

ESSENTIAL oils

THE POWER OF NATURE...IN A BOTTLE!

WHAT ARE ESSENTIAL OILS?

When I first heard about essential oils, I really didn't know much about them. Truth be told I thought they were a little airy fairy and were just something that smelled good. Man, was I wrong!

Essential oils have enriched lives for thousands of years, offering a variety of benefits from cosmetic and dietary purposes to spiritual and religious use.

Essential oils are the aromatic, volatile liquid, found within many shrubs, flowers, trees, roots, bushes, and seeds. Our pure essential oils are very concentrated, making them far more powerful than the plants they are extracted from.

Each essential oil is a complex structure of hundreds of different constituents that help us live above the wellness line and support our physical and emotional wellbeing.

Oftentimes, essential oils are referred to as the lifeblood of the plant. Just as you have thousands of different types of molecules floating in your bloodstream, plants have thousands of different constituents flowing through their parts as well.

Essential oils have been around for thousands of years with well-documented research supporting their use for physical and emotional wellbeing. If you like science, like I do, then I encourage you to check out essential oils on Pub Med as the information there is all scientific, peer reviewed journal articles, studies and more. It is fascinating!



BENEFITS OF ESSENTIAL OILS

Essential Oils can be used in many ways, including:

- Promote emotional wellbeing and balance
- Support physical wellbeing
- Purify the home
- Create a calm, relaxed environment
- Promote a restful sleep
- Smooth skin appearance
- Reduce the look of blemishes
- Ease feelings of tension
- Promote focus
- Feel energized and invigorated
- Ease everyday stress
- Support a calm, clear mind
- Release worries and unwind
- Promote courage, self-esteem and strength
- Ease mental exhaustion
- Create a sense of peace, harmony and creativity
- Promote feelings of love and happiness
- Encourage emotional transformation
- And so much more!

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WHY YOUNG LIVING

Not all oils are created equal!



All of these factors make a huge difference in quality and effectiveness. If a batch doesn't meet YL standards for any reason, it doesn't get bottled up to distribute. YL would rather have something go out of stock than let an inferior product slip through to us. It's rare to find a company with such high standards.

Let me talk about Young Living's quality standards for a minute. Young Living has a Seed to Seal guarantee and promise. The company abides by very strict guidelines to fulfil this promise to us. In addition:

- YL owns its own farms, which no other major company does. It has partner farms that have to abide by the same standards.
- YL won't plant on soil that has had been in contact with ANY chemicals within 50 years. (Organic standards are only five years)
- YL picks the absolute best seeds from strong thriving plants.
- YL hand weeds and uses its own oils on plants for pest control to avoid harmful chemicals.
- YL harvests at peak times.
- YL distils on site without chemicals.
- YL tests every batch multiple times throughout the process with state of the art equipment.

HOW TO USE ESSENTIAL OILS

One of the things I love about essential oils is how easy they are to use and how everyone can experience the benefits! You can access the power of pure essential oils via inhalation, topical application and/or food flavouring. These methods bring the pure essence of these health supporting botanicals to you, your home and your family!

INHALATION

Inhalation can take place by simply putting a drop of essential in your hand, rubbing them together to activate the oils and then cupping your hands over your nose and mouth and inhaling. You can also smell directly from the bottle, wear a diffuser necklace, or, my personal favourite, diffusing.

When you start using your essential oils, you'll be using your diffuser a lot. I diffuse most of the day when I work from home, diffuse at the clinic, diffuse at bedtime, and I always bring a diffuser when I travel. I even have a diffuser in my bathroom! It is the easiest way to get going with your oils.



HOW TO USE ESSENTIAL OILS



TOPICAL APPLICATION

You can use essential oils topically by simply applying the oil on a desired area. You dilute essential oils with a carrier oil to cover a larger surface area, to cool a “hot oil”, to slow down the absorption of an essential oil and when applying essential oils on infants, children and furbabies.

Believe it or not, the feet are a great place to apply essential oils. The reason being, the feet are less sensitive and the pores on the feet are very large and absorb things quickly. This is great when applying oils, not so great when you have chemical cleaner on the floor! So be sure you get some of our [non-toxic all purpose cleaner!](#)

*Do NOT apply essential oils in the eyes or the ears...They are not eye drops or ear drops.

Carrier Oils:

- Fractionated Coconut Oil
- Sweet Almond Oil
- Apricot Kernel Oil
- Jojoba Oil
- Olive Oil
- Avocado Oil
- Rosehip Oil
- Grape Seed Oil
- Evening Primrose Oil

Safety Precautions:

- Store essential oils out of reach of children
- Use a “less is more” mentality. Because our essential oils are pure, they are strong. This means that more is not better. In fact, if overused, some essential oils may cause skin irritations, nausea, headaches or a general sense of unease
- Avoid topical application of citrus oils prior to sun (UV) exposure. Citrus oils make the skin more photosensitive – Meaning more likely to burn

Skin Patch Test

Recommended for those known to have skin sensitivity. To test for possible irritation, dilute the essential oil in a carrier oil at double the concentration you plan to use it. Apply two drops of the diluted oil blend to the inside of a band-aid and place on the inside of the forearm for 48 hours. You can repeat this to test for sensitisation – Which is important if a sensitivity (allergy) is suspected.

Look for things like redness, swelling and/or itching.

If any negative reaction occurs, rub carrier oil on the affected area, then wash with unscented soap and water. Leave the skin exposed to the air (do not cover) as this will help some of the essential to evaporate.

While unlikely, if the negative reaction persists, seek medical advice.

Safety Dilution Recommendation:

Adults 15+: Use 5% dilution – 15 drops of essential oil in 10ml of carrier oil. From that blend, use up to 10 drops per application as needed.

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FOOD FLAVOURING

You can use our pure essential oils as food flavouring in cooking and in beverages. That's because our culinary oils meet Food Standards Australia New Zealand's guidelines for food flavouring. Not every company can say that!

Because essential oils are known for their life enhancing properties, even when you use them in food or in beverages, you will feel their benefits. Add a drop to a glass of water or to your daily shot of NingXia Red. Pop a drop in a cup of tea or coffee. You can even add essential oils to your baked goods. Did someone say Peppermint brownies?! What about adding the delicious taste of Tangerine to your bliss balls....yum!



WANT TO GET YOUNG LIVING ESSENTIAL OILS?

Not yet a Young Living member? Don't worry! It is super easy to get your essential oils delivered right to your door!

If you were referred to The Healthy Hormone Method by a Young Living member, please reach out to them! I am sure they will be more than happy to help you!

If not, then it would be my pleasure to get you sorted! All you need to do is follow [this link](#). Choose the Starter Kit that suits you best. I personally love and recommend the Premium Starter Kit with Desert Mist diffuser.

Be sure to pop in 2293164 as your sponsor and enroller. That ensures that you become part of my Young Living community!! That means I get to support and educate you along your journey... and you become part of our exclusive, members only FB community!

I can't wait for you to get started!

