

A BEGINNING WITH ESSENTIAL OILS

# RHYTHMS



HOW TO PRACTICALLY & BEAUTIFULLY BEGIN YOUR  
JOURNEY TO A MORE NATURAL LIFE.

"LOOK DEEP INTO NATURE & YOU WILL  
UNDERSTAND EVERYTHING BETTER"



# WHAT ARE ESSENTIAL OILS?

## & HOW DO THEY EVEN WORK?

*Essential oils are compounds extracted from plants from a process called distillation; The oil captures the plant's scent or flavor, also called its "essence"*

Young Living's essential oils are pure & therapeutic grade & work with your body to promote health & wellness. Within 20 minutes of applying an essential oil to your skin it can be found in every cell of your body.

So for instance, if you apply lavender to the bottoms of your feet your cells will respond to lavender's natural relaxing properties.

Inhaling the aromas from essential oils can stimulate areas of your limbic system, which is a part of your brain that plays a role in emotions, behaviors, sense of smell and long-term memory.

Interestingly, the limbic system is heavily involved in forming memories. This can partly explain why familiar smells can trigger memories or emotions.

The limbic system also plays a role in controlling some unconscious physiological functions, such as breathing, heart rate and blood pressure. This is why Essential oils from high grade sources can support everyday ailments & can be used to highly support our emotions. \*Essential oils are not intended to cure any disease\*

# FIRST WAY TO USE ESSENTIAL OILS



Topically is one of the easiest ways to start incorporating oils into your everyday life.

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SO now that you know a little about what essential oils are, Let's break down the three ways to use them.

First, Topically, & it honestly so simple to start applying oils topically.

You are going to want to make your own roller balls because Young Living Essential oils are highly concentrated so I always suggest diluting them through making your own roller blends.

You can simply do this by taking a carrier oil & combining it with your essential oils. In the next pages lets talk about carrier oils, where to apply essential oils, pulse points, & roller blends to get you started.



# ROLLER BLENDS

PURCHASE ESSENTIAL OIL ROLLER BALLS & FRACTIONATED COCONUT OIL ON AMAZON OR ETSY.

## sleep

4 DROPS LAVENDER + 4  
DROPS FRANKINCENSE

## peace out

3 DROPS PEACE &  
CALMING + 2 DROPS  
CITRUS FRESH

## serene

4 DROPS FRANKINCENSE +  
3 DROPS VALOR

## immune

4 DROPS THIEVES + 4  
DROPS LEMON

## stay chill

4 DROPS THIEVES + 5  
DROPS STRESS AWAY

## pick up

3 DROPS PEPPERMINT + 4  
DROPS CITRUS FRESH

## deep breathe

4 DROPS RAVEN + 2  
DROPS LEMON

## cheer

4 DROPS FRANKINCENSE +  
4 DROPS CITRUS FRESH

## calm

4 DROPS LAVENDER + 4  
DROPS STRESS AWAY

## fresh & focus

4 DROPS LEMON + 4 DROPS  
PEPPERMINT



# CARRIER OILS

## 1. FRACTIONATED COCONUT OIL

It is great for hair & skin  
moisturizes dry skin and it is anti-fungal &  
antibacterial  
a go to for making essential oil rollers

## 2. JOJOBA OIL

It is great for skin & hair problems  
It easily absorbs, treats oily & dry skin  
It balances sebum  
perfect for making an oil face wash

## 3. ROSEHIP OIL

It protects the skin against damage.  
helps tone & tighten skin  
& can reduce wrinkles & stretch marks  
a go to for making face serums & oil lotions

## 4. AVOCADO OIL

It is great for the skin & rich in  
vitamins A, D, & E.  
A go to for making essential oil rollers.

# WHERE TO APPLY

## ESSENTIAL OILS



# PULSE POINTS



Pulse points are the warmest points on your body. They carry your scent & help radiate perfume & scents better- making these pulse points the perfect places to apply essential oil perfume.

# SECOND WAY TO USE ESSENTIAL OILS



**Aromatically** is an easy way to get oils into your house & into your bloodstream through diffusing oils in your diffuser



When you breathe in essential oils, those molecules are entering your nose and being absorbed by your blood stream.

This method is a great starting point that can be a quick and easy way to receive the benefits of oils.

You can drop them directly into your hands and breathe them in when you're on the go or, you can add oils to your diffuser (4-10 drops) and leave it running throughout the day.





# DIFFUSER BLENDS

THE SIMPLIEST WAY TO START INCORPORATING  
ESSENTIAL OILS

## sweet dreams

4 DROPS LAVENDER + 4  
DROPS STRESS AWAY

## happy

2 DROPS PEPPERMINT  
2 DROPS LEMON

## fresh

4 DROPS THIEVES  
4 DROPS PEPPERMINT

## relax

4 DROPS LAVENDER  
2 DROPS FRANKINCENSE

## fresh air

3 DROPS LEMON  
3 DROPS CITRUS FRESH

## immune

3 DROPS THIEVES  
3 DROPS RAVEN

## balance

3 DROPS VALOR  
2 DROPS STRESS AWAY

## calm

4 DROPS LAVENDER + 4  
DROPS STRESS AWAY

# THIRD WAY TO USE ESSENTIAL OILS

## **Internally.**

When ingesting essential oils you are getting the most benefit from every drop.

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You can drop oils that can be taken internally under the tongue, swabbed on the inside of the cheek, or add them to a vegetable capsule and swallowed---some can even be used in cooking!

Young Living makes it simple by naming their essential oils that are safe for ingesting VITALITY oils.

Non-therapeutic grade oils should never be ingested because the quality is not there & may not be safe.

Ingesting oils should always be done though with caution ---just like there is a time for antibiotics, essential oils should be taken when needed.





# INTERNAL BLENDS

PUT ESSENTIAL OILS IN A VEGETABLE CAPSULE YOU  
CAN GET ON AMAZON

## immune booster

1 DROP THIEVES 1 DROP  
LEMON

## seasonal change

1 DROP PEPPERMINT 1  
DROP LEMON 1 DROP  
LAVENDER

## digestion

1 DROP DIGIZE

## soothe stomach

1 DROP PEPPERMINT

# ALL ABOUT THE STARTER KIT

YOUNG & LIVING  
ESSENTIAL OILS



*It's not a slogan — it's our calling*

*W. Harrison*



## HOW TO USE

# STARTER KIT OILS



### LAVENDER VITALITY

The Swiss Army knife of all essential oils it creates a calming environment, promotes healthy sleep, skin, & hair.

- diffuse 2-4 drops every night for sleep
- use a couple drops with coconut oil on skin
- make a DIY pillow spray
- inhale when needing to calm down & relax



### PEPPERMINT VITALITY

Improves concentration & relieves head pressure

- rub on temples & back of neck with coconut oil to relief head tension
- 1 drop in water for an upset stomach
- diffuse when trying to focus & concentrate.



### LEMON VITALITY

This oil is naturally cleansing, mood lifting & refreshing.

- use as a natural goo gone to remove sticky substances
- add a drop to your water for fresh & detox water
- diffuse to fresh up your house

## HOW TO USE

# STARTER KIT OILS



### THIEVES VITALITY

This immune powerhouse blend is used to boost your immune system.

- dilute & rub on the bottoms of feet & down spine twice daily during flu season
- make a tea with two drops & honey when you are feeling under the weather.
- make a homemade hand sanitizer



### DIGIZE VITALITY

a blend that aides digestion.

- rub a drop & a handful of carrier oil on stomach when you have any type of stomach discomfort
- take 1 drop in a vegetable capsule to help relief discomfort.



### CITRUS FRESH

This citrus blend is uplifting, refreshing, & purifying for the air.

- diffuse in the afternoon for a pick me up
- use topically on your wrist to brighten your mood
- add a drop to the bottom of your garbage to freshen bad smells

## HOW TO USE

# STARTER KIT OILS



### STRESS AWAY

This blend is like vacation in a bottle, helps calm overwhelming emotions & is a mood lifter.

- diffuse during feelings of overwhelm
- put over heart & on wrists daily before stressful situations
- keep a roller of this in your purse at all times



### VALOR

This oil helps to promote balance, alignment, & courage

- diffuse to ground & uplift
- apply to spine & bottom of feet before yoga or meditation
- roll diluted on jawline before sleep



### PEACE & CALMING

The emotional support powerhouse oil used to create a calm environment

- diffuse to uplift your mood & feel a calm
- apply to wrists & over heart during moments you feel off balance
- add to epsom salts before a bath
- apply to bottoms of feet before bed

## HOW TO USE

# STARTER KIT OILS



### FRANKINCENSE

An ancient oil that has been used for 100's of years that is known for its grounding properties & for skin support.

- diffuse to refine your sense of purpose
- roll on fine lines & dark spots for a beautiful glow
- diffuse or roll over your heart during meditation



### RAVEN

a blend that is known for clearing & opening up airways during times of congestion.

- dilute with carrier oil & rub on feet or chest before exercising to uplift
- dilute with carrier oil to make an all natural chest rub
- diffuse during times of congestion




### PANAWAY

This oil blend is icy & hot making it invigorating & uplifting

- dilute & rub on muscles after exercise
- dilute & rub on kids growing pains
- dilute & rub on the back of neck of tension & relief.



The background of the page is a soft-focus photograph of various dried botanical specimens, including long, thin leaves and fan-shaped plant structures, in shades of beige and light brown against a pale, off-white background.

SAFETY GUIDE  
ESSENTIAL  
OILS

# HOW TO USE OILS SAFELY



## AGES 3 MONTHS - 2 1% DILUTION

- 1 drop EO to 5ml carrier oil
- 2 drops EO to 10 ml carrier oil
- 3 drops EO to 15 ml carrier oil
- 5 drops EO to 1 oz carrier oil
- 10 drops EO to 2 oz carrier oil
- 20 drops EO to 4 oz carrier oil



## AGES 2 - 6 2% DILUTION

- 2 drop EO to 5ml carrier oil
- 4 drops EO to 10 ml carrier oil
- 6 drops EO to 15 ml carrier oil
- 10 drops EO to 1 oz carrier oil
- 20 drops EO to 2 oz carrier oil
- 40 drops EO to 4 oz carrier oil



## AGES 6 - 12 3% DILUTION

- 3 drop EO to 5ml carrier oil
- 6 drops EO to 10 ml carrier oil
- 9 drops EO to 15 ml carrier oil
- 15 drops EO to 1 oz carrier oil
- 30 drops EO to 2 oz carrier oil
- 60 drops EO to 4 oz carrier oil

ALL ABOUT  
ESSENTIAL  
REWARDS



YOUNG LIVING™  
ESSENTIAL OILS

# WHAT IS ESSENTIAL REWARDS?



Essential Rewards is a monthly subscription box that makes going chemical free so easy

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You can cancel at anytime & are only require to spend \$50 PV every month & you earn 10% the back the first 3 months & then after month 3-24 you earn 20% back in points to spend on more chemical free products.

Young Living is a one-stop-shop for so many high quality, non-toxic products.

& a huge bonus is that every month young living has promotions for FREE products depending on how much money you spend.

It is the BEST BOX you will be getting in the mail every single month!

"LOOK DEEP INTO NATURE & YOU WILL  
UNDERSTAND EVERYTHING BETTER"

YOU ARE READY TO START YOUR JOURNEY

# TODAY!

