & Calming is a gentle, sweet blend of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy and is one of Young Living's most popular essential oil blends. With a calming, sweet aroma, this blend is one you'll love using during your children's bedtime and for yourself after the house has settled down.

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### **FRANKINCENSE**

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. Anciently, the Chinese used frankincense to support overall health. Today, frankincense is still used worldwide for both its ceremonial and dietary use.

Frankincense calms and soothes the body and mind. It contains comforting properties helpful for mental balance, and it has a stimulating and elevating aroma. It increases spiritual awareness and enhances meditation. Frankincense essential oil has a visual tightening effect on the skin and may benefit older, more mature skin.

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### **THIEVES**



Young Living's amazing Thieves essential oil blend was inspired by the legend of four fifteenth-century thieves in France who formulated an aromatic blend composed of cloves, rosemary, and other botanicals to keep them from getting ill while robbing graves. When captured, they were offered a lesser sentence in exchange for their secret recipe. Young Living's one-of-a-kind blend is formulated with pure clove, cinnamon bark, rosemary, lemon, and eucalyptus (*E. radiata*) essential oils. Thieves is a great option for those looking for an aromatic oil blend to support healthy immune function.

Young Living also has an entire line of Thieves household supplies like toothpaste, house cleaner, hand soap, floss, and throat lozenges. We love love love Thieves!

It smells very good! I love diffusing during the holidays and when company is coming over. We love Thieves tea (tea, honey to sweeten, one drop of lemon and one drop of thieves) on cold winter days. The toothpaste and mouthwash based on Thieves tastes great and is very effective! Everyone who tries it loves it, even my 7 yr old son is a huge fan!

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### **CITRUS FRESH**

What's better than Lemon, Grapefruit, and Orange essential oils? These oils are combined to create the inspiring and unique Citrus Fresh essential oil blend. Along with Tangerine, Mandarin, and Spearmint, Citrus Fresh is a member favorite that's invigorating and bright, with a hint of minty coolness. This product is a perfect replacement for chemical-based home fresheners. Simply add a couple drops to your household diffuser and enjoy the uplifting and refreshing scent. You can also combine it with lotions and moisturizers to add a boost to your nightly skin care routine to support the appearance of healthy-looking skin.

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### **RAVEN**

Raven essential oil blend is a cool, refreshing combination of Ravintsara, Peppermint, Eucalyptus Radiata, Lemon, and Wintergreen essential oils. A chilly, minty blend with sweet undertones, Raven creates a cooling sensation and provides a comforting aroma when applied topically to the chest and throat. Like an effervescent breeze through a grove of eucalyptus trees, Raven provides a refreshing aromatic experience when diffused or inhaled directly. The naturally occurring constituents eucalyptol, menthol, and methyl salicylate provide an invigorating and empowering experience, particularly before or after a workout or when winding down for the evening.

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### **DIGIZE**

DiGize is a potent blend of essential oils that support healthy digestion. Included in this blend are Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli essential oils.



DiGize helps with the occasional upset stomach and indigestion issues. DiGize is an excellent tool in aiding minor constipation or for the relief of occasional heartburn.

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### **PANAWAY**

PanAway essential oil blend is a proprietary blend of helichrysum, wintergreen, clove, and peppermint designed to relieve muscle soreness and tension. If you have occasional soreness after gardening, shopping, working out, or any other physical activity, reach for PanAway. This proprietary blend is made of essential oils that penetrate the skin and soothe soreness after strenuous activity. It integrates the soothing properties of helichrysum, wintergreen, clove, and peppermint, and can be used to relieve sore muscles, tight joints, and ligaments and enhance overall well-being.

We love to use Panaway for "growing pains" on children heavily diluted with V-6. Some ladies like to rub it on their bellies when they have menstrual cramps.

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### **STRESS AWAY**

Young Living's Stress Away essential oil blend 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 and vanilla pure, therapeutic-grade essential oils. Stress Away also includes copaiba and lavender to reduce mental rigidity and restore equilibrium. Featuring powerful plant constituents, such as the cedrol found in cedarwood and the eugenol that occurs naturally in vanilla, Stress Away can help induce relaxation and reduce occasional nervous tension. All of these ingredients are expertly blended with the exotic scent of ocotea, Young Living's exclusive Ecuador single.

Stress Away essential oil blend reduces stress in anticipation of mental tension. It also reduces stressors that could negatively impact sleep, and may elevate an individual's state of mind.

Diffuse Stress away during the "witching" hour of dinner prep/cleanup/bedtime. It smells AMAZING so is another favorite to just diffuse in the house to make it smell great. This is great for calming anyone it can reach. See for yourself!

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### **AN AMAZING DEAL!**

The oils discussed tonight all are available at retail price, or are included in the Premium Starter Kit which also includes membership, which gives 24% off all products in the catalogue. With over 600 essential oil based, non-toxic, top quality lovely magnificent amazing brilliant Young Living products for you to choose from! Simply connect with the person who invited you to tonight's class to learn how you can enjoy the gift of Young Living in your life. If you don't know how you got here reach out to me I will find your route



here. Essences of Alchemy is an educational and health and wellness empowerment based group so entering into our oily family brings benefits beyond the basics!

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## ESSENTIAL REWARDS

I bet you're wondering how to grab these awesome products and support your whole body wellness goals? All of these products we learned about this evening can be bought by quick order or by joining the Essential Rewards program (ER). When you become more experienced with using the oils, you can easily recognize the HUGE benefits in ordering products through the Essential Rewards program (ER). It is an excellent opportunity to save and the best way to buy your Young Living products. Here's why:

- Easy monthly shipments
- Fast, Easy, Free shipments with a YL Go Subscription
- Discounted shipping
- Exclusive bonuses and reward points
- Exclusive loyalty gifts

For details: [https://www.youngliving.com/en\\_US/opportunity/essential-rewards](https://www.youngliving.com/en_US/opportunity/essential-rewards)

***A healthier you, a healthier budget and a healthier planet!*** It is easy to keep the Essential Rewards program going with transfer buying. Instead of purchasing products from the grocery or drugstore, buy from Young Living and get healthy, natural, non-toxic products *AND receive points for your purchase!* Young Living offers a myriad of products for home cleaning, personal/oral care, beauty, and specialty care products for your animals & kids. Check out the Thieves line for your home, natural protection and oral care; the ART® Skin Care System, bring out your natural and inherent beauty; and Animal Scents® and Kids Scents®, non-toxic products for your pets and kids. So you *can* go consciously healthy! You will be loving your body, your wallet, and the planet too!

