



Traveling with Young Living

Kristi's Tips for Traveling with Young Living
Essentialoils411.com

LAVENDER: A soothing & calming essential oil that can help in relieving stress & uneasy feelings that may surface from travel. Supports restful sleep. Can also help soothe any skin challenges



THIEVES: A rich & spicy essential oil blend. Can help boost your immune system & the body's natural defenses. Can also help support oral health. Breathe in during airplane flights to stay healthy.



PEPPERMINT: A fresh, nostalgic, & cooling essential oil. Aids in motion support. Supports healthy gut & digestive functions. Can also help improve concentration & focus. Breathe in during airplane ascent & descent to help ears adjust



DIGIZE: A spicy, exotic aromatic blend. When applied topically on your abdomen (diluted with a carrier oil) can help with digestive issues. Can be taken internally or applied externally for digestive support.



VALOR: A woody & grounding essential oil blend that is uplifting & motivational. Apply 2-3 times a day, balancing of emotions & the body.



DEEP RELIEF: A refreshing & soothing essential oil blend. It is like a mini spa in a bottle. Makes the perfect companion for joints after a long day of travel. Cools fatigued muscles & can be breathed in when you need a boost of motivation or energy.



NINGXIA RED: A sweet & tangy superfood drink that is packed full of ingredients to support your overall wellness & the strength of your immune system. The NingXia Red 2-oz. singles are perfect for an on the go healthy & tasty treat! In addition, The benefits include support for energy levels, normal cellular function, & whole-body & health. Bring 1 per/day per person Take every morning

RAINDROP: It's like having a quick care kit in your back pocket! If you feel like your wellness is going down, do a quick raindrop to bring it back up and enjoy the rest of the trip.



LIP BALM: Choose your favorite out of these very moisturizing lip balms. With the constant going from place to place of travel, lips can get chapped & dry and these lip balms moisturize your lips for hours after just one use.



SATIN FACIAL SCRUB™: A gentle facial scrub, that leaves your skin feeling tingly, fresh, & awake. It is a great way to give yourself that extra boost while traveling & to clean off any dirt and grime from travel. Perfect size for carry on. Gentle enough to use daily on the trip.



ART LIGHT MOISTURIZER: Works in tandem with your skin to retain & maintain proper hydration while helping reduce the appearance of fine lines. Suitable for all skin types. Put ART Light Moisturizer in a travel size container when traveling with a carry-on.



GENESIS LOTION: An ultra-moisturizing thick lotion. Great for dry skin & after being in the sun. Put Genesis Lotion in a travel size container when traveling with a carry-on.



TRAVEL TIPS:

- Travel with 5ml bottles when possible
- Use oils in roller bottles for easy use on the go
- When traveling with a carry-on, make sure all oils are in compliance with airport liquid restrictions
- Keep oils in an accessible place so that they can easily be used on the go