



WHAT IS AN Essential Oil?

- THE ESSENCE OF THE PLANT; GIVES THE PLANT ITS UNIQUE SCENT & FLAVOUR.
- CAREFULLY EXTRACTED FROM TREES, FLOWERS, HERBS, RINDS OF FRUIT.
- CONCENTRATED, NATURAL COMPOUNDS SO A LITTLE GOES A LONG

How TO USE Essential Oils?

- **Apply to the Skin** - TO THE SOLES OF YOUR FEET, WRISTS, BEHIND THE EARS, SPINE, TEMPLES, CROWN OF HEAD, NECK
- **Aromatic Use** - DIFFUSE DAILY FOR MOOD, SLEEP, AIR QUALITY & STRESS REDUCTION; ADD OILS TO DIFFUSER JEWELLERY OR PUT A FEW DROPS IN THE PALM OF YOUR HANDS & INHALE; OR, JUST INHALE FROM THE BOTTLE. STUDIES SHOW THAT OILS AFFECT THE LIMBIC AREA OF THE BRAIN—YOUR BODY’S WAY OF REGULATING EMOTION
- **Internal Use** - OUR OILS ARE NON-GMO; THE ONLY COMPANY IN THE WORLD WITH THE CERTIFICATION. WITH THIS CERTIFICATION & OUR SEED TO SEAL GUARANTEE, YOU CAN SAFELY INGEST PLUS OILS (BOTTLES WITH THE WHITE LABELS). TRY ADDING ORANGE TO YOUR WATER BOTTLE, OR PEPPERMINT TO A CUP OF HOT H₂O. ADD 4-6 DROPS TO AN EMPTY VEG CAPSULE OR ADD A PLUS OIL TO YOUR FAVOURITE RECIPES. YOU CAN EVEN PLACE A DROP UNDER YOUR TONGUE FOR QUICK ABSORPTION. THE POSSIBILITIES ARE ENDLESS.

WHAT DO They Do?

- ESSENTIAL OILS CAN SUPPORT OUR BODY AT A CELLULAR LEVEL KEEPING US WELL.
- NATURAL CONSTITUENTS HELP OUR BODY DO WHAT IT WAS CREATED TO DO.
- OILS CAN HELP WITH BALANCE, SLEEP, IMMUNITY, STRESS, DIGESTION, BREATHING, ACHES, FOCUS, INFLAMMATION
- OILS CAN REPLACE SO MANY HOUSE CLEANERS OR PERSONAL CARE PRODUCTS THAT YOU USE

WE ARE THE GATEKEEPERS OF OUR HOMES, OUR WELLNESS. IT’S TIME TO EDUCATE OURSELVES ABOUT WHAT IS LURKING IN OUR CABINETS AND DETOX ONE STEP AT A TIME. YOUNG LIVING IS A TOTAL WELLNESS COMPANY OFFERING PLANT BASED OPTIONS TO JUST ABOUT EVERYTHING YOU COULD BUY IN A SHOP.

DITCH & SWITCH A Wellness Lifestyle

WHY JOIN Essential Rewards?

ESSENTIAL REWARDS (ER) IS AN OPTIONAL AUTO-SHIP PROGRAMME THAT SENDS YOU A WELLNESS BOX EVERY MONTH WITH ALL OF YOUR FAVOURITE YOUNG LIVING PRODUCTS. YOU WILL EARN A % BACK IN EVERY ER PURCHASE. THE LONGER YOU ARE ON ER, THE MORE YOU WILL EARN! SO STOP BUYING THE FAKES FROM THE SUPERMARKET AND BUDGET EVERY MONTH YOUR HOME CLEANING, BEAUTY, WELLNESS BOX INSTEAD!

YOU ALSO GET: DISCOUNTED SHIPPING / CUSTOMIZABLE / FREE PRODUCTS WITH QUALIFIED PURCHASES / ZERO RISK / CANCEL ANYTIME / LOYALTY GIFTS

So, what’s in the box?

CHOICE OF DIFFUSER: ARIA (£250) OR DESERT MIST (£154). 12 ESSENTIAL OILS, ROLLER FITMENTS, NINGXIA RED SAMPLES

WHY USE Carrier Oils?

WHEN APPLYING OILS TO THE SKIN, DILUTE! COCONUT OIL, JOJOBA OIL, AVOCADO OIL, EVEN OLIVE OIL ARE GREAT OPTIONS. WE USE FRACTIONATED COCONUT OIL ON OUR BODIES BECAUSE IT WON’T STAIN CLOTHING & LINEN.



Ningxia Red

Aria Diffuser

Desert Mist Diffuser

Twist & Lock Roller Fitments

Tackles Odours

Cleaning, Mood Boost

Sleepy Slumbers

Head & Focus

Respiratory & Congestion

Pain Management

Tummy Support

Immune Support

Winner, All Round!

Heal & Glow

Uplift, Relax

Fresh, Cleanse the Mind



LET'S GO THROUGH SOME OF THE BASICS ABOUT THESE amazing Essential Oils

WAYS TO USE **Lavender**— Sleepy Slumbers

- PLACE DROPS LAVENDER ON A TISSUE & PLACE IN YOUR PILLOWCASE TO EASE NERVOUS TENSION.
- ADD TO GLASS BOTTLE WITH A PINCH OF HIMALAYAN SALT, H₂O FOR A RELAXING LINEN SPRAY.
- YOUR SKIN'S BEST FRIEND; APPLY TOPICALLY TO IRRITANTS.
- SOOTHE MINOR SKIN IRRITATIONS BY ADDING LAVENDER TO YOUR DAILY FACE WASH.
- DIFFUSE WITH LEMON & PEPPERMINT FOR A SERENE, TINGLING SCENT.

SLEEPY SLUMBERS BLEND: 3 drops lavender + 3 drops Copaiba

WAYS TO USE **Stress Away™**— Uplift & Relax

- DIFFUSE AWAY STRESS!
- ADD STRESS AWAY TO BEARD OIL FOR A WOODSY AND CITRUS AROMA.
- ADD STRESS AWAY TO YOUR STEAMY BATH OR FOOT SOAK.
- MASSAGE A FEW DROPS OF STRESS AWAY INTO YOUR SCALP & HAIR.
- APPLY ON SHOULDERS TO EASE MUSCULAR TENSION.
- REPLACE CHEMICAL LADEN PERFUMES WITH STRESS AWAY.

STRESS AWAY ESSENTIAL OIL: Copaiba, Lime, Cederwood, Vanilla, Otea, Lavender

WAYS TO USE **Panaway ®**— Pain Management

- GREAT TO SOOTHE MUSCLES BEFORE AND AFTER EXERCISE.
- ADD SEVERAL DROPS TO EPSOM SALT BATH.
- APPLY TOPICALLY TO JOINTS, FINGERS, AND HANDS TO LOOSEN.
- ADD A COUPLE DROPS OF PANAWAY AND PEPPERMINT TO A DOLLOP OF COCONUT OIL AND MASSAGE INTO NECK, BACK, OR SORE AREAS.

PANAWAY ESSENTIAL OIL: Wintergreen, Helichrysum, Clove, Peppermint

WAYS TO USE **Peppermint**— Head & Focus

- ADD 1-2 DROPS TO A VEGETARIAN CAPSULE & TAKE AS NEEDED FOR DIGESTION SUPPORT.
- APPLY A DROP OF PEPPERMINT TO A DAMP CLOTH & WIPE DOWN COUNTERTOPS FOR A CLEAN.
- DIFFUSE IN YOUR SPACE WITH ESSENTIAL OILS LIKE ORANGE, & LAVENDER.
- ADD PEPPERMINT TO YOUR BAKED GOODS.
- INHALE WHEN STOMACH IS FEELING UNEASY OR BEFORE A WORKOUT FOR A NEEDED BOOST.
- DIFFUSE OR INHALE TO INCREASE FOCUS & ATTENTION.

FRESH & FOCUSED DIFFUSER BLEND: 2 Peppermint + 3 Lavender + 1 Lemon

WAYS TO USE **Frankincense**— Heal, Glow!

- ADD A DROP TO YOUR FAVORITE MOISTURIZER DAILY.
- DIFFUSE FRANKINCENSE DURING YOGA, MEDITATION, RELAXATION OR PRAYER TO CREATE AN ENVIRONMENT OF SPIRITUAL CONNECTION.
- INHALE FROM PALM OF HAND TO ALLEVIATE NERVOUS TENSION.
- ADD FRANKINCENSE TO WATER OR HONEY TO SUPPORT YOUR WELLBEING.
- GOOGLE THE BENEFITS OF FRANK TO BE AMAZED!

FLAWLESS FACIAL SERUM: Add 10 drops Frank + 10 drops Lavender to a glass dropper bottle & fill with Jojoba oil. Apply nightly after cleansing to support healthy complexion & smooth lines.

WAYS TO USE **Lemon**— Cleansing & Mood Boost

- MOOD BOOSTING BENEFITS. DIFFUSE FOR ALL THE HAPPY VIBES.
- DROP LEMON+ IN H₂O TO SUPPORT WELLNESS DAILY. DON'T FORGET TO STIR WITH YOUR MAGNETIC SPRIG STICK!
- DAB ONTO OILY SKIN OR BLEMISHES.
- CONTAINS LIMONENE, A POWERFUL ANTIOXIDANT.
- REMOVES CRAYON, STICKY RESIDUE, OR TOUGH STAINS.
- LEMON + SUPPORTS A HEALTHY IMMUNE SYSTEM.
- LEMON + IS CLEANSING & AIDS NORMAL DIGESTION.

THIS OIL LOVES YOUR kidneys, bladder & liver.

WAYS TO USE **DIGIZE™**— Tummy Support

- DIGIZE+ SUPPORTS A HAPPY DIGESTIVE SYSTEM.
- USE DIGIZE AFTER A LARGE MEAL OR AS NEEDED TO SOOTHE.
- SWAB A DROP OF DIGIZE ON INSIDE OF CHEEK IF NEEDED.
- WHETHER OVER OR UNDER ACTIVE, APPLY TOPICALLY ON ABDOMEN FOR HAPPY TUMMIES.
- ADD DIGIZE TO A VEGGIE CAPSULE & TAKE WHEN TRAVELLING ABROAD OR EATING DIFFERENT FOODS.
- PROMOTES HEALTHY ELIMINATION.

DIGIZE ESSENTIAL OIL: Tarragon, Juniper, Anise, Ginger, Fennel, Patchouli, Peppermint & Lemongrass.

WAYS TO USE **Thieves ®**— Immune Support

- APPLY TO FEET OR SPINE AS PART OF YOUR WELLNESS ROUTINE.
- DROP OF THIEVES + UNDER TONGUE FOR IMMUNE SUPPORT.
- DILUTE & APPLY DAILY TO SPINE, SOLES OF FEET FOR FEWER MISSED DAYS FROM WORK & SCHOOL.
- ADD THIEVES + TO HONEY AND HOT H₂O—STIR WITH YOUR MAGNETIC SPRIG WATER STICK & DRINK UP.
- SOOTHE YOUR THROAT WITH THIEVES+.
- DIFFUSE FOR CLEAN AIR, ESPECIALLY IN THE WINTER MONTHS.
- REMEMBER TOXIN FREE LIVING WITH THIEVES HOUSEHOLD PRODUCTS.

THIEVES ESSENTIAL OIL: Clove, Cinnamon, Rosemary, Lemon Eucalyptus

WAYS TO USE **R.C.™**— Respiratory & Congestion

- OUR HAPPY AIRWAYS & DEEP IN THE CHEST SOOTHING OIL.
- COOLING WHEN APPLIED TO CHEEK & NECK DILUTED WITH CARRIER.
- DIFFUSE WITH THIEVES WHEN YOU HAVE COUGHS OR COLD.
- MIX UP A CHEST RUB WITH RC & COCONUT OIL TO BREATHE.
- RAMP UP YOUR RC BY USING ALONG WITH INNER DEFENSE WHEN YOU NEED EXTRA SUPPORT.
- ADD A LITTLE POWER TO YOUR SHOWER WITH A FEW DROPS RC TO REVITALIZE.

RC ESSENTIAL OIL: Northern Lights Black Spruce, Cypress, Pine, Peppermint, lavender, myrtle, marjoram & three types of Eucalyptus oils (*E. globulus*, *E. radiata*, and *E. citriodora*)

WAYS TO USE **Orange**— Fresh, Cleanse the Mind!

- ADD A DROP OF ORANGE+ TO YOUR TOOTHPASTE FOR A NATURAL TEETH WHITING SOLUTION.
- ADD A DROP OF ORANGE+ TO YOUR COLD, GLASS OF H₂O FOR A REFRESHING TWIST— DON'T FORGET TO STIR WITH YOUR MAGNETIC SPRIG WATER STICK!
- ADD A DROP OF ORANGE TO YOUR GIN & TONIC & STIR WITH YOUR SPRIG WATER STICK.
- ADD A 1-2 DROPS OF ORANGE+ TO YOUR WAFFLE BATTER OR ANY BAKING RECIPES.
- ADD A FEW DROPS ORANGE+ TO YOUR SMOOTHIE FOR A BRIGHT, ANTI-OXIDANT BOOST.
- WEAR A CITRUS SCENT! ADD A DROP OF ORANGE AND LAVENDER EACH TO YOUR WRISTS & TEMPLES FOR A CALMING AND UPLIFTING FRAGRANCE.

HAPPY & WELL DIFFUSER BLEND: 4 Drops Orange + 2 drops Thieves

WAYS TO USE **Purification™**— Tackles Odours

- DIFFUSE IN YOUR KITCHEN TO REMOVE ODOURS.
- ADD A FEW DROPS TO A COTTON BALL OR TISSUE PAPER & PLACE IT IN THE VENTS IN YOUR HOTEL ROOM.
- KEEP YOUR BATHROOM SMELLING FRESH BY PLACING DROPS OF PURIFICATION INSIDE THE TOILET PAPER ROLL.
- USE COTTON BALLS WITH 2-3 DROPS APPLIED IN AREAS WHERE THE STRONGEST SCENTS LINGER.
- ADD A FEW DROPS TO A DAMP WASHCLOTH & USE INSTEAD OF A DRYER SHEET, OR ADD A DROP TO YOUR WOOLLEN DRYER BALLS.
- ADD A DROP IN SMELLY TRAINERS TO ELIMINATE THE STINK.

PURIFICATION ESSENTIAL OIL: Citronella, Rosemary, Lemongrass, Tea Tree, Lavender, Myrtle

WAYS TO USE **Copaiba**— Winner, All Round!

- ADD 3 DROPS COPAIBA, 3 DROPS PANAWAY TO COCONUT FRACTIONATED OIL TO RELIEVE POST WORK OUT ACHES AND PAINS.
- PLACE A DROP ON YOUR FINGER AND RUB INTO SORE GUMS FOR SAFE PAIN RELIEF.
- BEDTIME BATHING...ADD 3 DROPS OF COPAIBA 2 DROPS LAVENDER, 2 DROPS FRANKINCENSE TO YOUR LOOFA FOR POLISHED SKIN.
- ADD A DROP OF COPAIBA+ TO ANY MEAL FOR A HINT OF THE WOODS & ANTI-INFLAMMATORY SUPPORT.
- DIFFUSE COPAIBA WITH LAVENDER FOR A SOLID NIGHT'S SLEEP.
- PLACE A DROP OF COPAIBA+ UNDER YOUR TONGUE TO HELP MANAGE INFLAMMATION.

INSPIRATION STATION: 4 drops Copaiba + 2 drops Frankincense, + 1 drop Lavender