

# The Monthly Drop

## Newsletter

The EsSCENTIAL  
Connection

♦  
JANUARY 2025



## Hello January and Happy New Year!

Start fresh and feel your best with this brand new set of Free Gifts with Purchase! **Plus enjoy NingXia Greens at an extra 15% off on Loyalty Rewards!**

Place a Loyalty Order of 100PV or more in January 2025, and receive a **FREE 5ml Deep Relief essential oil!** The perfect soothing oil for headaches or sore muscles.



Place a 200PV order in January and get a **FREE 15ml Grapefruit essential oil!** Brighten any space with this delightful citrus scent, and add to your drinks for extra fat-burning benefit!

Place a 300PV Order in January and receive a **FREE Life 9 Probiotic supplement!** 17 Billion Live cultures of beneficial bacteria for optimal gut health!

In this newsletter you can expect:

---

This Month's Free Gifts

---

January News & Happenings

---

January Wishlist

---

Living Young Reset

---

January Diffuser Recipes

---

Be a Brand Partner in 2025

---

Kick off the new year with healthy habits and a fresh start! This month's newsletter is packed with tips, DIYs, and product highlights to help you set positive intentions, support your goals, and create a toxin-free home for a vibrant year ahead.

## MIND OVER MATTER roller

10 ml roller bottle  
10 drops Motivation  
8 drops Grapefruit  
Top it off with your favorite  
carrier oil



## REVITALIZING SUGAR SCRUB

### Ingredients:

- 1 cup granulated sugar
- 1/4 cup coconut oil (softened or melted)
- 10 drops Grapefruit essential oil
- 6 drops Cypress essential oil
- 1 tsp. lemon zest (optional for extra freshness)

### Instructions:

- In a medium bowl, mix the sugar and coconut oil until well combined.
- Add in the essential oils and lemon zest, stirring until evenly distributed.
- Transfer the mixture to a small jar with a lid.

**To Use:** Gently massage a small amount onto damp skin in circular motions, then rinse off with warm water. Use 2-3 times a week for smooth, glowing skin!

## 5 tips for starting fresh

✦ **Commit to Your New Habits:** It takes 21 days to make it stick, so keep your oils close! They're like little reminders to stay on track and make those positive changes last.

✦ **Dream Big:** Set some time aside to map out how you want this year to feel. What's on your intention list? Make it exciting, and don't forget to add some "me-time" goals!

✦ **Support Your Happy Vibes:** Add Life 9 or MightyPro Probiotic to your routine to keep emotional balance in check. A happy gut = a happy mind, so let's keep things positive and light!

✦ **Diffuse for Motivation:** Need a boost? Pop blends like Envision, Abundance, Transformation, or Highest Potential into your diffuser for an instant pick-me-up. It's positivity on demand!

✦ **Morning Metabolism Kick:** Start your day with a glass of water and a drop of Lemon Vitality. It's a simple, refreshing way to get your metabolism revved up and ready to go!



## FRESH START roller

10 ml roller bottle  
6 drops Orange  
4 drops Grapefruit  
4 drops Lemon  
4 drops Peppermint  
4 drops Rosemary  
Top with your favorite  
carrier oil.

Oil Highlight:

Highest Potential Essential Oil

Ingredients:

Ingredients: Australian Blue, Gathering, Jasmine, Ylang Ylang, Blue Cypress, and Cedarwood

Why Use It?

This blend is like a cheerleader in a bottle! It's perfect for keeping your spirits high and helping you feel unstoppable as you crush those New Year's goals.

Daily Uses:

- **Morning Pick-Me-Up:** Dab a drop on your wrists or neck to start your day with purpose and positivity.
- **Gym Buddy:** Rub it on your chest pre-workout to bring some mental clarity and drive to your fitness routine.
- **Diffuse for a Reset:** Add a few drops to your diffuser anytime you need to clear mental fog or refocus on what matters. It's like an instant mood boost!
- **After-Shave:** Men! Try this: Put a couple of drops in your hands, rub them together clockwise, then tap your face after shaving. Start the day right!

Supplement Highlight:

Life 9 Probiotic

Ingredients:

Nine different strains of beneficial bacteria: Lactobacillus acidophilus, Bifidobacterium lactis, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium bifidum, Bifidobacterium longum

Why Include It?

A healthy gut means a happier you, and Life 9's got your back (and your belly). It works to keep things balanced, support digestion, and even help boost your mood.

Practical Uses:

- **Daily Dose:** Take one capsule in the evening. Just let it do its thing while you sleep!
- **Gut Health Hack:** Pair it with a snack high in fiber to make those probiotics even happier.

Why It Matters:

Your gut health is linked to everything from energy to mental clarity, so make Life 9 a part of your wellness routine for some serious feel-good vibes!

Ditch & Switch Highlight:

Thieves Household Cleaner

Ingredients:

Plant-based household cleaner featuring the Thieves essential oil blend (made with Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary oils).

Why Include It?

Say goodbye to those chemical-heavy cleaners! Thieves Household Cleaner is plant-based and smells like cinnamon-spice heaven. It's safe, effective, and a little goes a long way, making it the ultimate all-in-one cleaner for your home.

Practical Uses:

- **Easy All-Purpose Spray:** Mix one capful with water in a spray bottle, and you're ready to tackle everything from countertops to cabinets.
- **Deep Clean Time:** Add some to your mop water or mix with baking soda for scrubbing tubs and sinks.

Budget-Friendly Bonus:

This one bottle can replace almost every cleaner in your house, saving you cash and cabinet space!

JANUARY DIFFUSER RECIPES

WARM VIBES

4 drops Northern Lights Black Spruce  
3 drops Tangerine  
2 drops Clove  
1 drop Cinnamon Bark

FOREST FRESH

6 drops Sacred Mountain  
3 drops Orange  
2 drops Patchouli

FRESH FOCUS

4 drops Peppermint  
2 drops Lemon  
2 drops Basil  
2 drops Release

SUNSHINE BLISS

3 drops Ylang Ylang  
3 drops Bergamot  
3 drops Tangerine

HAPPINESS IN THE AIR

4 drops Joy  
3 drops Orange  
2 drops Frankincense

CITRUS FOCUS

4 drops Lemon  
3 drops Basil  
2 drops Grapefruit  
2 drops Citrus Fresh

RESTFUL CALM

4 drops Peace & Calming  
2 drops Lavender  
2 drops Cedarwood

OPEN AIR

3 drops Eucalyptus Radiata  
2 drops Lime  
2 drops Pine  
1 drop Raven

TRANQUIL EVENING

3 drops Lavender  
3 drops White Angelica  
2 drops Cedarwood

INSPIRED BEGINNINGS

3 drops Motivation  
3 drops Highest Potential  
2 drops Lemon Myrtle

HERBAL LIFT

3 drops Grapefruit  
3 drops Rosemary  
2 drops Lemon  
2 drops RC

PEACEFUL NIGHT

4 drops Lavender  
3 drops Peace & Calming  
2 drops Cedarwood

GROUNDLED MIND

3 drops Myrrh  
2 drops Clary Sage  
2 drops Geranium  
1 drop Vetiver

BRIGHT AWAKENING

3 drops Lavender  
3 drops Tangerine  
2 drops Lemon

JOYFUL NEW YEAR

4 drops Joy  
3 drops Tangerine  
2 drops Christmas Spirit





## JANUARY HAPPENINGS

**January 6 @ 5 pm, YMCA New Milford**  
Essential Oils for Hair, Skin, and Nails; learn to make eo infused beauty serums and more. Open to all impacted by cancer. Scan below to register. Registration is required.



**Young Living's New Year Kick Off is happening January 4th, 2025!**

- Fresh growth strategies & exciting new product launches to kick off the year.
- Announcement of a NEW '30 Days Living Young' challenge!

### DETAILS

- Saturday, January 4, 2025 at 10 AM MT
- Where: YL Brand Partners USA Facebook Page



## THIS MONTH IN OUR GROUP

Our Young Living Community is where everyone comes together to help each other, stay in-the-know, get education about natural health/wellness using your YL products, and more!

This month in our group, we are chatting about getting our Winter Wellness Toolboxes ready, ideal morning/evening routines, and a Mindset Overhaul series to put mental wellness first in 2025!



# JANUARY ESSENTIALS



## KICKSTART GOOD HABITS WITH A RESOLUTION RESET

Young Living is upgrading the 14 Day Reset for January with a 30 Day Living Young resolution reset!! For 30 days, participants will build healthy habits that can transform your health by drinking NingXia, drinking water, eating healthy, moving your body, reading a book, and checking in with community daily!

Grab your special Resolution Reset Bundle on [youngliving.com](http://youngliving.com) to join us for this special Reset starting January 13!



## Immunity Tea

Whip up this amazing immunity tea whenever you need some extra TLC!

- 8 oz hot water (not boiling - keep under 165 degrees)
- 1 drop Thieves Vitality
- 1 drop Lemon Vitality
- 1 drop Copaiba Vitality
- 1 tsp raw honey
- Juice of ½ a lemon
- 2 star anise pods
- 2 oz pineapple juice
- OPTIONAL - 2oz NingXia Red packet

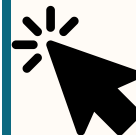


## Inner Defense

This unique immune & respiratory support product is jam-packed with powerful Seed-to-Seal essential oils like Clove, Thyme, Oregano, Thieves, and Lemongrass!

Pop an Inner Defense daily while you are traveling or around lots of people, and take one every 4 hours when feeling run-down! For kids, I love to poke a hole in the capsule and rub on their feet!

SCAN THE CODE TO JOIN OUR GROUP FOR THE 30 DAYS OF LIVING YOUNG

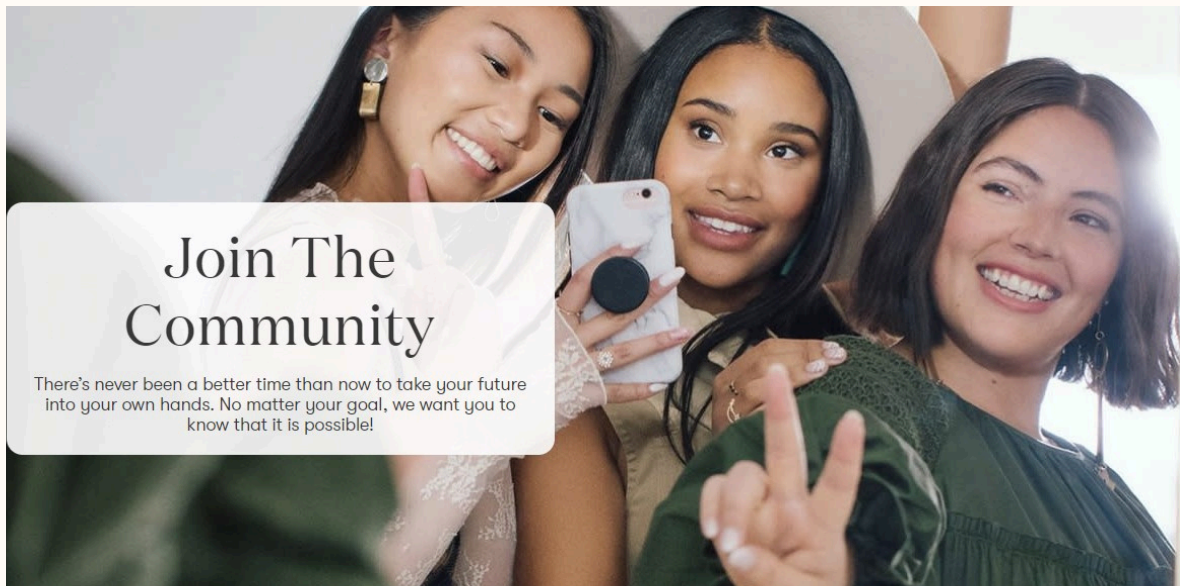


## JANUARY WISHLIST



Not sure what to order this month? Here is your January Wishlist with all of the essentials you need this month!

- Thieves oil or Roll-On
- Thieves Surface Wipes
- Thieves Hand Sanitizer
- Thieves Chest Rub
- Thieves Cough Drops
- Raven Essential Oil Blend
- ImmuPower Essential Oil Blend
- Inner Defense softgels
- ImmuPro chewables
- NingXia Red (Best value - Make A Shift Reset Kit!)
- Mineral Essence



## Join The Community

There's never been a better time than now to take your future into your own hands. No matter your goal, we want you to know that it is possible!

## Being a Brand Partner Just Got Better in 2025!

Have you thought about sharing Young Living but weren't sure where to start? Good news—it's easier than ever! Our Sharing Made Easy series this month breaks it into simple steps so you can start earning with confidence.

First, upgrade your account to Brand Partner, grab your referral link, and set up direct deposit. Then, start sharing your favorite products like NingXia Red, Lavender, or your go-to diffuser blend. Use the LifeSteps app for scripts, graphics, and tools to make sharing stress-free!

Stay consistent, build connections, and keep it fun and authentic—small daily actions can lead to big results.

Plus, **exciting compensation plan upgrades are coming in 2025**, putting even more money in the hands of Brand Partners ready to grow their businesses. There's no better time to start!

*Message me to learn more!*

*Thank you for reading!*



JAMIE SCOTT-MORAN

Jamie@TheEsSCENTialConnection.com  
www.TheEsSCENTialConnection.com