

60 USES FOR THE PREMIUM OIL COLLECTION

Included in the Premium Starter Kits w/ Diffuser



1. Dilute 50/50 & apply to skin
2. Diffuse to refine your sense of purpose
3. Add to lotion to smooth the look of healthy skin
4. Perfect for diffusing during your yoga practice
5. Diffuse for an uplifting aroma that's perfect for spiritual connectedness



24. Add 1-2 drops to gel capsule & take as a dietary supplement every day
25. Add 2 drops w/ 1 drop Peppermint Vitality to give water a twist
26. Add 2 drops w/ honey in hot tea
27. Take w/ Essentialzymes-4 before meals to support wellness*
28. Dilute 1 drop w/ 4 drops olive oil in capsule before a meal



47. Add 1-2 drops to your morning smoothie
48. Infuse your water with a burst of citrus flavor
49. Use in fruit salads to enhance their flavors
50. Add 1-2 drops to a capsule to support general wellness*
51. Add 1-2 drops to plain yogurt and top with granola



6. Rub 3 drops on feet before bedtime
7. Creates a cooling sensation when applied topically to the chest and throat
8. Add to carrier oil to create a spa-like atmosphere w/ massage
9. Rub on feet or chest before exercising to uplift and inspire
10. Diffuse to create a comforting atmosphere
11. Add 6 drops to 1 C melted/cooled coconut oil for an uplifting chest rub



29. Rub on muscles after typical exercise for a calming aroma
30. Apply topically to support the appearance of healthy skin coloration
31. Rub 1-2 drops onto aging hands
32. Dilute 50/50 and rub into child's growing legs
33. Rub 2-3 drops diluted with massage oil along spine
34. Rub 1-2 drops diluted on your pets legs



52. Add a drop to oatmeal to elevate your breakfast
53. Add 1 drop w/ lemon and warm water to soothe dry throat*
54. Add 1 drop to toothpaste to support healthy gums*
55. Add a drop to your daily NingXia Red to support a healthy immune system*



12. Rub 1-2 drops on feet at bedtime
13. Add to your favorite shampoo
14. Unwind with a Lavender-infused neck or back massage
15. Rub 1-2 drops behind ear and around navel before traveling
16. Combine 1 drop w/ coconut oil and apply to lips
17. Mix 10 drops w/ 4 oz distilled water to spritz pillow at bedtime



35. Add 1 drop to glass/stainless steel water bottle for gastrointestinal comfort*
36. Add a drop to your pre-work-out beverage
37. Add to your daily dietary supplements as overall support for healthy digestive system comfort*
38. Add a drop to brownie recipe
39. Add a drop to a chocolate or vanilla protein shake*
40. Add 1 drop to recipes that call for mint



56. Combine w/ carrier oil and rub along spine to start your day
57. Wear as a bold and inspiring cologne
58. Inhale from cupped hands before a big event
59. Diffuse during your morning meditation
60. Add to Young Living's shower gel base to invigorate your shower



18. Add 1 drop to glass/stainless steel bottled water
19. Use 1-2 drops to remove gum, oil, grease spots, or crayon marks
20. Add 2-3 drops to your morning smoothie
21. Add a drop to warmed organic, grass-fed butter & drizzle over breads, pastas, or seafood
22. Add 1 drop to plain or vanilla yogurt and top w/ fresh berries
23. Add 2-3 drops to your favorite salad oil recipe



41. Apply to bottom of feet at bedtime
42. Dilute w/ carrier oil and rub onto back for a calming back massage
43. Add 4-5 drops to 1 C Epsom salt for a relaxing bath
44. Diffuse at work to transport yourself from a hectic day
45. Use as a personal fragrance
46. Diffuse before guests arrive to create a warm and inviting environment

**STRESS AWAY
BONUS**

*5 ml Stress Away
Essential Oil Blend
included in all
starter packs*



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

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