

Your Everyday Oils Kit

what's inside?



Personally, I use Young Living Therapeutic Grade Essential Oils because they are world-renowned for their purity, quality, integrity and over 20 years of proven history. Young Living is proud to set the standard for essential oil purity and authenticity by carefully monitoring the production of our oils through our unique Seed to Seal® process. Guiding you toward harmony and wellness, both body and mind, Young Living's carefully crafted line of essential oils, all-natural supplements, and product solutions are designed to support a balanced, healthy life.

Young Living benefits: Wellness, Purpose, Home, and Community... for people and animals.



DiGize

Use with every meal, along with Essentialzymes-4™, to support a daily wellness regimen*. When traveling abroad, use as a dietary supplement in your water. An ideal complement to the nutritional supplements

ComforTone® and JuvaTone®.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Lemon

Invalidate your senses and transform your day with Lemon (Citrus limon) essential oil includes the naturally occurring constituent limonene. Lemon may also be used to enhance the flavor of water and foods.



Frankincense

Frankincense (Boswellia carterii) includes the naturally occurring constituent boswellic acid, and has a woody, warm, balsamic aroma. Diffuse Frankincense during meditation for grounding and purpose.

Applying this oil topically may help smooth the appearance of healthy-looking skin, and is excellent to use for massage after activity.

YOUNG LIVING
ESSENTIAL OILS

How to Use:

Inhale: Place 1-2 drops in your hands, rub together, relax and breathe in through your nose and mouth.

Topical: Place 1-2 drops on wrists, back of neck, temples, massage on soles of feet, place over heart or on location.

Diffuse: Use a cold air essential oil diffuser with your favorite oil during the day or at night for a peaceful sleep.

Other: Place a few drops on bedding, pillows, clothes or rugs. Drop on cotton balls and place in vents of home or car.

Sensitive Skin: Add YL's V6, Olive Oil or Coconut Oil to dilute effects.

****Internal:** Place 1-4 drop into water, juice or foods for flavor. YLEO have been registered as safe for internal use as GRAS (Generally Regarded as Safe) by the FDA. Labels on "oils" found in health-food stores will often say, "for external use only" or "do not ingest."



Peppermint

Peppermint (Mentha piperita) is one of the oldest and most highly regarded herbs for supporting normal digestion, including promoting healthy intestinal function and gastrointestinal system comfort.*

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Thieves

When taken internally, Thieves supports healthy immune function*, and it includes Eucalyptus radiata essential oil, which may help maintain a healthy respiratory system.* When taken as a dietary supplement, Thieves is an ideal complement to a daily wellness regimen.*

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PanAway

A popular and original combination of Wintergreen, Helichrysum, Clove, and Peppermint essential oils formulated by D. Gary Young. This blend is ideal to apply topically after exercise, and supports the appearance of healthy skin coloration. The essential oils in PanAway include naturally occurring constituents methyl salicylate, gamma-curcumene, menthol, and eugenol.



R.C.

Includes the naturally occurring constituent limonene. Rub R.C. on your feet or chest before exercise to uplift and inspire, or massage three drops on your feet before bedtime to encourage an atmosphere

of comfort. R.C. can also be used in place of Aroma Siez™ in Young Living's Raindrop Technique®.



Copaiba

May promote wellness, and can be an important part of a daily health regimen*. This oil includes the naturally occurring constituents beta-caryophyllene and alpha-humulene, and can be mixed with honey and warm water for a warming, essential oil-infused tea.

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Purification

Helps freshen the air and eliminate odors. Includes naturally occurring compounds cineol, neral, and geraniol. Add Purification oil to Animal Scents™ products to moisturize skin and improve the appearance for healthy looking skin or apply topically to enjoy the outdoors annoyance free.

****Young Living essential oils are pure, which makes them powerful and effective. For responsible use of essential oils, read the complete label on each bottle and follow the safety guidelines and tips found in the Essential Oils User's Guide available from Independent Resource Distributors: Amazon, Kindle, Life Science Publishing, & LivingAnointed.com**



Lavender

Lavender's aroma is great for relaxing and winding down before bedtime; add to bath or diffuse to create a calming and comforting environment. Lavender essential oil may complement your favorite shampoos,

lotions and skin care products. Because it is the most versatile of all essential oils, no home should be without it.



Stress Away

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.

For More Information Contact: