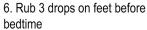
60 USES FOR THE PREMIUM OIL COLLECTION

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



- 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

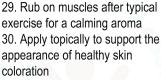


PANAWAY~

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

27. Take w/ Essentialzymes-4 before meals to support wellness* 28. Dilute 1 drop w/ 4 drops olive oil in capsule before a meal

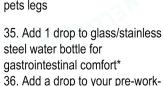


31. Rub 1-2 drops onto aging hands

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



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

41. Apply to bottom of feet at bedtime

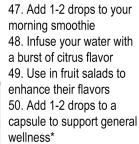
42. Dilute w/ carrier oil and rub onto back for a calming back massage

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



51. Add 1-2 drops to plain yogurt and top with granola

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*



56. Combine w/ carrier oil and rub along spine to start vour 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





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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12. Rub 1-2 drops on feet at

bedtime

- 13. Add to your favorite shampoo 14. Unwind with a Lavender-in-
- fused 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
- 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





912-508-2805



LAVENDER