

YOUNG LIVING ESSENTIAL OILS

Essential oils are the aromatic liquids found in the flowers, leaves, stems, bark, roots, seeds or other parts of a plant. These powerful extracts, often referred to as the “life blood” of a plant, are nature’s most potent remedies. They have the unique ability to profoundly affect our physical, mental, and emotional health. Essential oils are mankind’s first medicines, and have been used and revered for centuries for their restorative properties to the mind, body, and spirit.



YOUNG LIVING ESSENTIAL OILS SUPPORT WELLNESS

- ⚡ Combat the damaging effects of toxins and impurities that accumulate in the body
- ⚡ Profoundly influence mood and emotions through accessing the limbic system
- ⚡ Bring balance to body systems and relieve discomfort from daily stress and tension



How Do I Use Them?

Every Young Living bottle has instructions for use on the label. Follow guidelines on individual bottles.

Aromatically:

- ❖ Inhale directly from the bottle
- ❖ Rub two drops on your palms, cup hands over nose and mouth & breathe deeply
- ❖ Use a diffuser to disperse the oils into the air

Topically:

- ❖ Apply oils to the bottoms of the feet, temples, wrists, neck, or other specific areas neat (undiluted) or diluted with a carrier oil.
- ❖ Use in hot compresses and in baths
- ❖ Use diluted with a carrier oil in massage
- ❖ Make your own personal care products (lotions, soaps, deodorants, perfume, skin-care serums)

Internally:

- ❖ Place in gel capsules to take as a supplement
- ❖ Use in cooking & baking
- ❖ Add to water, NingXia Red®, honey, or tea

*See youngliving.com for full safety information before consuming oils

Cleaning:

- ❖ Make your own safe non-toxic cleaning products with oils; use YL’s multipurpose Thieves Household Cleaner
- ❖ Avoid toxic air fresheners and disinfecting sprays by making your own

Why Young Living?

Not all oils are created equally. The vast majority of essential oils on the market today are cosmetic or food grade. Young Living is the world leader in the cultivation, distillation, and production of therapeutic grade essential oils with over 20 years of experience. Through their Seed To Seal® process, Young Living manages all aspects of their oil production, from seed selection to distribution, with the most cutting edge knowledge and technology. They are the only company that owns their own farms, distillation facilities, and laboratories to test the precision of their essential oils which are always genuine, free of synthetic chemicals, and of unmatched purity and