



# *the beginning*

a complete guide to getting  
started with essential oils & aromatherapy





# WHAT ARE ESSENTIAL OILS?

## THE WHAT:

Essential oils are the lifeblood of the plant. They are the plant's immune system protecting them from viruses and bacteria. They work the same way in our bodies because we share a majority of our DNA with plants.

Essential oils are made up of tiny molecules which penetrate the skin and cell walls, bringing oxygen and therapeutic benefits. In fact, essential oils can affect every cell of the body within 20 minutes! Amazing!

Essential oils contain oxygen and are very powerful antioxidants and help to detoxify the body. Essential Oils were mankind's first medicine! They have been around since Biblical days, in fact, they are mentioned 188 times throughout Scripture.

Today, they are still used to bring emotional, physical, and spiritual health and healing to the body. Correctly harvested and distilled oils will maintain those benefits, rather than damaging them.

## WHY YL:

Most of the oils found on the shelves of grocery stores are not pure oils and have synthetic ingredients like propylene glycol (found in anti-freeze) and other fillers in them. You can not ingest them and have to call poison control if you do.

Young Living was started over 25 years ago and is the only company in the world that's NOT an oil broker. YL owns its own farms and distilleries, uses non-gmo seeds, and beyond organic farming practices. Their oils are so pure, that you can ingest them.

Young Living is trusted in hospitals and research centers around the world. They are the first company to pioneer combining pure essential oils into supplements. This is powerful because when you take a supplement with oil, it helps increase the absorption rate by over 50%.

Click here to learn more about [SEED TO SEAL](#)



# TOPICAL

Topically means adding a couple of drops on the skin. Remember that awesome fact that was shared above?

*Essential oils are made up of tiny molecules which penetrate the skin and cell walls, bringing oxygen and therapeutic benefits. In fact, essential oils can affect every cell of the body within 20 minutes!*

You can apply it directly to the skin by dropping a few drops on it. It is recommended to dilute with a carrier oil like V-6 or coconut oil for spicy oils, as well as for little ones.

Another way to use topically is by adding oils + carrier oil into a roller bottle. These are some favorite blends:

## ROLLER BLENDS

add oils to a 10ml roller + fill to the top with a carrier oil

### pick me up

10 drops Peppermint  
10 drops Citrus Fresh

### sleep

10 drops Frankincense  
10 drops Lavender

### yo chill

10 drops Peace + Calming  
10 drops Valor

### fresh morning

5 drops Peppermint  
10 drops Lemon

### breathe deep

10 drops Raven  
10 drops Lemon

### beach dreams

8 drops Thieves  
10 drops Stress Away

### happy + calm

10 drops Valor  
10 drops Lemon

### immune

10 drops Thieves  
10 drops Frankincense

## CARRIER OILS + ROLLER BOTTLES

The best place to purchase roller bottles to start is from Etsy, Whimsy & Wellness, or Amazon. Recommended carrier oils are Young Living's V-6 or Coconut Oil.

ways to use essential oils







ways to use essential oils

# AROMATIC

To use aromatically or via inhalation put a few drops in your hands. Then put your hands up to your nose and inhale deeply for a minute, letting those little molecules travel to the limbic system of the brain where memories and emotions are processed, creating a deep sense of emotional peace and calmness.

Another way to use your oils aromatically is by using a diffuser. A cold-air diffuser is designed to atomize a microfine mist of essential oils into the air, where they can remain suspended for several hours. Cool huh?

*Diffused oils alter the structure of molecules that create odors, rather than just masking them.*

## DIFFUSER RECIPES

### refresh

3 drops Stress Away  
2 drops Lemon

### immunity

4 drops Thieves  
2 drops Frankincense

### wake up

3 drops Lemon  
2 drops Peppermint

### sweet dreams

3 drops Frankincense  
2 drops Lavender

### chill out

3 drops Valor  
3 drops Frankincense

### breathe

4 drops Raven  
2 drops Peppermint

### unwind

3 drops Peace + Calming  
2 drops Lavender

### fresh + clean

3 drops Citrus Fresh  
2 drops Thieves

### seasonal

2 drops Lavender  
2 drops Peppermint  
2 drops Lemon



# INTERNAL

Using Essential Oils internally is one of the best ways to use them. Before we share how, please note: that the only Essential Oils we recommend ingesting are Seed to Seal Premium Essential Oils from Young Living. Remember that Seed to Seal video? That is why we trust them to use internally.

Add a couple of drops to a glass of water and drink for health benefits. Make sure you use a glass or stainless steel cup when adding oils to drinks.

You can also add a few drops in vegetable capsules for added benefit. Or grab some supplements. YL offers a HUGE Essential Oil infused Supplement Line. Bioavailable? The BEST Ingredients? YES PLEASE!

Some of our favorite capsule recipes -

**seasonal**

- 2 drops Lavender
- 2 drops Peppermint
- 2 drops Lemon

**tummy**

- 2 drops Digize
- 1 drop Peppermint

**boost**

- 6 drops Thieves
- 3 drops Frankincense
- 2 drops Lemon





# STARTER BUNDLE OILS

Let me introduce you to your new best friends. This line-up of oils is the BEST place to start. Why? There are so many uses with each oil. These little bottles of plant juice are about to blow your mind + make you excited to use your oils!



## LAVENDER

- Lavender is so versatile, that it's referred to it as "The Swiss Army Knife of Oils"
- Soothes skin irritations, bruising, and mild sunburns.
- Supports restful sleep and has a very calming effect
- Diffuse for a calming night's rest combined (great with citrus fresh), or add to bath salts for a relaxing bath, or can apply directly to the skin



## VALOR

- Courage- Valor helps aligns the spine, helps to give courage, confidence, and self-esteem.
- Stress- In daily life, put roller tops on all of your bottles. Use Valor every morning on your wrists and the back of your neck.
- Sleep- Diffused at night with Lavender and/or Northern Lights Black Spruce.
- Relief- Roll down your spine after a chiropractic visit



## CITRUS FRESH

- Uplifting and fresh
- Also comes in a vitality version, super yummy in your water, ningxia, or smoothies!
- freshens laundry, stinky trash cans, or diaper pails!



## PEACE + CALMING

- Mamas, you NEED this one. Helps with a restful night's sleep.
- Will help to calm you down when feeling stressed.
- Inhale, add to a diffuser, to promote a relaxed atmosphere
- Wear as a perfume

starter bundle oils



# STARTER BUNDLE OILS



## STRESS AWAY

- Relaxing- Apply to wrists or back of the neck for a vacation in a bottle!
- Bath- Add 3 drops to 1/4c. Epsom salt and soak away your troubles
- Sleep- Diffuse with lavender before bed to promote a calming atmosphere



## FRANKINCENSE

- Skin-soothing. Add 1 drop to your moisturizer to support aging skin
- Unwind- Great to diffuse while praying
- Sleep- Diffuse with lavender at night to promote relaxation.
- Focus- Rub 1 drop on the back of the neck to increase concentration
- Mood- Diffuse to help with occasional sadness.



## PANAWAY

- A potent blend of oils very effective for bones, muscles, and joints
- Great for a back rub, legs, and neck when sore
- Rub a few drops with Ortho ease massage oil or another carrier oil to spread over a large region



## RAVEN

- Awesome respiratory and lung support, alleviating breathing issues
- Rub a few drops over the chest and lungs and inhale deeply
- Use in a diffuser to open up airways, breathe easily and minimize coughing



# why colored labels + white labels?

By now you may have seen full-colored labels + white-colored labels. So what is the difference? The full-colored bottles are labeled for aromatic or topical use, while the white bottles (below) are labeled for ingestion. The Essential Oils with white labels are considered GRAS - Generally Recognized As Safe (for consumption). Here is the kicker, you can have a full colored label of Thieves and a white label bottle of Thieves, BOTH are the same oil, just labeled differently.



## THIEVES

- Thieves blend supports immune respiratory & system: POWERHOUSE BLEND OF OILS
- It got its name from a group of men who were grave robbing during the plague in the 15th century. They soaked their handkerchiefs in this blend and didn't contract the plague.
- Gargle a couple of drops hourly to soothe sore throats. Take a few drops in a capsule, add a drop in tea with honey, or rub on the bottoms of feet



## LEMON

- Comes from the rind where all the medicinal properties are.
- Great to drink in water, creates an alkaline condition where yeast and candida can't thrive.- Always use glass or stainless steel!
- Diffusing lemon purifies the air and is good for the mood
- Great for getting off sharpie marker, stickers, oil and tar!



## PEPPERMINT

- Helps alleviate nausea
- Promotes healthy bowel function
- Increases alertness, concentration, and focus- Very helpful for memory retention!
- Great for muscles and relieves fatigue Opens up sinuses- Go ahead and lick a drop off of your hand or put it on the back of the neck or temples



## DIGIZE

- Blend of oils that are great for upset stomachs, helping to get rid of acid in the chest
- Can take in a capsule and is great for helping to properly digest food
- A must-have when traveling and traveling abroad and drinking unknown water sources
- Smells earthy, but is AMAZING



# ESSENTIAL OILS + SAFETY

These dilution recommendations come from the Young Living Blog. The blog has some great info. Check it out sometime!

## DILUTION

AGES 0-2



8 drops Carrier Oil to 1 drop Essential Oil  
if no adverse reaction try  
7 drops Carrier Oil to 1 drop Essential Oil

AGES 2-6



3 drops Carrier Oil to 1 drop Essential Oil  
or neat (undiluted) on the bottoms of feet  
if desired

AGES 7-11



1 drop Carrier Oil to 1 drop Essential Oil

AGES 12+ Full Labeled Concentration





# LOYALTY REWARDS

Loyalty Rewards is Young Living's perks program for loyal customers. Once you sign up, you'll unlock an exclusive 24 percent discount and receive your monthly loyalty order while earning free gifts and loyalty points to spend on future product purchases.

## WHAT FLEXIBILITY DO I HAVE WITH MY LOYALTY ORDERS?

Every month you place a loyalty order of 50+ PV; you earn loyalty points to redeem for product purchases. You'll also earn a free loyalty gift after your first 3, 6, 9, and 12 months of consecutive orders, plus an additional gift every 12 consecutive months thereafter.

Earn a 24 percent discount on all loyalty orders and one-time purchases you place.

Individually add or remove items in your loyalty order at any time or switch them out to try new products.

Place items in your Save for Later section to easily swap out items from month to month.

Easily manage your loyalty order at any time! You can swap products, change quantities, cancel, or change your process date.

# HOW DO I QUALIFY?

### How do I qualify for discounts with Loyalty Rewards?

If you have at least one item set to process each month on your loyalty order, regardless of PV (point value) amount, you'll unlock a 24 percent discount on your loyalty order, as well as on any future one-time orders!

### How do I earn loyalty points?

For all loyalty orders that are 50+ PV (point value), you earn loyalty points that can be redeemed for product purchases. Plus, as your number of consecutive months with a 50+ PV loyalty order increases, so does the number of loyalty points you earn.

The longer you place 50+ PV loyalty orders, the more points you earn!

1-3 Consecutive Months  
with a 50+ PV loyalty order.

10%

of your PV order back in loyalty points.

4-24 Consecutive Months  
with a 50+ PV loyalty order.

20%

of your PV order back in loyalty points.

25+ Consecutive Months  
with a 50+ PV loyalty order.

25%

of your PV order back in loyalty points.





# how to order

[Click here to order my fave bundle  
with oils and a diffuser](#)

[WWW.COLETTEANDTONY.COM](http://WWW.COLETTEANDTONY.COM)