

WHAT ARE YOUNG LIVING

ESSENTIAL OILS?

Concentrated compounds extracted from aromatic plants to capture that plant's scent, flavor and natural benefits.

Found in a plant's seeds, flowers, bark, roots, leaves, stems, rinds, fruit and resin.

Citrus fruits are found inside the peel

Different oils have different benefits.

Be sure to check the oils uses and benefits, read labels and instructions that come with it.

Questions or concerns, check with your healthcare provider.

Plants depend on their oils to attract pollinating insects and repel predators.

How to Use

AROMATICALLY - Inhale - a pick me up or unwind at the end of the day.

TOPICALLY - Allow to absorb into you skin, use a carrier oil, cream or lotion to distribute.

INTERNALLY - Be sure to check the LABEL to be sure they are safe to ingest. Add to recipes or drinks



Top 9 Beginner-Friendly Essential Oils

Oregano

Warm, herbaceous aroma, I recommend added to a carrier oil and rubbed into your joints after a long day.

Eucalyptus Radiata

Literally used from head to toe, to rejuvenate your hair; help hydrate dull, dry skin; or to inhale as you wind down for bed.

Cedarwood

A balmy rich scent can chase away unwanted smells and invites an atmosphere of coziness and peace.



Peppermint

Invigorating aroma and soothing sensation are perfect for rejuvenation following physical activity.

Frankincense

Its grounding, intricate scent is commonly used to enhance mindfulness and inward focus during meditative practices.

Grapefruit

Brings a welcome burst of freshness, whether you're diffusing it or using it to zest up your household cleaners.

Lavender

One of the most well-known oils. Gentle and can be used almost anywhere.

Lemon

Tangy scent of lemon can liven any day. Diffuse, apply topically to promote the appearance of youthful skin.

Tea Tree

Widely used for its cleansing properties when applied topically to the skin, hair and nails or to neutralize unwanted odors.

Three Pillars

Sourcing

Science

Standards



**Globally owned
FARMS**

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