



# *The beginning*

a complete guide to getting  
started with essential oils.





# 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 the 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 is the only company in the world that's NOT an oil broker. YL owns it's own farms and distilleries, uses non gmo seeds, and beyond organic farming practices . Their oils are so pure, 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 an 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 directly to the skin by dropping a few drops on. 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 + a 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 few drops in your hands. Then put your hands up to your nose and inhaling 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: 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 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 us 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, 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 nights 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 sleep.
- Will help to calm you down when feeling stressed.
- Inhale, add to diffuser, to promote a relaxed atmosphere
- Wear as a perfume

starter bundle oils





## STRESS AWAY

- Relaxing- Apply to wrists or back of 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 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 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 chest and lungs and inhale deeply
- Use in 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 + 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 it's 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 drops hourly to soothe sore throats. Take a few drops in a capsule, or add a drop in tea with honey, or rub on 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 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 hand or put on back of neck or temples



## DIGIZE

- Blend of oils that is 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

AGES 7-11



1 drop Carrier Oil to 1 drop Essential Oil  
AGES 12+ Full Labeled Concentration





# LOYALTY REWARDS

Every month you spend at least 50 PV (point value) on subscription, you earn reward points that can be redeemed for product purchases! Plus, as your number of consecutive months with 50+ PV subscription orders increases, so does the amount of reward points you earn!

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# how to order

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

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