

ESSENTIAL OILS CHANGE LIVES

How to Create Inner Transformation with the Power of Essential Oils

MelCraven.com



"WITH EVERY DROP OF OIL, I INVITE LOVE, HEALING, AND BALANCE INTO MY BODY, MIND, AND SPIRIT."

Hello, I'm your essential oil coach

I'm Mel Craven, also known as The White Owl Medicine Woman. As a yoga teacher, mental health social worker, and embodied light worker, I'm here to guide you back to your authentic truth and purpose, helping you navigate life's twists and turns with the magic of mindfulness, sound healing, and the uplifting energy of essential oils. I specialize in trauma-informed yoga and support women and men as they journey through grief, loss, and the beautiful chaos of growth and transformation. I'm also a birth doula and a mother of three sons, embracing the sacredness of life's many transitions.

When I'm not guiding others, you'll find me dancing in my rose garden, chatting with the trees, or swimming in wild rivers and oceans. These sacred moments of nature ground me, spark my spirit, and flow into my work. I endeavor to live a low-toxin, chemical-free lifestyle (it's a journey!), using natural personal care and cleaning products to stay connected to the Earth and support my well-being.

And most of all, I believe the body has its own innate wisdom—a divine ability to heal and restore itself. My role is simply to guide you back to that power, using gentle, holistic practices that connect you to your true, radiant self.



Essential oils are nature's ancient gift, infused with sacred wisdom and the transformative energy of healing and love. Used throughout the ages in biblical times, ancient Egypt, and by indigenous plant medicine, these oils support your body, mind, and spirit on their journey toward balance and transformation.

With every drop, they create space for joy, clarity, peace, relaxation, and surrender, helping you release anxiety, stress, and negative patterns. They encourage living in the present moment, while inviting in hope for the future. Whether you're seeking restorative sleep, a grounding moment, or inspiration, essential oils guide you back to your true self.

By using these oils, you support your body's natural ability to heal and maintain a harmonious, balanced state.

Welcome along this journey! Let's explore together how essential oils can support your path to wellness, peace, and joy.

much love, Mel

What are essential oils?

Are you ready to awaken the magic within you?

Essential oils are concentrated plant extracts with incredible therapeutic properties, offering a natural and holistic approach to wellness. These powerful plant essences can enhance your physical, emotional, and mental well-being—promoting relaxation, boosting energy, and fostering a balanced, vibrant life.

Essential oils are nature's sacred medicine—pure, potent plant energy that carries the essence of the Earth's wisdom. These sacred oils, with their divine vibrations, offer a natural path to healing, balance, and renewal for your body, mind, and soul. They help you release tension, invite peace, and open your heart to deeper levels of love and energy.



Are you ready to call in more abundance, peace, and light??

Step into the flow of transformation with the oils that have supported my own journey—guiding me through moments of deep healing, joy, and connection. In this book, I share the 12 essential oils that have become my allies in creating a life of vibrant energy and spiritual fulfillment.

I welcome you to embrace your inner radiance, align with your true essence, and open the door to infinite possibilities. You are a powerful being—let the oils guide you to your highest, most expansive self.



The Importance of Only Using Pure Essential oils

The benefits of using 100% pure therapeutic grade essential oils - ESSENTIAL OIL FACTS:

- Not all oils are created equally, some are genuinely 100% pure, some are adulterated with synthetics and many are mixed with carrier oil
- It is important that essential oils are distilled at low temperatures for the full time needed for all their therapeutic benefits to be released into the oil
- Harmful pesticides, and chemicals used in the process of distilling oils reduce the quality of the oils
- The best oils to use are organically and sustainably sourced.
- It is important to do your research on the quality of your oils
- Therapeutic grade oils are more concentrated, therefore less is needed for the desired affect.
- Just know that what you put on your skin will go into your blood stream and be distributed throughout your body within 20 seconds
- In 2010 I discovered Young Living essential oils and soon realised that they are a company with integrity using organic and sustainable practices producing the highest quality oils available worldwide. Young Living is now the world leader in producing and researching high quality therapeutic grade essential oils.



How you can get started with your essential oil journey

I'm so excited to share a bundle that's completely transformed my journey—and I'm certain it will do the same for you!

I recommend this kit because it's packed with amazing value, and if it worked for me, I just know it will work for you too. The magic happens when you consistently use your oils and add a little intention to magnify their power.

This collection includes 12 oils designed to help you connect to your emotions, calm your mind, and find more balance and harmony. These oils have brought more energy, fulfillment, and a loving, meaningful life into my world, and I can't wait for you to experience the same for your everyday needs.

But wait, there's more! This bundle also includes the Starter Bundle for FREE! It's packed with goodies like NingXia Red—a super nutritious fruit drink, a natural Hand Sanitiser, and the refreshing Thieves Spray. Plus, you'll get a Price List and Product Guide to guide you on your wellness journey.

When you grab this collection, you'll also open your wholesale account with Young Living, unlocking a 24% discount off the retail price, so you can keep nourishing and healing at a fantastic price.

Alternatively, you can hand-pick the oils that call to you and create your account with those.



How to use your oils

There are several simple and effective ways to use essential oils, enhancing your wellness journey with their natural benefits:

- **Topical Application:** Dilute essential oils with a carrier oil (like coconut or jojoba) and apply them to your skin for targeted relief from pain, inflammation, or skin conditions. eg Frankincense or Lavender Oil
- **Inhale essential oils directly** or use a diffuser to fill your space with soothing scents that promote relaxation and uplift your mood. eg Frankincense
- **Bath Soaks:** Add a few drops of essential oil to your bath for a calming experience that soothes both body and mind. eg. Stress Away, Orange oil
- **Massage Therapy:** Incorporate essential oils into massage oils to enhance relaxation and relieve muscle tension. eg. Lavender
- **Household Cleaning:** Use essential oils like tea tree or lemon in homemade cleaners for their antibacterial properties, ensuring a fresh and clean environment.
- **Sleep Aid:** Place lavender oil on your pillow or use it in a diffuser before bedtime to promote restful sleep. eg Peace and Calming
- **Inhalation Techniques:** Apply a drop to your palms, rub them together, and inhale for immediate stress relief during hectic moments. eg Stress Away
- Add a drop to your mop bucket for an uplifting clean aroma. eg Lemon oil
- Add a drop or two to your water or food dishes
- Apply a few drops of oil in your hair eg Rosemary oil



Each method harnesses the power of nature, providing holistic solutions for everyday challenges that are inspiring and reflective of your personality and values that can be a powerful tool for motivation and creativity. It's a space that you can look forward to returning to at the end of a busy day, and that can provide a sense of comfort and safety. By surrounding yourself with objects and decor that bring you joy, you can cultivate a sense of contentment and fulfillment that will support you in all areas of your life.



12 Transformational Oils & their Intentions that you can use to Activate Your Light!

Frankincense – I am strong , worthy and powerful

Allows you to embrace your inner power.

Grounding and strengthening.

Helps you to detach from what is not serving you well.



Lavender – I am embracing life with a receptive heart

Supports you to feel safe to receive life's offerings.

Allows you to move on from fear of criticism.

Invokes a deep sense of peace.



Lemon– I am free and complete

Offers a fresh perspective on life.

Helps you to move forward, removes stuck feelings.

Helps you to 'let go' of fear, grief, frustrations and self blame.



Orange – I express my happiness with joy and ease

Expressions of inner joy and confidence.

Transforms self sabotage.

Allows honouring of your full potential and magnifies courage.



Peppermint – I am expansive and enjoy new experiences

View life with a new fresh perspective.

Offers understanding.

Opens door to a life without limitations.



Digese – I am peaceful and trust my inner knowing

Supports your ability to process thoughts.
Helps understanding offering support to process situations.



Peace and Calming – I am peaceful with a deep sense of Calm

Allows movement beyond feelings of despair, grief and trauma.
supports you to be able to take life in your stride.



RC – I am rejuvenated and Invigorated

Expands your ability to take a fresh breathe for new possibilities.
Removes feelings of suffocation, stagnation and depletion.
Allows for a fresh attitude for new beginnings.



PanAway – I am alive and live vibrantly

Soothe emotional pain.
Uplifts physical energy.
Removes feeling of exhaustion, giving you renewed life energy.



Stress Away – I flow with ease, grace and joy

Uplifting.
Allows you to rise above feelings of stress and overwhelm.
Invoke a new perspective on life.



Thieves – I am clear and focussed

Offers protection and invokes feelings of safety.
Supports your ability to express yourself with strength and ease.
Invokes feelings of security, knowing all is well in your world.



Valor – I am calm and strong

Aligns you with your courage and strength.
Invokes peace, balance and harmony.
Raises your ability to cope with adversity.
Removes feelings of withdrawal and transmutes inner conflict.



Also included in the Premium Starter Bundle



Thieves Hand sanitiser

A safe, natural and effective hand sanitiser

Thieves Spray

A handy cleansing spray



2 NING XIA RED SACHETS –
Highly nutritious, anti oxidant
and energising fruit drink



Get Started on Your Transformational Oil Journey with Young Living

Simply BOOK a Call with Mel.
Phone/SMS/WhatsApp: 0437 631 294
Website: melcraven.com
Facebook: [Mel Craven Yoga](https://www.facebook.com/MelCravenYoga)
Instagram: [@melcravenyoga](https://www.instagram.com/melcravenyoga)
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How to Order

The steps below will walk you through the sign-up process to become a Young Living Brand Partner and order your first Essential Oil Starter Kit. A few simple steps and your oils will be on their way to your home!

Step 1 – Let's Get Started! Go to this link. Copy and paste it into your browser.

<https://www.youngliving.com/apps/enrollment/step/1>

Step 2 – Scroll down and hit the GET STARTED or BECOME A MEMBER button

Step 3 – Select your Starter Bundle 🍌

Step 4 – Optional. Select to join Essential Rewards to start earning points (you can cancel this at any time later on – but I recommend doing a monthly order to start getting credits towards freebies)

Step 5 – if you chose to join the ER program now choose your ER order that will arrive next month. Why not try the thieves cleaning products or chemical free toothpaste, shampoos or laundry detergents. Or my personal favourite is the Ningxia Red Superfood Drink. You might decide to choose one of the other Essential Oil Collections or customize your next order to suit you. This is where the fun starts. Be creative. Choose your own oil adventure!

Step 6 – Continue Enrollment by filling out your personal details.

NB *Please list me as the person that introduced you to Young Living, by sharing my Distributor # in both the Sponsor ID and Enroller ID fields. My number should already be in those fields, but if not it is #38957810

Congratulations . Your Essential Oils are on their way ❤️

