

YOUNG LIVING

ESSENTIAL OILS



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Lavender

Make a Lavender salve: combine coconut oil with lavender oil. Use on occasional skin irritations.

Diffuse Lavender for a good night's rest (add Cedarwood for additional support).

Put a drop of Lavender on the inside of a band-aid for skin support.

Add lavender to your shampoo to support a healthy scalp.

Rub lavender and coconut oil on spine when you get the occasional cough.

Replace boo boo creams with lavender salve.

Place a few drops of Lavender oil on a wet cloth and throw in the dryer in the place of deodorizing sheets.

Spent too much time in the sun? Let Lavender salve make your skin feel refreshed! Have a rice sock you use occasionally as a heating pad? Add Lavender to the comforting warmth.

Rub 2-4 drops of Lavender oil over armpit area to act as a deodorant.

Help your eyelashes grow long and strong with a drop of Lavender in your non-waterproof mascara bottle.

Peppermint

Use peppermint on a cotton ball to freshen up your car.

Cool off after a long work out with a Peppermint cooling spray.

Combine with a carrier and rub on your tummy for long car rides. (Add Digize to the mix if you want)

Diffuse with lemon when you need energizing.

Fight the afternoon slump by rubbing a drop of peppermint on your temples and forehead.

Add 4 drops of peppermint to a half cup of Epsom salts and add to bath to make muscles happy.

Diffuse peppermint while you are studying to help aid concentration and focus.

Add a drop of Peppermint to a glass of water for digestion support.

Inhale Peppermint or add drop under your tongue to help curb cravings.

Make a foot soak with Peppermint oil and Epsom salts or baking soda.

Lemon

Add to Lavender and Peppermint to support your respiratory system and keep sinuses healthy.

Add a drop to your water each morning for an energy boost and digestion support.

Replace your chemical air fresheners with lemon and Purification in a squirt bottle in the bathroom.

Use lemon oils to remove sticky residues from stickers.

To clean and increase shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of lemon oil. Drop cleaned fruit in to the water and stir. Be sure all surfaces of the fruit contact lemon.

Need an extra touch of clean for your dish towels? Soak them overnight in a bowl of water and lemon.

Use lemon to make a citrus sugar scrub to pamper yourself or give as a gift.

CombineLemon with Grapefruit and Peppermint in your to help support a healthy weight.

Diffuse to uplift your mood. Or use during homework time for the kids.

Rub with coconut oil on the back of your neck to help support the immune system.

Frankincense

Add Frankincense, Purification, and Lavender to your daily face creams to keep skin vibrant.

Encourage focus and concentration during tough tasks by diffusing Frankincense at home or work.

Allow Frankincense to emotionally ground you while you study scripture or do exercise routines like yoga.

Promote healthy post-pregnancy belly skin by rubbing Frankincense on the stomach daily.

Massage 2 drops of Frankincense and a carrier on your legs before bed to maintain a relaxed body throughout the night

Put 1-3 drops of Frankincense on your feet to build immunity support.

Support your digestive system by adding 1-2 drops of Frankincense to 8 ounces of water or a tablespoon of honey.

Support your respiratory system and alleviate the occasional cough by adding a few drops of a cloth and inhaling.

Use Frankincense to support a healthy endocrine system and keep hormones happy. Create a roller with Frankincense use along your thyroid.

Create a sleep inducing facial cream with 5 drops of Frankincense, 5 drops of Lavender, 1.5 tablespoons of coconut oil, and ½ teaspoon of olive oil.

Copaiba

Support your muscles and joints with Copaiba, Peppermint, and Panaway.

Add to your skin care regimen to keep your face smooth and vibrant

Diffuse at night when the occasional cough keeps you awake (consider adding lavender and tea tree to the mix)

Combine with other oils like peppermint or M-Grain to help support a happy head

Diffuse with Frankincense to give your immune system great support

Diffuse to gently support healthy hormone balance and stabilize moods.

Use Copaiba oil topically over a child's bladder before bed to support their urinary tract.

Add to any other combination of oils to enhance their effectiveness

Copaiba can be used as a dietary supplement to support digestion.

Help uplift spirits by adding Copaiba with Joy to make a happy roller

Copaiba is an oil enhancer, so add a few drops to any blend you make to make it work even more effectively.

Digize

Put a drop of Digize under your tongue when dinner doesn't sit well.

Use 2-4 drops of Digize and a carrier oil in a capsule before meals.

Create a happy tummy roller with Digize and Peppermint for the little ones.

To support a healthy tummy, take 2 drops in a spoonful of honey.

Put a drop of Digize into orange juice for a child who needs digestive support.

Purification

Add several drops of Purification to wool dryer balls to keep laundry fresh.

Put drops of Purification on cotton balls and stick inside stinky shoes.

After illness at home, diffuser Purification and Thieves to keep the air clean

Add Purification and Lavender to a carrier oil and make a roll on to support healthy ears. Roll along neck and on lobes of ears.

Combine with Thieves to make a "Go Away Spray" to go outside without being bothered.

Combine with Frankincense and a carrier oil. Rub on your abdomen above your bladder for urinary tract support.

Use Purification to make a "faux-breeze" and eliminate chemical-based air fresheners.

Rub on the outside of your neck to maintain a healthy throat.

Freshen your car by dropping Purification on a clothespin and pinning it to the vents.

Add a few drops in the filter of your vacuum to freshen your carpet.

R.C.

Combine with Lavender, Lemon, and Peppermint for respiratory support. Rub along sinuses.

Rub on chest prior to exercising.

Diffuse when seasons change to encourage easy breathing.

Combine with water and baking soda to make a shower steamer to use during warm showers in the winter months.

Prevent the snotties with R.C., Thieves, and Lavender rubbed on your feet before bed.

Use a warm, wet towel and some drops of RC as a hot compress during winter months to support easy breathing.

Stress Away

Combine Stress Away and grapeseed oil in a roller to ease tensions in your neck and shoulders.

Diffuser Stress Away during homework time after school or in your office.

Use a drop of Stress Away in a diffuser necklace or bracelet to keep your cool all day long.

After a long day, add 4 drops of Stress Away to ½ cup of Epsom salts to use in a warm bath.

Add a few drops of Stress Away to your water for a calming effect.

Promote a good night's sleep by diffusing 8 drops of Stress Away and 4 drops of Lavender in your bedroom.

Unwind using a Stress Away sugar scrub in the bath or shower.

Dilute 1-2 drops of coconut oil and rub along jawline to relax jaw and teeth while sleeping.

Calm the family down on long car rides by putting a drop of Stress Away on a cotton ball and sticking it in the slats of the car vent.

Rub just a few drops over the top and bottom of foot to relax everyday tensions in your feet.

Diffuse 5 drops of Stress away, 5 of Lavender, and 1 of Frankincense for good night's rest.

Panaway

Support healthy joints by rubbing diluted Panaway on your elbow to maintain good circulation.

Combine 2 drops of Panaway and 2 drops of Peppermint to a ½-1 cups of Epsom salts for a relaxing bath following a long day or a work out.

After a day of typing or using a computer mouse, use a drop or 2 on your wrists.

Use Panaway on your forehead, temples, and back of neck for the occasional headache.

Make a muscle rub with Panaway, Frankincense, Peppermint, and Copaiba. Add in coconut oil or YL Lavender lotion as a base.

Dilute heavily and massage Panaway on to your children's growing legs.

Thieves

Put a drop of Thieves on your toothpaste to get that "just been to the dentist" clean.

Add Thieves, Frankincense, and Lemon to a roller to use daily for immune system support.

Diffuse Thieves at home to build the family's immune system, especially during the winter months.

To support a healthy and happy throat, use a drop of Thieves, a drop of Lemon, and a teaspoonful of honey.

Create a healthy Thieves tea with a mug of hot water, one drop Thieves, three drops Lemon, and honey to taste.

Make immune-boosting apple cider by adding 4 drops of Thieves to apples juice and warming in the crockpot. Share with friends!

Put one drop on your thumb and put on the roof of your mouth when you face occasional headaches.

Add a drop to your laundry cycle for cleaner clothes.

Put a drop under your tongue to support your vocal chords during winter months.

Create a chemical free cleaner by adding one drop Thieves to one ounce of water. Or a ½ cup water, ½ cup white vinegar, 10 drops of Thieves.

Sanitize your dishwasher with a few drops of Thieves.

Use one drop of Thieves to get rid of the occasional blemish.

Uplift mood and stimulate positive feelings by diffusing at home or work.

The 12 Day STARTER KIT CHALLENGE

Overwhelmed with all this new kit oily goodness? Try these 12 ways to use your oils during the first 12

DAY 1: UNWIND Add water to the fill line in your diffuser and add 3-4 drops of **LAVENDER** drops of **STRESS AWAY** or make a bath foamer by adding 4 drops of **LAVENDER** to 1/2 cup of Epsom salt in your bath.

DAY 2: DRINK TO YOUR HEALTH 1-2 drops of **LEMON VITALITY** in your water is great to support a healthy digestive system. (Be sure to use

DAY 3: WAKE-UP CALL Add 1 drop of **PEPPERMINT** to your coffee (or add 1 drop of **PEPPERMINT** to the back of your wrist or neck for a sure fire way to wake up). Add 4 drops of **PEPPERMINT** and 4 drops of **LEMON** to get the whole family started their day in an energetic and productive way.

DAY 4: CLEANING WITH OILS Make your own toxin free cleaning spray by adding 10 drops of **THIEVES CLEANING CONCENTRATE** to 1 cup of water.

Add **LEMON** and **PEPPERMINT** to your cleaning spray.

DAY 5: RELIEVE SORE MUSCLES Sore or strained muscles, mix 3-4 drops of **PANAWAY** with 3-4 drops of **FRANKINCENSE** in a carrier oil.

DAY 6: RELAX AND REGENERATE NERVES Calm body, mind and spirit with 3-4 drops of **PEACE & CALMING** and 2 drops of **FRANKINCENSE** in a carrier oil.

DAY 7: PROMOTE A HEALTHY IMMUNE SYSTEM Add 1 drop of **THIEVES VITALITY** to your water in the morning or evening. Diffuse 4 drops of **THIEVES** in a diffuser. Add 3 drops of **RAVEN** diluted in carrier oil to your chest.

DAY 8: RELIEVE DIGESTIVE DISTRESS Ingest 2 drops of **DIGIZE VITALITY** in water or rub over belly after a full meal. Add 3 drops of **PEPPERMINT VITALITY** to your water.

DAY 9: TOXIC DRYER SHEET RELIEF Ditch toxic dryer sheets and drop **CITRUS FRESH** in your dryer. Add a few drops to your vacuum.

DAY 10: COURAGE IN A BOTTLE F

a few drops of VALON
of feet

DAY 11: BOOST YOUR ENERGY Don

two packet of liquid gold, NINGXIA RED
antioxidants and energy!

DAY 12: GERM-FREE HANDS! 1
PEPPERMINT OIL

of the THIEVES WATERLESS HAND SANITIZER WITH

away! 1 drop goes a long way!

What you need to know about ESSENTIAL OILS

The Singles:

Peppermint:

The jack of all trades. Supports gastrointestinal system comfort and normal digestion. Promotes healthy bowel function. Add to recipes in place of peppermint extract. May support performance during exercise. Enhances healthy gut function. Key ingredient in DiGize™.

Lavender:

The multi-tool. A staple in every home. Sweet, floral, and herbaceous, Lavender can be worn as a perfume, diffused, inhaled directly, or added to bath water to encourage relaxation. It can also encourage greater focus and more restful sleep. Supports many of the body's systems including the respiratory, nervous, cardiovascular, glandular and the skin.

Lemon:

The energizer. Lemon has a bright, fresh, uplifting aroma. It is cold pressed from the rind and high in d-limonene, a powerful antioxidant. Supports the immune, circulatory, digestive and respiratory systems. Wonderful flavor in water and food. May enhance mental clarity and mood. A refreshing boost to home cleaning and is great for removing sticker residue from hard surfaces.

Copaiba:

The amplifier. Copaiba is tapped directly from the tree, not distilled. Promotes wellness and a youthful appearance. Mix with honey and warm water to create a tea. Includes the naturally occurring constituents beta-caryophyllene and alpha-humulene. Copaiba may also amplify the effects of other essential oils.

Frankincense:

The powerhouse. Revered oil since biblical times. Supports the immune and respiratory systems as well as the skin. Inhale directly or diffuse to elevate the mind and enhance spirituality. Use for massage after activity. Known for its anti-aging properties, it is the base of the A.R.T. skin care line. Key ingredient in many products, including Boswellia Wrinkle Cream™, Brain Power™, Awaken™, Highest Potential™, and Forgiveness™.



What are essential oils?

Essential oils are the aromatic volatile liquid distilled from freshly cultivated shrubs, flowers, trees, roots, bushes and seeds. They have been used for thousands of years and were man's first medicines.

Not all oils are created equal

Quite simply, there are oils that smell good and there are therapeutic grade oils. Growing the right plants in the best soil (free of chemicals, pesticides and heavy metals), harvesting and distilling in precisely the right way, unadulterated, uncut, 100% pure and thoroughly tested to ensure you receive the highest quality. It's our Seed to Seal Guarantee. There are 10 farms and thousands of acres of land around the world dedicated to growing plants to be distilled into our oils. All of the farms (whether it's ours or one of our partner co-op farms) follow the strict Seed to Seal process.



How to use essential oils:

Aromatically:

Inhale directly from the bottle, add to a diffuser, or put a few drops on a cotton ball and place in an air vent.

Topically:

Apply NEAT or diluted, depending on the oil. When in doubt, always dilute and apply to the bottoms of the feet.

Internally:

Some oils may be taken orally as a dietary supplement. Always check labels or EODR to know if an oil can be used in this way.

**Disclaimer: These statements have not been evaluated by the FDA. These products are not intended to treat, diagnose, prevent or cure any disease.*



Ningxia Red™ & Nitro™

Two words. Amazing and Energy. Packed with antioxidants, super fruit, and infused with essential oils this nutritious drink packs a punch. Add Nitro™ for an all natural energy powerhouse! The two taken together = some very productive days!

Essential Rewards

If you are one to order one or two times per year, this program is not for you. However, if you're like us and you find yourself a bit obsessed and ordering more often, then you need to know more about this because it will save you money. You get subsidized shipping and earn FREE product. See website https://www.youngliving.com/en_us/opportunity/essential-rewards or whoever gave you this handout for more details.

Opportunity is knocking...

Join the fastest growing profession in the world. If firing your boss and living life by your rules is something that interests you, contact the person who introduced you to oils or the person on this handout for more information.



vital180™

The Blends:

DiGize™:

Maintain a healthy gut! Combining powerful essential oils traditionally used to support normal digestion—including peppermint, fennel, and lemongrass. Also contains tarragon, ginger, juniper, anise and patchouli. Add 2 drops DiGize™ and 1 drop Peppermint to water for a stimulating beverage.



Thieves™:

The Tough Guy. Highly effective in supporting normal function of the immune system, healthy oral hygiene and good health. Thieves™ is a blend of cinnamon bark, clove, lemon, eucalyptus and rosemary essential oils. Great for household cleaning. Add 1 drop to a cup of warm water as part of a wellness regimen.



Panaway™:

The heavy hitter. Panaway™ contains peppermint, wintergreen, clove and helichrysum. Supports normal joint and cartilage function. Also supports normal function of the circulatory system. Apply topically after exercise. Add to V-6 and apply to neck and back for a soothing aromatic experience.



Purification™:

The deodorizer. Diffuse to freshen air and eliminate odors. Add to V-6 to complement a soothing and relaxing foot massage. Supports normal function of the digestive system and the skin. Apply a few drops on cotton balls and place in house or car vents, or inside shoes or gym bag to freshen the air.



R.C.™:

Take a deep breath! R.C.™ contains eucalyptus globulus, radiata and citriodora, myrtle, pine, spruce, marjoram, lavender, cypress, and peppermint. Supports the normal function of the respiratory system, especially when diffused. Rub 3 drops on feet before bedtime.



Stress Away™:

The bonus oil! Stress Away™ contains copaiba, lime, cedarwood, vanilla, ocotea and lavender. Enhances feelings of peace, tranquility and relaxation for both adults and children. A great way to finish the day and unwind before bed. Includes copaiba and lavender to reduce mental rigidity and restore equilibrium.



And, drum roll please! The flex oils!

To ensure that you receive your oils as quickly as possible, if one of the usual starter kit oils are running low or go out of stock, YL will now substitute one of the following fabulous oils in its place:

Aroma Ease™, Citrus Fresh™, Lemongrass, Orange, or Tea Tree (Melaleuca A).

For more information please contact:

Room Freshener

INGREDIENTS:

Distilled Water

Witch Hazel or Vodka

Glass Spray Bottle

10-15 Drops, Young Living essential oils of choice (blends below)

INSTRUCTIONS:

Fill spray bottle 1/2 full with witch hazel (or vodka). Add essential oils and shake to disperse. Next add distilled water until bottle is 3/4 full. Replace the top and shake once more before using. May also be used as a linen spray. Always test on a small piece of fabric before spraying entire piece.

REFRESHER RECIPES:

Deodorizing Spray

5 Drops Purification

3 Drops Melaleuca Alternifolia

3 Drops Lemon

Uplifting Spray

3 Drops Lemon

4 Drops Joy (or Bergamot)

3 Drops Tangerine

Linen Spray

5 Drops Lavender

3 Drops Ylang Ylang

1 Drop Cedarwood

Relaxing Spray

5 Drops Lavender

3 Drops Roman Chamomile

2 Drops Cedarwood

Spiced Spray

2 Drops Ginger

2 Drops Clove

2 Drops Cinnamon Bark

2 Drops Nutmeg

3 Drops Tangerine

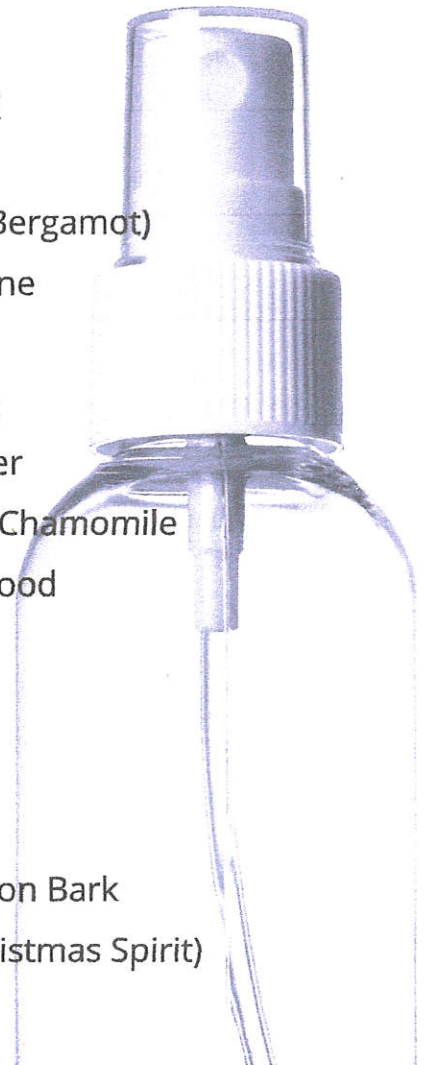
Holiday Spray

4 Drops Orange

4 Drops Pine

2 Drops Cinnamon Bark

(or 10 drops Christmas Spirit)



DIY Deodorant

INGREDIENTS:

2 Heaping Tablespoons beeswax pellets 1/4 Cup cornstarch
1 Tablespoon shea butter 1/4 Cup baking soda
5 Tablespoons coconut oil
10-15 Drops, Young Living Lavender oil

INSTRUCTIONS:

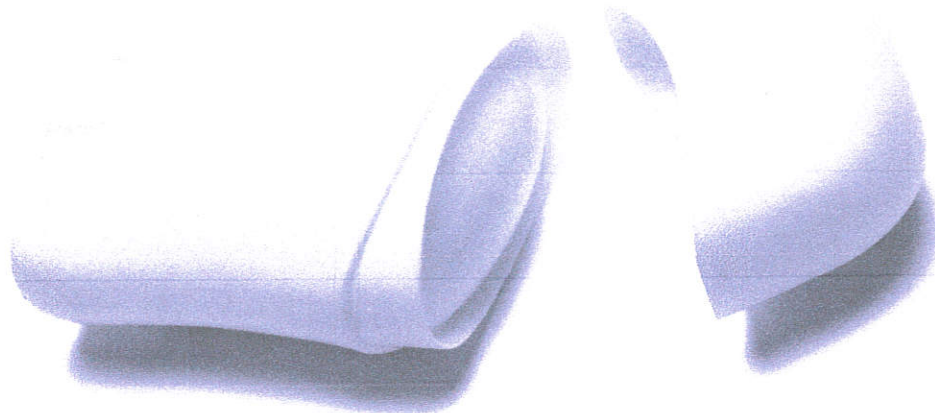
Melt beeswax in a double boiler (or a glass bowl over a pot of boiling water). Add shea butter and coconut oil and heat just until melted. Stir occasionally.

Remove from heat, add cornstarch and baking soda. Stir until lumps are gone and texture is smooth. Add essential oils and stir until well mixed.

Pour into deodorant tubes and let sit a few hours before putting the covers on. You will want to fill them half way and let them sit 5 minutes before filling the rest of the way. This will ensure you get them as full as possible. This makes enough for 2-3 average sized deodorant sticks.

TIPS IF YOU'VE NEVER USED A NATURAL DEODORANT BEFORE:

Don't over apply. Only twist up as much as you need. It will be slightly softer than store bought deodorant and may fall off if you twist up too far. Some people experience a week or so of detoxing when switching over to a natural product. Give it a couple of weeks. This is a deodorant only, and it will not keep you from sweating (though it does do a great job of absorbing most of it, and certainly keeps away any odor).



Water-diffusion for pets

Diffusing essential oils is just as beneficial for our furry family members as it is for us. When starting to diffuse for an animal start with a small amount (1 to 4 drops depending on the chosen oil) of essential oils and have the animal in an open room where he/she can leave if they choose to do so. It's been my experience that most animals like the oils and choose to stick around. I diffuse for all of my animals on a regular basis. Below is a list of the benefits your pet may enjoy from diffusing the oils in your premium starter kit.

Lavender—very helpful for restful sleep, stress reduction and anxious pets. This is a great one to diffuse for animals that have separation anxiety.

Frankincense—Immune supportive, grounding and comforting. Great to diffuse for nervous animals, sick animals, expectant moms, during the birthing process, elderly animals & those with dementia and during euthanasia.

Copaiba—Can have a calming effect and is very supportive to the body's response to inflammation.

Lemon—Supportive to the immune system, cleans the air and reduces disease transmission, mood elevating and helpful for anxiety.

Purification—Really great for odor control. Helpful for reduction of transmission of disease and supporting the immune & respiratory systems

Stress Away---Promotes relaxation and reduces anxiety, stress & tension. Helps to improve mental response. This is a great one to diffuse in the car for anxious animals or during any stressful situation.

RC---Supportive for any sort of respiratory issue. Sinus, lung allergies ect

Thieves---Supportive to the immune system. Very helpful for reduction of transmission of disease.

Due to the high quality and strict quality control standards, it is imperative to only use Young Living Therapeutic Grade essential oils when working with animals. The use of other brands may provide you with potentially dangerous results

Relax

5 drops Stress Away
3 drops Lavender

Seasonal Soothing

4 drops Lavender
4 drops Lemon
2 drops Peppermint

Rise and Shine

5 drops Lemon
3 drops peppermint

Just Breathe

5 drops RC
3 drops Peppermint

Freshen the Air

4 drops Thieves
2 drops Peppermint
or
4 drops Thieves
3 drops Lemon

Chillin

5 drops Stress Away
2 drops Peppermint

Peace Out

5 drops Lavender
3 drops Frankincense

Occasional Overwhelm

5 drops Frankincense
5 drops Stress Away

Funk Chaser

5 drops Purification
5 drops Lemon

Concentrate

5 drops Frankincense
5 drops Lavender
5 drops Lemon

A Little Floral & A Lotta Fresh

6 drops Purification
4 drops Lavender

Restful Night

8 drops Lavender
4 drops Copaiba

Happy Place

5 drops Stress Away
4 drops Lemon

Thanks, But No Thanks

7 drops Thieves
5 drops Purification

Calm and Focused

6 drops Lavender
6 drops Lemon

Fun Diffuser Recipes (PSK)

The information provided here is for educational purposes only and is not intended as diagnosis, treatment, or prescription for any disease. The decision to use, or not to use, any of this information is the sole responsibility of the reader.

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1. Feature Article:

Ways To Use Frankincense Essential Oil

Frankincense essential oil is distilled from the resin of *Boswellia carterii* trees located in northern Africa, near the Arabian Peninsula. Frankincense includes the naturally occurring constituents alpha-pinene, limonene, sabinene, and beta caryophyllene. It is one of the most versatile and powerful essential oils and its no surprise why it is commonly called, "The King of Oils."

Ways to Use Frankincense

1. **Uplifting** - Frankincense is nice for you need a bit of an uplift to your mood. Some days are like that Wear it like a perfume and inhale. Frankincense is a good essential to diffuse.
2. **Stress Relief** - Apply to temples or wear as perfume. Inhale. Promotes feelings of relaxation and tranquility.
3. **Alleviate minor aches** associated with daily life - Massage on areas of discomfort after a busy day of activity.
4. **Clean Cuts and Scrapes** - Apply a drop of Frankincense to small cuts and scrapes to clean.
5. **Support a Healthy Immune System** - Take Frankincense Vitality 1-2 drops in a clear vegetable capsule as a supplement. You can also add to water, juice or NingXia Red. Never take oils internally unless you are using Young Living Oils. Many oils are adulterated even though labeled 100% PURE.
6. **Supports the appearance of healthy-looking skin** and reduces the appearance of uneven skin tones. Especially beneficial for mature complexions. Frankincense is a main ingredient in Young Living skin care products like ART Skincare, Sheerlume and several others.

Massage a drop of Frankincense into facial skin after cleansing, followed by applying your regular moisturizers. Add a few drops to your face cream or body lotion and rub directly into skin.

Sacred Frankincense vs. Frankincense, do you know the difference?

Young Living offers both Frankincense and Sacred Frankincense essential oils. These oils have similar properties and can

be easy to confuse. Both essential oils come from the frankincense tree, but are found in different species. You may know that there are many different types of eucalyptus, for example, Eucalyptus Radiata, Eucalyptus Blue, and Eucalyptus Globulus are all different species of Eucalyptus essential oils that Young Living offers. Boswellia Carterii (Frankincense) and Boswellia Sacra (Sacred Frankincense) are different types of Frankincense essential oil Young Living offers!

Here's how you can tell these two oils apart!

Frankincense:

- Comes from the Boswellia carterii tree
- Produced primarily in Somalia, along with more than 80 percent of the world's production
- Used more commonly to support healthy-looking skin
- Contains the powerful component Insenzol

Sacred Frankincense:

- Comes from the Boswellia sacra tree
- Produced in Oman and grows in challenging climates
- Contains about 20% more alpha-pinene which contributes to its distinctive fragrance

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2. Oily Recipes Featuring Frankincense

Healthy Skin Recipe

- 2 TBS Olive oil
- 1/2 Cup Coconut Oil
- 10 drops Frankincense

Whip coconut oil, olive oil and frankincense oil in mixer until fluffy.
Place in a 4 oz mason jelly jar.

Soft Skin Blend

- 1 Tbs. Almond oil
- 1/2 Tbs. Jojoba
- 1 Vitamin E capsule
- 12 drops Patchouli
- 5 drops Geranium
- 3 drops Frankincense

Mix together in small bottle. Apply as needed.

Collagen Support Facial Oil

- 20 drops Frankincense
- 60 drops Vetiver

15 ml organic coconut oil.

Directions:

Mix and apply as desired

racial Serum Recipe

1 drop Rose Essential Oil

2 drops Sandalwood Essential Oil

2 drops Frankincense Essential Oil

1 oz carrier oil of your choice

Directions:

Add essential oils to a 1 oz amber bottle fitted with a glass dropper.

Pour in the carrier oil you are using.

Mature Skin Serum

2 tbsp jojoba oil

1 and 1/2 tsp rose hip seed oil

1/4 tsp vitamin E

2 drops Frankincense essential oil

2 drops myrrh essential oil

2 drops Patchouli essential oil

3 drops Lavender essential oil

one dark 1 ounce glass dropper bottle

Directions:

Place jojoba, rose hip seed oil, and vitamin E into glass dropper bottle.

Add essential oils, close top, and gently roll bottle to mix.

Use 1/4 – 1/2 dropper full of serum nightly on clean face and neck to preserve, smooth, and protect your skin.

Strengthen Nails

2 drops Wheat Germ oil

2 drops frankincense

2 drops myrrh

2 drops lemon

Directions:

Mix and rub on nails twice per week to strengthen nails.

Bath Salts

8 cups of Epsom salts
12 drops of Lavender
6 drops of Grapefruit
2 drops of Frankincense
Glass Jar

Directions:

In a ceramic or wooden bowl with a ceramic or wooden spoon blend ingredients.
Store in sealed glass container. Use 1 or 2 cups to the bath water.

5. Oil Cleanse for Beautiful Looking Skin

Maintaining a cleaning regimen that removes makeup and dirt from skin can help keep the look of healthy skin long past youth.

Essential oils can be great for gently cleansing the skin, whatever your skin type:

Oil Cleanse Recipe:

1. Start with a good cleansing base oil and pour ¼ cup into a clean glass bowl.

Here are a few choices:

Cleansing Base Oils

All Skin Types:

Olive

Sunflower

Tamanu

For Oily Skin:

Jojoba

Sweet Almond

Grapeseed

For Dry or Maturing Skin:

Avocado

Apricot Kernel

Argan

2. Add 1–3 drops of one or more of the essential oils listed below:

All Skin Types:

Lavender Oil

Geranium Oil

Frankincense Oil

Clary Sage Oil

Sacred Sandalwood Oil

For Oily Skin:

Bergamot Oil

Helichrysum Oil

For Dry or Maturing Skin:

Myrrh Oil

Rose Oil

INSTRUCTIONS:

Open pores by rinsing your face with warm water.

With upward rotations, massage oil mixture all over face for 1–2 minutes.

Leave mixture on face for 1 minute.

Saturate a clean washcloth with warm water.

Place towel on face and leave for 15–30 seconds.

slowly and gently wipe off oil.

Repeat steps 5–7 until your face feels clean.

Your skin will love an oil cleanse anywhere from twice a day to once a week, depending on how your skin responds.

4. Young Living Promotional Items

NOVEMBER EXCLUSIVE REWARDS

Free with a 400 PV Order Retail Value: \$367.11

5 ml Higher Unity

5 ml Sacred Frankincense

Glass Diffuser Ornament

5 ml Myrrh

15 ml Christmas Spirit

Bonus ER Exclusives:

5 ml Northern Lights Black Spruce & 5 ml Nutmeg Vitality

Free with a 300 PV Order Retail Value: \$196.06

5 ml Sacred Frankincense

Glass Diffuser Ornament

5 ml Myrrh

15 ml Christmas Spirit

Bonus ER Exclusives:

5 ml Northern Lights Black Spruce & 5 ml Nutmeg Vitality

Free with a 250 PV Order Retail Value: \$113.82

5 ml Myrrh

15 ml Christmas Spirit

Bonus ER Exclusives:

5 ml Northern Lights Black Spruce & 5 ml Nutmeg Vitality

Free with a 190 PV Order Retail Value: \$78.62

15 ml Christmas Spirit

Bonus ER Exclusives:

ESSENTIAL OIL BEAUTY RECIPES

EYE SERUM ROLL ON

20 drop Lavender

15 drops Roman Chamomile

10 drops Frankincense

Jobaba Oil

Sweet Almond Oil

In a clean 5 ml roll-on bottle, add the essential oils, then the carrier oils. The carrier oil measurements don't really need to be exact, but the goal is to fill the remaining space with 50% Almond Oil and 50% Jojoba Oil. Apply morning and night.

NOURISHING FACIAL SERUM RECIPE

Ingredients:

2 Tbs Jojoba oil

1 1/2 tsp Evening Primrose oil

5 drops Neroli essential oil

8 drops Geranium essential oil

8 drops Frankincense essential oil

8 drops Carrot Seed essential oil

Directions:

Combine the ingredients in a dark glass bottle with a dropper. Shake for 2 minutes. Use only 1 or 2 drops of serum for the entire face and throat area.

TONER

15 oz distill water

½ oz. Apple Cider Vinegar

20 drops juniper

20 drops of peppermint

In glass bottle with spray top and store in refrigerator

FACIAL COMPRESS

*Heat 1 pint of water let it cool. Add 3-4 drops of essential oils

For Normal Skin: 2 d lavender, 2 d bergamot

For Dry Skin: 2 d roman chamomile, 1 d neroli, 1 drops rose in luke warm water, not hot

For Oily Skin: 1 drop of rose, 2 drops of geranium, 1 drop sandalwood

Inflamed or sensitive skin: 2 drops of german chamomile, 1 drop of myrrh, 1 drop of rose

Mature Skin/Wrinkles: 2 drops frankincense, 2 drops neroli or 2 drops of myrrh

Blemished skin/acne: 2 d juniper, 2 d lavender or 1 d of lemon and 3 d of bergamot or 3 drops of tea tree.

NORMAL/DRY SKIN MASQUE

2 tablespoon clay

1 tsp of honey or avocado oil

2 tsp of water, jojoba or aloe vera

2 d of lavender

2 d of bergamot

Add honey and essential oils to apply to the skin if the paste is too thin gradually add more clay.

Leave mask on 15 min or until it dries.

ACNE

2 tablespoon clay

1 tsp of organic yogurt

2 tsp of jojoba oil or water

2 drops of juniper

2 drops of bergamot

Leave on face for 15 minutes or until it dries then wash thoroughly.

COCONUT CELLULITE OIL

In a glass bowl combine 1 cup of coconut oil with about 15 drops of Young Living Lemon Essential Oil and about 5 drops of Young Living Peppermint Essential Oil. (Never use plastic to mix or store your essential oils). Mix well using a metal whisk until it has a "whipped" appearance. Apply morning and night to affected area.

DIRECTIONS:

Start by brewing the tea and melting the shea butter in a double boiler. When the tea is ready and the shea butter is completely melted, mix them together.

Mix the bentonite clay and the activated charcoal

Add the clay and charcoal mix to the shea and tea mix and stir

Add the aloe vera and essential oils and mix well

Store in an air-tight container

To use: apply all over face and keep on for about 15 minutes. Wash off well, and admire your soft skin!

MAKE UP SETTING SPRAY

Ingredients:

2 ounces water

½ tablespoon vegetable glycerin

6 drops:

Frankincense essential oil for normal skin

Geranium essential oil or Tea Tree essential oil for oily skin

Myrrh essential oil for dry skin

Directions:

Add to a small spray bottle and shake well.

Hold spray bottle about 12 inches from face and lightly spritz skin 2–3 times.

Let dry.

BEAUTY MOISTURIZER PLUS ESSENTIAL BEAUTY SERUM

4 Tablespoons Organic Beeswax Pastilles

1 Cup Organic Coconut Oil

1 Cup Organic Olive Oil

1 Tablespoon Organic Vitamin E Oil

10 drops Frankincense Essential Oil

8 drops Royal Hawaiian Sandalwood Essential Oil

6 drops Myrrh Essential Oil

Optional: 6 drops Young Living Beauty Serum

Heat water to medium heat using a double broiler or filling a small pot with water and setting a mason jar inside. Melt beeswax, coconut oil and olive oil. When completely melted remove from heat and add in ingredients of your choice. Pour into small jars and let cool. You can use any combination of essential oil that you desire. Apply liberally to face and neck. You may add additional essential beauty serum as needed.

MOISTURIZING

When using your favorite Young Living moisturizer—A.R.T® Day Activator, A.R.T® Night Reconstructor, Sandalwood Moisture Cream, or Boswellia Wrinkle Cream or your own favorite combination of oils — add the following essential oils to meet the individual needs of your skin.*

Normal Skin

Add 1-2 drops of the following essential oils:

Geranium

Lavender

Dry Skin

Add 1-2 drops of the following essential oils:

Geranium

Roman Chamomile

Mature Skin

Add 1-2 drops of the following essential oils:

Clary Sage

Neroli

*If you have never applied the above oils on your skin, conduct a patch test.