

Self-Care with Essential Oils

Self-Care At-A-Glance with the Premium Starter Kit

Mental & Emotional
Diffuse to feel balanced and stress-free.

Exercise:
Apply topically after workout.
Diffuse before your workout.



↑
Sleep, Calming, & Relaxation
Diffuse while reading a book or sleeping.

Support body systems with the Vitality line.

Daily Nutrition
Add a drop of each to your NingXia Red.



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Exercise:
Add to your glass water bottle.

So many ways to use your oils...

Aromatic

- Diffuse your favorite oils
- Inhale directly from the bottle
- Add to your laundry to enjoy all day long



Topical

- Dilute with a carrier oil and apply to skin
- Make a roll-on for easy application



Internal

- Add a drop of oil to a vegetable capsule for a daily supplement
- Add a drop to sparkling water
- Add to your favorite food dish

Essential Rewards All-Star Wish List

Make a list of Young Living oils & products you want to try next:

Sleep, Calming, & Relaxation:

Daily Nutrition:

Exercise:

Mental & Emotional:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____