

# Wellness

## ESSENTIAL OILS



YOUNG  LIVING®  
ESSENTIAL OILS





# Wellness

## ESSENTIAL OILS


Discover the therapeutic benefits of Young Living's Wellness Essential Oils range. From the pressures of work and home stress to a cough or cold that knocks you down, our 100 percent pure essential oils can bring comfort and relief whenever you need it most!




# LOVE IT. SHARE IT.


The Young Living Wellness Essential Oils are listed with the Therapeutic Goods Administration (TGA) - a first in the Young Living Australian essential oil range. Young Living has listed 13 essential oils, each with multiple therapeutic claims which can be used when sharing these essential oils with family and friends!

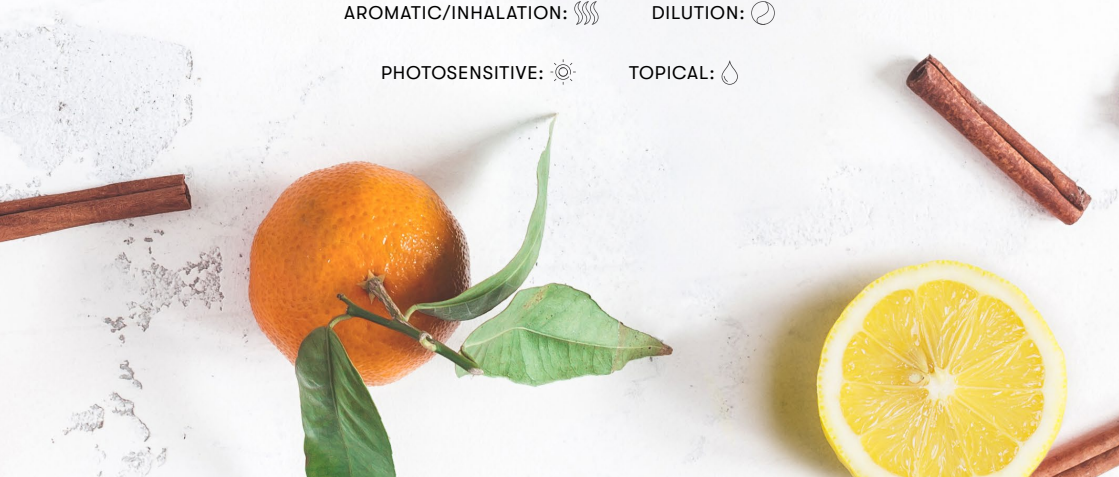
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AROMATIC/INHALATION: 

DILUTION: 

PHOTOSENSITIVE: 

TOPICAL: 





Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.



# BERGAMOT

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33518	15 ml	327879

### AROMATIC PROFILE

Bergamot offers a tart, light and citrusy aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To decrease symptoms of indigestion;
- To improve digestive weakness;
- To relieve symptoms of sore throat/pharyngitis;
- To relieve the symptoms and severity of mild upper respiratory tract infections;
- To reduce symptoms of mild throat infections;
- As an antiseptic for minor cuts and abrasions;
- To help the healing of mild skin burns and sunburns;
- To enhance healing of minor skin wounds and scratches;
- To relieve symptoms of stress and mild anxiety;
- To relieve and reduce body temperature and mild fever;
- To induce sleep; and
- To promote healthy sleep patterns.

### DIRECTIONS FOR USE |

**Topical:** Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight or UV rays to the application area for up to 12 hours.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.





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# CEDARWOOD

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33515	15 ml	326520

### AROMATIC PROFILE

Cedarwood offers a warm, woody, earthy aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To relieve fatigue and feelings of weakness;
- As an expectorant to clear respiratory tract mucous;
- To decrease symptoms of stress;
- To aids the body to cope with environmental stress;
- To support a healthy stress response in the body;
- To relieve mild tissue oedema; and
- As an antiseptic for minor cuts and abrasions.

### DIRECTIONS FOR USE |

**Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

**Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.



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# CLARY SAGE

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33524	15 ml	326523

### AROMATIC PROFILE

Clary Sage offers a sharp, spicy and grassy aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To regulate a healthy menstrual cycle;
- To promotes menstrual flow;
- To relieve menstrual cramps and pain;
- To relieve fatigue and feelings of weakness;
- As an antispasmodic;
- To decrease excessive sweating;
- To reduce loss of appetite;
- To maintain a healthy appetite;
- To reduce flatulence;
- To help reduce symptoms and occurrence of indigestion;
- To relieve nasal congestion; and
- As an expectorant to clear the respiratory tract mucous.

### DIRECTIONS FOR USE |

**Topical:** Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 30 minutes 3 times daily.



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# FRANKINCENSE

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33520	15 ml	326511

### AROMATIC PROFILE

Frankincense offers an earthy, honey-like and woody aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To enhance nerve function;
- To relieve bronchial mucous congestion; and
- To decrease mild upper respiratory tract congestion.

### DIRECTIONS FOR USE |

**Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

**Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.





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# GINGER

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33545	5 ml	327881

### AROMATIC PROFILE

Ginger offers an exotic, warm, spicy aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To relieve nausea;
- To reduce symptoms and occurrence of motion sickness;
- To relieve the symptoms, severity and decrease the duration of the common cold;
- To reduce symptoms of a head cold;
- To promote and maintain a healthy appetite;
- To decrease flatulence;
- To relieve symptoms of indigestion; and
- To promote perspiration.

### DIRECTIONS FOR USE |

**Topical:** Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 30 minutes 3 times daily.



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# LAVENDER

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33528	15 ml	326507

### AROMATIC PROFILE

Lavender offers a sweet, herbaceous, floral aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To decrease the symptoms and duration of headaches;
- To decrease colic (wind/gas pain);
- To promote energy levels;
- To relieve toothaches;
- As an analgesic to relieve pain;
- To relieve mild nerve pain;
- To relieve mild joint aches and pains;
- To decrease mild rheumatic aches and pains;
- To help reduce mild muscle spasms;
- To help relieve symptoms of muscle strain;
- To reduce abdominal and digestive spasms;
- To reduce occurrence of abdominal spasm;
- As an antispasmodic;
- To reduce the symptoms of stress;
- To reduce the symptoms and occurrence of mild anxiety;
- As a nervous system relaxant;
- To calm nerves; and
- As an antiseptic for minor cuts and abrasions.

### DIRECTIONS FOR USE |

**Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

**Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.





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# LEMON

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33530	15 ml	326514

### AROMATIC PROFILE

Lemon offers a clean, refreshing, citrus aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To increase mental stamina;
- To enhance mental alertness;
- To reduce nausea;
- To reduce the occurrence of nausea;
- To stimulate blood flow to skin;
- As an antispasmodic;
- To relieve flatulence; and
- To support healthy emotional balance.

### DIRECTIONS FOR USE |

**Topical:** Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight/UV rays to the application area for up to 12 hours.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.





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# LEMONGRASS

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33532	15 ml	327884

### AROMATIC PROFILE

Lemongrass offers a strong, grassy, citrus-herb, lemon aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms and duration of headaches;
- As an analgesic to relieve pain;
- As an analgesic to relieve mild rheumatic aches;
- To relieve the symptoms, severity of the common cold and flu;
- To decrease head cold symptoms;
- To reduce body temperature;
- To reduce flatulence;
- To relieve symptoms of indigestion; and
- To promote and maintain healthy digestion.

### DIRECTIONS FOR USE | ☞ ☞ ☞ ☞

**Topical:** Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 30 minutes 3 times daily.





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# ORANGE

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33534	15 ml	326522

### AROMATIC PROFILE

Orange offers a sweet, fruity, citrus aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To induce sleep;
- To promote refreshing sleep and healthy sleep patterns;
- To reduce the time to fall asleep;
- To relieve constipation;
- To relieve flatulence;
- To decrease the loss of appetite;
- To maintain and help regulate a healthy appetite;
- To reduce the symptoms and occurrence of mild anxiety;
- To aid in mind relaxation;
- To increase body relaxation; and
- As a nervous system relaxant.

### DIRECTIONS FOR USE |

**Topical:** Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight/UV rays to the application area for up to 12 hours.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.



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# PEPPERMINT

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33536	15 ml	326503

### AROMATIC PROFILE

Peppermint offers a refreshing, cool, minty, herbal aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- As an antipyretic to reduce body temperature;
- As an analgesic to relieve pain;
- To relieve toothaches;
- To decrease headache symptoms;
- To decrease the symptoms and duration of mild migraines;
- To decrease mild rheumatic aches and pains;
- As an antispasmodic;
- To reduce occurrence of excess intestinal wind;
- To reduce colic (wind/gas pain);
- To relieve flatulence;
- To relieve loss of appetite;
- To maintain a healthy appetite;
- To help reduce the symptoms and occurrence of indigestion;
- To help increase bile flow;
- To relieve nausea;
- To reduce menstruation pain;
- As a cough suppressant; and
- To relieve cough.

### DIRECTIONS FOR USE |

**Topical:** Dilute 5 drops in 10 ml V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 10 minutes 3 times daily.





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# SACRED SANDALWOOD

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33547	5 ml	327892

### AROMATIC PROFILE

Sacred Sandalwood offers a sweet, woody and warm aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms and appearance of mild varicose veins;
- As an astringent to tighten skin;
- To reduce skin dryness;
- To reduce body temperature;
- To relieve flatulence;
- To relieve digestive discomfort;
- To help promote healthy digestive system function;
- To help promote healthy gallbladder function;
- To help enhance healthy liver function;
- To help decrease mild muscle spasms;
- To support muscle relaxation;
- As an expectorant to clear respiratory tract mucous; and
- To reduce symptoms and duration of common colds.

### DIRECTIONS FOR USE |

**Topical:** Dilute 1 drop with 4 drops of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

**Inhalation:** Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.



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# TEA TREE

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33538	15 ml	326517

### AROMATIC PROFILE

Tea Tree offers a sharp, clean, astringent aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms of acne blackheads;
- To help reduce occurrence of acne symptoms;
- To relieve minor skin eruptions;
- To cleanse and improve healing of minor skin wound, cuts and abrasions;
- To reduce symptoms of insect bites and stings;
- To help relieve symptoms of mild nail fungal infection;
- As an expectorant to clear respiratory tract mucous;
- To relieve itchy skin associated with mild eczema;
- To decrease symptoms of mild psoriasis;
- To decrease symptoms of skin peeling;
- To relieve skin burning and itching associated with athlete's foot; and
- To relieve symptoms of athlete's foot.

### DIRECTIONS FOR USE |

**Topical:** Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

**Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 30 minutes 3 times daily.



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# YLANG YLANG

## WELLNESS ESSENTIAL OIL

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ITEM NO.	SIZE	AUST L
33541	15 ml	327888

### AROMATIC PROFILE

Ylang Ylang offers a rich, sweet, floral aroma

### THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms and occurrence of mild anxiety;
- As an aphrodisiac to promote a healthy libido;
- To reduce symptoms and occurrence of occasional episodes of gout;
- To reduce body temperature;
- To relieve mild rheumatic aches and pains;
- As a laxative;
- To improve digestive weakness;
- To promote stomach health;
- To relieve symptoms of stomach upsets;
- To decrease the symptoms and duration of headaches;
- To help relieve symptoms of mild tension headaches; and
- To relieve itchy skin.

### DIRECTIONS FOR USE |

**Topical:** Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

**Inhalation:** Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

**Aromatic:** Diffuse up to 1 hour 3 times daily.

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# NATURE DISTILLED, LIFE ENHANCED.

## HOW TO ORDER

### AUSTRALIA

Web: [YoungLiving.com.au](http://YoungLiving.com.au)

Phone: 1300 AU YLEO (1300 28 9536)

### NEW ZEALAND

Web: [YoungLiving.co.nz](http://YoungLiving.co.nz)

Phone: 0800 NZ YLEO (0800 69 9536)

#### Sydney Experience Centre & Product Pickup

Level 3, Building B,  
3 Columbia Court, Baulkham Hills,  
NSW, 2153, Australia

#### Perth Experience Centre & Product Pickup

Unit 1, 30 Haydock Street,  
Forrestdale Business Park,  
Forrestdale, WA, 6112, Australia

For more information, please  
contact this Young Living member:

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