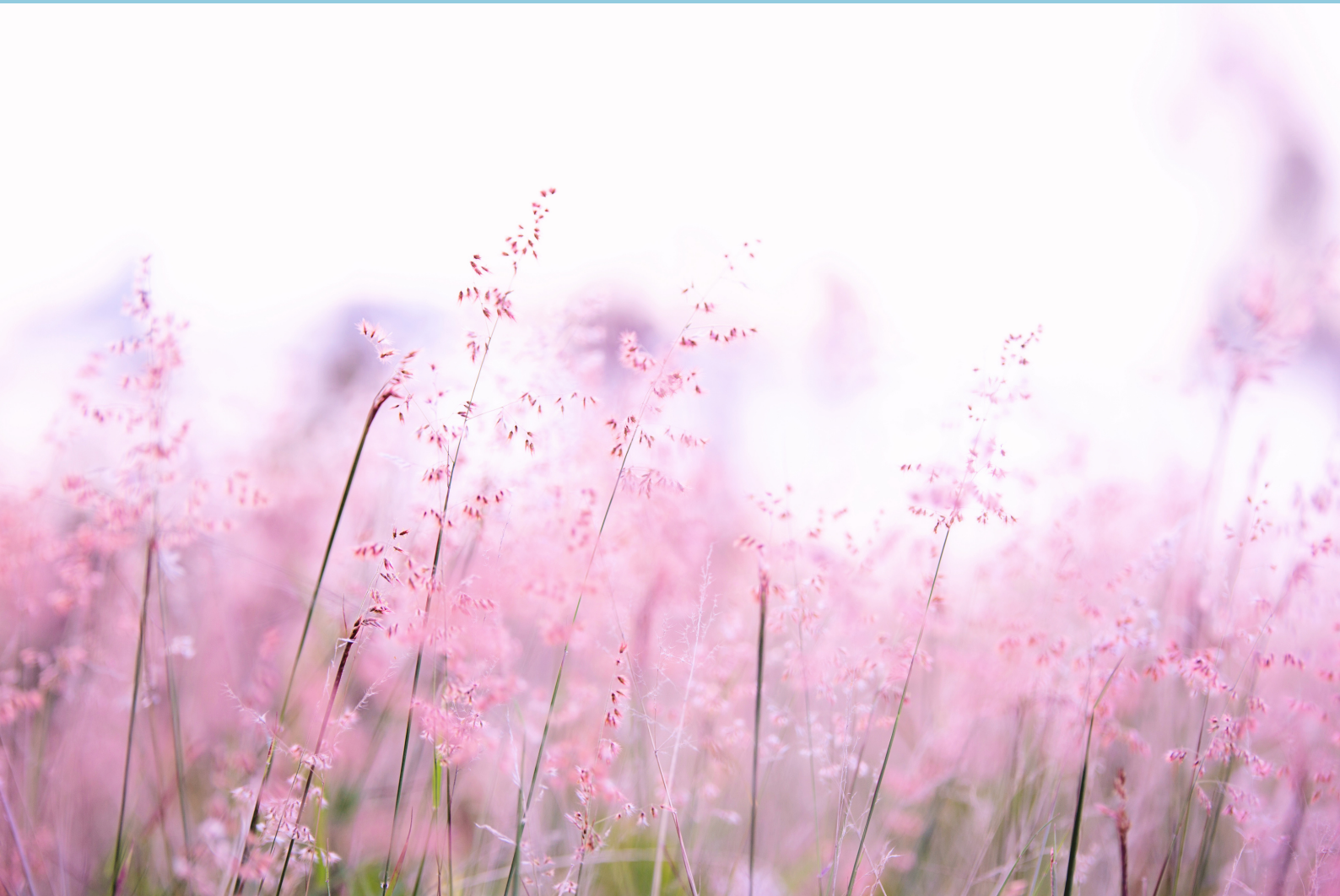


# A SIMPLE GUIDE FOR STARTING YOUR ESSENTIAL OIL JOURNEY



LEARN ABOUT THE MOST COMMONLY USED OILS & HOW TO USE THEM

DISCOVER nature's  
magic essential oils

LEARN how to use  
the most popular  
essential oils

DETOX your home using  
essential oils

# WELCOME!

Hi,

My name is Karin & I have been using Essential Oils since my teenage years. I loved the smells but didn't really know much about them and how they could benefit our health and wellness. It was not until I got introduced to Young Living until I had such amazing experience.

I started to read and do my research about Young Living's Oils and what I discovered was that Young Living's Essential Oils was absolutely amazing. Not just that, the company and the founder was amazing too.

I fell in love with them so much I found myself starting to include them in my massage practice, coaching and Pilates classes and before I knew it I had people asking me how they could get hold of some of these amazing oils as well. So sharing became a natural progression for me.

I found that getting my oils for "free" was easy and now I am committed to build up an amazing team (customers and business builders). I call the team the aspire "joy droppers".

Anyone that joins our "team" will be fully supported and we also have a lot of fun events! We educate and share Young Living Essential oils, healthy lifestyle tips and products through webinars, workshops, expos, Facebook live and in person.

By discovering Young Living I have found a whole new family of like minded and heart based people, people who are interested in creating a toxic free life, making a difference in the world, and improving their own and their families wellness.

Young Living is not just an amazing company – it's the largest producer of therapeutic grade oil in the world, the oils are "alive" and you will feel the difference. They go beyond organic and the oils are guaranteed pure and unadulterated and safe for you and your family. They have the most extensive range of essential oil and blends of any company.

The choice was very easy for me after experiencing the Young Living difference!

*I can't wait for You to join our amazing "Joy droppers" team. Karin Hagberg, Young Living Distributor ID 2451127*





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

Young Living has always been at the forefront of bringing this ancient tradition to modern users, introducing millions to emotional, physical, and spiritual wellness that can be truly life-changing.

Extracted through careful steam distillation, resin tapping, and cold pressing, the purest essential oils are far more powerful than the botanicals from which they come. Any time you hold a bottle of Young Living's powerful essential oils, you hold nature's pure essence.

*Welcome!!*

LET'S GET  
"OILING"



# THREE WAYS TO USE ESSENTIAL OILS



## 1. AROMATICALLY;

Rub 2 – 3 drops of essential oil between your palms and inhale. Add a few drops of essential oils to a bowl of hot water. Cover your head and bowl with a towel. Breathe deeply and slowly. Use your favourite essential oils in our diffusers.

## 2. TOPICALLY;

Many essential oils are safe and beneficial to use directly on the skin – place 2 – 3 drops of essential oils directly on the desired area and massage in. Repeat as desired. Always follow the label's dilution instructions.

## 3. FLAVOURING;

Add selected essential oils as flavouring in recipes & beverages. Add 1- 2 drops as desired. Caution; Only use the essential oils that have been indicated as suitable for flavouring & culinary use.



## General Safety Guidelines

**The products and information contained in this e-book are not intended to diagnose, treat, cure or prevent disease. Anyone suffering from disease or injury should consult with a physician. If you are currently on medication, please Do Not Stop.**

- Some oils can be irritating to the skin. Always patch test a new oil on the underside of your arm. If irritation occurs, apply Young Living's V-6 Vegetable oil, olive, coconut or Young Living's formulated V6 oil.
- Some oils (including citrus oils) are photosensitive so avoid direct sunlight and UV rays for at least 24 hours after application to the skin. See the sun symbol in Young living's Product Guide.
- Avoid putting citrus oils into plastic water bottles / mop buckets / plastic containers: please only use glass or stainless steel
- Due to Australian labelling laws, we can't make any therapeutic claims about any of the Young Living essential oils products. Empowered well-beings do their own research. There are lots of good books and reference books that you can get. Reference books are available at [Amazon.com](http://Amazon.com) and [discoveryspc.com.au](http://discoveryspc.com.au)

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# Dilution Guide

## 0 - 1 YEARS

8 drops of carrier oil to 1 drop of Essential Oil. If no adverse reaction, try 7 drops of carrier oil to 1 drop of Essential Oil

## 2 - 6 YEARS

3 drops of carrier oil to 1 drop of Essential Oil.

## 7 - 11 YEARS

1 drops of carrier oil to 1 drop of Essential Oil.

## 12 + YEARS

Full labelled concentration





*"I love waking up and choosing my first oil for the day - it's sets the day up to be just wonderful!"*

- Karin

## This is how a day of an "oiler" can look like

### Morning

I start the day by drinking 30 mls of Ningxia Red. I also take my Young Living supplements. If I exercise before I shower, I apply an oil to the back of my neck or chest such as peppermint or deep relief, which are some of my favourites.

When I shower I use a range of toxic free products from Young Living and I moisturise and oil up my skin, brush my teeth with toxic free toothpaste and apply Savvy Minerals make up.

I also choose an oil to put in my diffuser.

### Mid-Morning and Afternoon

I apply a drop or two of oil in my palm and inhale deeply, spending a minute or two letting the wonderful aromas do it's job.

### Evening

I finish my day with washing my body and face with wonderful toxic free products. I often do some special pampering for example face scrub and face mask. I love taking a bath with Salts and Essential oils. Afterwards I "oil up" my body and face. Sometimes I use Young Living's already blended Massage Oil blends.

### Bedtime

I apply a special sleep oil in my diffuser and I also inhale and then apply on my skin.

# 12 AMAZING OILS TO START YOUR "OILY" JOURNEY WITH

## STRESS AWAY

STRESS AWAY – a unique blend of Lime included for its energizing properties, Lavender for its unique properties, Copaiba – the powerful Amazonian essential oil and Vanilla which gives it a distinct aroma

- Apply to wrists and neck for relaxation and calming
- Use daily as a perfume
- Diffuse to stay relaxed and calm
- Add to Epsom or Himalayan Salts to create a wonderfully relaxing bath experience.
- Create a calm and peaceful sleeping environment when diffusing before bed time.
- Apply to a cotton ball and put into air vents to promote a calm environment
- Create a spray bottle mist by combining with water for linen and pillows to promote a restful sleep.
- Soak in it! Apply all over arms, abdomen and legs.
- Inhale during stressful situations to restore a feeling of calmness.
- Apply on the wrists before yoga class to help to relax the body and mind.
- Apply to temples to soothe and calm your whole being.
- Contains Lime, which can support healthy skin when applied topically.
- Inhale to stay calm and stress-free
- Take the edge off that upcoming meeting with the boss. Apply and inhale before the meeting.
- Apply a drop to the throat to bring clarity to the voice.
- Apply, inhale or diffuse every day, to keep stress away.
- Diffuse in the car.

## DI GIZE

DiGize – a unique blend of Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise and Patchouli.

- Use with every meal to support your wellness regime.
- Rub a couple of drops on your soles of your feet for some calmness
- Diffuse for a refreshing aroma
- Inhale deeply and apply topically to the desired parts of your body.



## RC

RC – is a refreshing blend containing of three types of Eucalyptus, Myrtle, Black spruce, Peppermint, Pine, Lavender, Marjoram and Cypress

- Rub on soles of the feet. It's uplifting!
- Mix with V6 carrier oil or coconut oil for a soothing vapor rub.
- Add a few drops to a bowl of steaming hot water for an invigorating inhalation.
- Diffuse for a wonderful winter blend.
- Diffuse to freshen air in a smelly house.
- Add to V6 carrier oil to create a soothing and relaxing massage.
- Add a few drops to a hot, moist towel for a hot compress.
- Add a few drops to a cotton ball and put into air vents.
- Place a few drops on the heart for strength of character.
- Diffuse it for clean and fresh air.
- Invigorating when used before and after exercise.

## THIEVES

Thieves – a blend inspired by the legend of four 15th century French Thieves. With an irresistible spicy scent and exceptional cleaning power, Thieves is the core ingredient in the Young Living's home cleaning products and personal care products. It includes Clove, Cinnamon Bark, Rosemary, Lemon and Eucalyptus Radiata.

- Diffuse to help eliminate airborne bacteria and to create a chemical free environment
- Combine with water in a spray bottle for a powerful surface cleaner.
- Apply to the soles of the feet for protection, especially in winter. Add to feet before putting on your socks and shoes. It is warming.
- Add to water and gargle for an effective mouth wash and add to coconut oil to do some mouth pulling.
- Make your own hand purifier by mixing with aloe vera gel and a small amount of water.
- Add a few drops to the dishwasher.
- Add a few drops to a handkerchief in the laundry for extra cleansing.
- Dilute with a carrier oil for a warming chest rub.
- Diffuse to protect and cleanse your home and pets.
- Add a few drops to a damp cloth to clean walls.

## FRANKINCENSE

Frankincense – has an earthy, balsamic aroma that is highly revered for its ability to increase feelings of spirituality. Known for a broad range of uses, Frankincense features predominantly in Young Living's skin care product line.

- Combine with Shea butter and coconut oil for a soothing skin moisturizer.
- Mix with a carrier oil and apply topically to support healthy skin.
- Diffuse to create an atmosphere of relaxation and calming.
- Diffuse to alleviate everyday stress and negative emotions.
- Apply to temples for a peaceful night's sleep
- Diffuse to enhance meditation and spiritual connection.
- Apply a few drops to the chest to uplift mood.
- Apply a drop to third eye chakra for spiritual awareness.
- Apply a drop on crown chakra for connection and uplift mood.
- Apply a drop around the eye area for anti-wrinkle cream (avoid eyes).
- Use topically diluted in V6 on the face and neck.
- Use it as a wonderful natural perfume.

Lavender – is universally regarded as one of the most powerful and versatile essential oils, and the uses for this plant is almost endless.

## LAVENDER

- Inhale to promote calmness.
- Diffuse or inhale from cupped hands for relaxation and for a better night's sleep.
- Add to distilled water and spray on pillows and bed linen to aid restful sleep.
- Mix with coconut oil or Shea butter for a soothing skin balm.
- Add a few drops to the washing machine and/or dryer for fresh laundry.
- Add to Epsom salts for a relaxing bath.
- Use with a carrier oil for a calming massage.
- Apply after sun for a healthy glow.
- Diffuse to balance the energy in the room.
- Apply to skin after a day at the beach or outdoors.
- Add to the dryer on a small cloth – great for towels and bed linen.
- Apply a drop under your eye area (avoid eyes) before going to sleep.
- Apply on the stomach area when feeling a bit upset or nervous.
- Easy lavender lemonade. Squeeze a fresh lemon, add 2 tsp of maple syrup (or more to taste) and 1 drop of lavender oil. Add to a 1 litre glass bottle and top up with purified water.

## LEMON

Lemon – Lemon's many applications make it one of the most useful essential oils to have on hand. The zesty aroma is refreshing and plays an important role in many Young Living products

- Use it to clean harmful chemicals from fresh produce.
- Diffuse to uplift and invigorate your mood.
- Soothe or prevent dry skin on your feet by rubbing Lemon oil on the affected area daily.
- Add to the washing machine for fresh laundry.
- Can be used as a pre-wash stain remover on clothing.
- Mix with water for an effective surface cleaner.
- Add a drop to moisturizer to improve the complexion and nourish the skin.
- Use 1 – 2 drops to remove gum, grease spots, glue, adhesive or crayon from most surfaces.
- Mix with baking soda and raw honey for a nourishing facial cleanser.
- Apply to body to freshen up.
- Diffuse lemon when you need your mind to stay sharp. It can increase focus and concentration.
- Diffuse for clean and refreshing aroma and to brighten up your day.
- Inhale deeply from cupped hands to invigorate and stimulate the mind, particularly when stress or tensions arise from everyday issues.
- A powerful oil that contains d-limonene.
- Use a 5-8 drops in the diffuser late afternoon to keep energy high, as air refresher.ü Add 1 drop of lemon oil to your water for flavour.
- Add 1 drop of lemon oil for extra kick when you add lemon juice to recipe.

## PAN AWAY

Panaway – a soothing essential oil blend of Wintergreen, Helichrysum, Clove and Peppermint

- Great to use before or after physical activity.
- Apply to tired and sore muscles and joints
- Rub on the neck, temples and shoulders for everyday tension.
- Add to a carrier oil for a soothing massage.
- Apply to tired feet and legs after standing all day.

Peppermint is one of Young Living's most versatile oil.

## PEPPERMINT

- For a refreshing scent, rub several drops of Peppermint to your temples, wrist, back of the neck, or shoulders.
- Add 1 – 2 drops to a beverage or food of your choice for a cool twist.
- Apply to the soles of the feet for cooling effect.
- Diffusing or inhaling can assist mental alertness.
- Apply to tired muscles after physical exercise.
- May be settling when rubbed over the abdomen.
- Add a few drops to your shampoo to stimulate the scalp and energise your mind.
- Apply to the neck and temples to soothe away everyday stresses.
- Inhale just before exercise for an extra boost.
- Diffuse when children are doing homework for a concentration boost.
- Also, good for studying, awakens the mind.
- Inhale from the bottle to fine tune the senses.
- Put a drop on your tongue after a coffee to freshen breath.
- Inhale when you have a long drive. Apply to cotton balls in air vent of car anytime for alertness and focus.
- Add drops to water in a glass spray bottle for a cooling, uplifting and energizing body spray for hot days.
- Add 1-2 drops to your favourite chocolate recipe for a great choc-peppermint taste.

## ORANGE

Orange is a favourite for diffusion and aromatic uses. Its sweet and uplifting scent brings feelings of inspiration and joy.

- Embrace the versatility of Orange essential oil as a culinary tool by using it in your cooking to brighten up or complement dishes with its citrus flavour.
- Use it in baked goods for an acidic contrast to the sweetness of desserts and baked goods.
- This is a happy joyful essential oil
- Orange oil offers a sweet, peaceful aroma that can fill a room with a sense of peace, harmony, and creativity.
- Orange, like other citrus oils, can cause photosensitivity, so avoid applying it to exposed skin before spending time out in the sun. Orange is delightful on its own, or you can combine it with complementary oils such as Lemon, Tangerine, Grapefruit, Cinnamon, Neroli, or Patchouli.

## PEACE AND CALMING

Peace & Calming® is a gentle, sweet blend of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy and is one of Young Living's most popular essential oil blends.

- Peace & Calming® also comes in a Roll-On.
- With a calming, sweet aroma, this blend is one you'll love using during your children's bedtime and for yourself after the house has settled down.
- Inhale deeply, wear daily as a perfume and stay calm and relaxed.
- A beautiful blend to diffuse.

## VALOR

Valor® essential oil blend is one of the most popular blends in Young Living.

- Valor has a woody, positive scent comes from a blend of Northern Lights Black Spruce, Blue Tansy, and Frankincense.
- Valor is great for massages, in addition to other topical and aromatic uses.
- Valor is renowned for its soothing, comforting and calming aroma and for its ability to promote emotional balance.
- Use it to greet each morning with a positive attitude or to unwind at the end of the day. Its powerful yet calming scent is versatile enough that you can integrate it into your morning and bedtime routines and anywhere in between.
- Inhale this amazing blend and notice how you feel. Many people use this oil blend to feel more confident.





Comes in a bottle or sachet – you will receive 2 included in the Premium Starter Pack to try.

## NINGXIA RED

- Drink straight from the sachets or as recommended from the bottle for nutritional support.
- Contains a great whole food source of protein, fibre, vitamins and minerals.
- Contains therapeutic-grade essential oils of Yuzu, Tangerine, Lemon and Orange
- High in antioxidants.
- Supports longevity and overall wellness.
- A natural form of energy without sugar, caffeine or other artificial stimulants.
- Add to a fresh fruit smoothie for a delicious drink or snack.
- The sachets may be frozen and consumed as a delicious treat in warmer weather.
- Add a sachet to a glass and fill with Ning Xia Zyng. Instant (non-alcoholic) cocktail!
- Great as an afternoon pick me up with sparkling mineral water in a wine glass!
- Drink when you need a shot of energy to boost your day.
- After exercise Pour 3/4 of glass full of Tonic water and add a shot of Ningxia red. Serve with ice.
- Contains the wolfberry, which is known to strengthen, energize and replenish the body.
- Provides long-lasting energy support.
- Motivation in a bottle.
- Energy for the whole family.
- Keeping you at optimum health.
- Can fill the nutritional gaps in a healthy diet.



## LIVING A TOXIC FREE LIFESTYLE....

**Living the toxic free lifestyle has so many benefits, such as:**

- your wellness will soar
- you make a difference to this world - by using products that won't harm our Mother Earth
- you can have fun making your home smell amazing with oils instead of toxic chemical cleaners
- you smell fantastic!
- you can become a minimalist - use less and save money
- you can have fun making wonderful products that are easy and support wellness
- it can bring families and friends together.

The list goes on....

I have even got some **wonderful Recipes** - roller blends, diffuser blends, creams, bath salts, toothpaste etc. - that I can share with you.

### **Send and email to**

[info@karinhagberg.com.au](mailto:info@karinhagberg.com.au) - asking for the "Essential oils recipes and ideas" e-book.


I will send it out for you, so you can make some wonderful products yourself, your families and friends!

*Karin*





# HOW TO GET STARTED - IF YOU HAVEN'T ALREADY..



**It's so easy to get started....click on this link to get your pack.**

<http://karinhagberg.com.au/starter-kits>

You can also contact me on [info@karinhagberg.com.au](mailto:info@karinhagberg.com.au) or call me Ph: +61 (0)419 362 136

## **WHAT HAPPENS ONCE YOU HAVE A YOUNG LIVING WHOLESALE ACCOUNT**

- You get 24 % off the Retail Prices
- You become part of the amazing aspire "joy droppers" team.
- You will be added into a closed Facebook Group where you can share, like and learn from other fellow "Joy droppers".
- You will receive support from myself and/or someone else in the team
- You can join our workshops, events, webinars etc.
- You may share and earn rewards and income from simply educating people about these amazing oils - no expert knowledge is needed!!

Chat soon, *Karin xxx*