



The Essential Oil Reset

A Real-Life, Not-Too-Perfect, Totally-Doable Guide to 12 Oils That Will Change the Way You Do Life

Welcome, friend!

Whether your oils are still in the box, gathering dust in a drawer, or you've got them front and center on your nightstand—we made this for you.

This guide is your refresh, your “aha,” your oh right, that’s why I love these moment.

We’re talking real-life uses for real-life people. Stuff like:

- Feeling calm when the world is loud
- Sleeping like you mean it
- Supporting your body when it needs a little backup
- Smelling like you have your life together (even when you don't)





“There is no substitute for experience. Essential oils are much more than nice scents; they are powerful agents of change.”

D. Gary Young

So...Why Essential Oils?

Because your body gets plants.

Essential oils are pure plant extracts that work with your body's design—not against it. You breathe them in, roll them on, or rub them in, and they go to work—helping your body do what it was made to do: thrive.

No quick fixes. No band-aids. Just natural tools that support you emotionally, physically, and energetically.



How to Use This Guide

We're diving into 12 oils from Young Living's Premium Starter Bundle—aka your “these do it all” starter pack. Each oil comes with:

- Practical, everyday uses (spoiler: you'll want to try them all)
- Specific support ideas for things like sleep, digestion, immune health, or emotions
- Wild stories + favorite blends straight from the oily community
- Tips on how to use them (2–3 drops here, a roller bottle there)
- No fluff. No guilt. Just lots of options.

Don't try to memorize it all. Just pick a couple of ideas per oil to try this week.

Circle them. Star them. Highlight the ones that made you go “ooooh.”

And let the oils do their thing.

Ready? Let's reset.

Lavender

DAILY FAVES:

Real-life, real-use ideas that make Lavender a must-have in your routine.

Sweet Dreams Starter

- Diffuse 2–4 drops solo or with Cedarwood, Frankincense, or Peace & Calming before bed
- Add 2 drops to a linen spray or mist onto pillow
- Rub 1–2 drops on feet or wrists at bedtime

Skin Soother

- Add 1–2 drops to unscented lotion or aloe for dry patches or occasional redness
- Blend with Frankincense in your favorite moisturizer for a glow-up
- Use in a DIY bath soak: ½ cup Epsom salt + 3 drops Lavender

Emotional Reset

- Apply to chest or neck during high-stress moments or overstimulation
- Diffuse during homework meltdowns or when everyone needs a moment

Scalp & Hair Love

- Mix 2–3 drops into shampoo to support a healthy scalp
- Try it in DIY dry shampoo for an extra clean scent

Freshen the Home

- Add a drop to dryer balls or trash can liner
- Mix with baking soda for a fresh carpet deodorizer

Lavender

GRAB-IT-QUICK MOMENTS (YOUR EO FIRST AID KIT)

When life throws the curveballs...

Minor Burns & Bites

- Apply a drop neat (undiluted) to minor kitchen burns or bug bites
- Follow with aloe for soothing relief

Cuts & Scrapes

- Mix 2 drops in a roller with carrier oil for a gentle “boo-boo” blend

Tense Head Feelings

- Combine Lavender + Peppermint and roll along temples or neck

Muscle Cramp Rescue

- Add to a warm bath or massage into sore areas with a carrier oil

Sniffle Season Support

- Use as part of the trio: Lavender + Lemon + Peppermint in a roller or diffuser

“NO WAY!” STORIES

Because Lavender isn't just soft—it's mighty.

- A drop in slippers to nix foot odor
- Added to baby balm = no diaper rash in over a year
- Used post-shaving to calm skin (no more itchy legs!)
- Swiped on after insect stings for quick calm
- Added to cookies, lemonade, or jelly for fun floral flavor

USAGE TIP: WHEN IN DOUBT—LAVENDER. USE 1-2 DROPS AND BUILD FROM THERE. YOUR SKIN (AND STRESS LEVELS) WILL THANK YOU.

Citrus Fresh

YOUR GO-TO FOR A BURST OF HAPPY + CLEAN

This blend is like opening the windows on a sunny spring day. It's bright, energizing, and surprisingly versatile—from laundry to mood support to drinks.

DAILY FAVES:

Simple ways to bring freshness and uplift into your day.

Laundry Boost

- Add 2–3 drops to wool dryer balls or mix into unscented detergent for citrusy-fresh clothes

Diffuser Hero

- Use 4–6 drops alone or pair with Lemon, Peppermint, or Stress Away for a clean-scented home

Water Upgrade

- Add 1 drop to a glass or stainless steel water bottle (great in sparkling water, kombucha, or mocktails)

Kitchen Helper

- 2 drops in a cotton ball for the trash can or garbage disposal
- Mix with baking soda for a fridge or carpet refresher

DIY Favorites

- Add to sugar scrubs, hand soaps, or bath salts for a refreshing spa vibe

Citrus Fresh

TARGETED SUPPORT USES

When you're needing more than just a pretty scent...

Emotional Uplift

- Diffuse when you're feeling blah, heavy, or stressed out—Citrus Fresh has a way of flipping the switch

Mental Focus

- Pair with Peppermint in a roller or diffuser when you or your kids need a little brain boost

Digestive & Detox

- Some users add to water or capsules for gentle cleansing support (always check for safety with your preferred usage methods)

Air Purifier

- Add to a diffuser after cooking or when pets have taken over the house with their signature scent

“NO WAY!” STORIES

The little wins that made people say “wait... what?!”

- Added to homemade fruit dip and ice cream for a zingy twist
- Used as doggie deodorant and in the vacuum tank to make cleaning smell amazing
- Mixed with Thieves for a spicy citrus diffuser blend that smells like orange clove magic
- One college student keeps a bottle in his dorm to freshen everything from laundry to late-night vibes

TIP: FOR WATER FLAVORING, START WITH JUST 1 DROP. YOU CAN ALWAYS ADD MORE—BUT A LITTLE GOES A LONG WAY!

DiGize

THE OIL THAT GETS THINGS MOVING (IF YOU KNOW WHAT I MEAN)

It's not glamorous. It's not fruity. But DiGize is the one people rave about in whispers, with raised eyebrows, and full-on testimonials. If digestion ever throws a wrench in your day, this is the oil you want nearby.

DAILY FAVES:

The go-to moves that make DiGize a stomach's best friend.

Tummy TLC

- Rub 2–3 drops clockwise around your bellybutton after meals
- Pre-game with a roller before heavy or “risky” meals (hello Taco Tuesday)
- Add to a veggie capsule for deeper digestive support (especially with meals that don't love you back)

Family Favorite

- Make a diluted roller for kids who get tummy aches or carsick
- Use before road trips, theme parks, or any buffet-style situation
- Keep a roller in the diaper bag, glove box, or purse—this oil has saved many a meltdown (yours or theirs)

Unexpected Delivery Methods

- A brave few put 1 drop under the tongue (for instant effect—but it tastes like it works)
- Behind the ears for nausea
- Add to bath salts for detox vibes (just 2–3 drops)

DiGize

ACUTE SUPPORT

When you're not messing around and need help, like, now.

Bloating & Overeating

- Rub a drop or two on your upper abdomen after a big meal
- Capsule it before holiday dinners or restaurant splurges

Nausea or Upset Stomach

- Sniff from the bottle or apply to wrists and neck
- Add to a “nausea roller” with Peppermint and a carrier oil for anytime use

Constipation & Diarrhea (Yep, Both!)

- Massage over the lower belly as needed—parents call it the “poop massage”
- Apply repeatedly during stomach bugs to help regulate

Heartburn & Reflux

- Try 1–2 drops with carrier oil on the chest or under the tongue
- Some users swapped it for their go-to antacid and never looked back

“NO WAY!” STORIES

These are the moments when DiGize earns a spot in everyone's oil bag.

- A mom used it to avoid an ER trip for suspected food poisoning
- A toddler who hadn't gone in days finally found sweet relief with a belly rub
- A goat (yes, a goat) got it massaged on her belly and felt better
- A car-sick teen now insists on her “belly oil” before every ride
- Someone mixed it with honey to make the taste bearable—and it worked!

TIP: NOT A FAN OF THE SMELL? YOU'RE NOT ALONE. ADD PEPPERMINT OR CITRUS FRESH TO YOUR ROLLER OR CAPSULE IT TO SKIP THE SNIFF.

Thieves

THE OIL THAT'S BASICALLY AN IMMUNE SYSTEM IN A BOTTLE

This blend is a legend. Whether you're scrubbing your sink, fighting off the crud, or flavoring your tea like a boss—Thieves shows up ready to work. It's spicy, warm, and totally iconic.

DAILY FAVES:

Everyday ways to boost your wellness and keep things fresh and clean.

Immune Support Routine

- Add 1–2 drops to the bottoms of feet (especially at bedtime)
- Diffuse 4–6 drops during the fall/winter season or anytime someone in the house sniffles
- Add 1 drop to warm tea with honey and Lemon Vitality for daily defense

Household Hero

- Mix into DIY cleaning sprays or add to your Thieves Household Cleaner for extra punch
- Use a drop on trash can lids, toilet brushes, or sink drains to freshen and fight funk
- Add to wool dryer balls or mix into mop water for clean vibes everywhere

Tooth + Mouth Care

- Add a drop to your toothbrush or DIY mouth rinse (it's spicy—but works!)
- Swish with coconut oil and 1 drop of Thieves for oil pulling

Thieves

ACUTE SUPPORT

For those “please don’t let this turn into something” kind of moments.

Sore Throats

- Add 1 drop to warm water + honey and sip slowly
- Create a homemade throat spray with Thieves + Lemon + distilled water in a spritzer bottle

Congestion & Sinus Support

- Diffuse with Lemon or Peppermint
- Apply diluted around the nose and sinus area (carefully—it’s a spicy one!)

Post-Exposure Routine

- Roll on spine and feet after travel, big events, or being around the sick crowd
- Add to a diffuser in every room if something’s “going around”

Canker Sores + Mouth Discomfort

- Dab (diluted) onto the sore with a Q-tip—thanks to clove, it may numb and soothe

“NO WAY!” STORIES

The “I never thought it would work, but it did” moments.

- Several moms swear their whole household avoided illness during school outbreaks by using Thieves daily
- One teacher diffuses it every day in her classroom and hasn’t used a sick day in years
- A dental patient used it for mouth recovery with surprisingly fast results
- Users reported using it on blemishes, cold sores, and even on itchy bug bites
- One friend adds it to her oatmeal for a cinnamon kick + immune support

TIP: SENSITIVE SKIN? ALWAYS DILUTE THIEVES BEFORE TOPICAL USE. IT’S A “HOT OIL” THANKS TO CINNAMON AND CLOVE.

Raven

BREATHE IN. BREATHE OUT. THIS OIL'S GOT YOU.

Raven is cool, crisp, and totally refreshing. It's like a breath of mountain air in a bottle—perfect for those moments when your chest feels tight, your head feels foggy, or your lungs just need some love.

DAILY FAVES:

Simple ways to keep airways open and energy flowing.

Diffuser Favorite

- Use 3–5 drops in your bedroom diffuser at night to open up breathing
- Combine with Lavender or Peace & Calming for a peaceful + clear combo

Topical Chest Rub

- Dilute 1–2 drops with a carrier oil and rub on chest, throat, or back
- Add to a roller or use in a DIY vapor rub for a cooling, soothing effect

Shower Steam Magic

- Drop 2–3 drops on a washcloth in a hot shower—instant spa-level inhale therapy

Workout Support

- Apply to chest before a run or workout for clear breathing and a little pep

Raven

ACUTE SUPPORT

When things are stuffy, tight, or you're feeling that post-flu funk.

Cold + Crud Crusher

- Diffuse 24/7 during respiratory bugs or allergy flare-ups
- Rub over lungs and throat with coconut oil for fast relief

Sinus & Chest Congestion

- Apply diluted around nose, chest, or sinuses (avoid eyes!)
- Combine with Lemon and Peppermint in a diffuser for an allergy season power trio

Homemade Vapor Rub

- Mix 5 drops with 1 tbsp coconut oil and use on kids (age 6+), especially at bedtime

“NO WAY!” STORIES

The surprising ways Raven clears more than just your nose.

- One woman avoided using her inhaler during a flare after applying Raven + RC
- Several people say it helped stop coughing in its tracks so they could actually sleep
- Used as a focus hack at the gym—one user swears it helped her power through planks
- Some noticed clearer skin from using it on breakouts (who knew?)
- Called a “heart and lung healer” by those who use it during emotional release

TIP: ALWAYS DILUTE FOR TOPICAL USE—ESPECIALLY WITH KIDDOS.

Frankincense

IF IT'S GOOD ENOUGH FOR JESUS, IT'S GOOD ENOUGH FOR YOU

This oil is grounding, glow-boosting, and loaded with benefits for your skin, emotions, and spiritual practices. Frankincense is like the wise old friend in your oil kit—quiet but powerful.

DAILY FAVES:

Simple ways to incorporate this timeless oil into your routine.

Skin Care Superstar

- Add 1–2 drops to moisturizer, facial serums, or body lotion for glow and tone
- Mix with Lavender and Tea Tree for a DIY skin-loving roller or spot treatment

Emotional & Spiritual Support

- Diffuse during prayer, journaling, or quiet time for grounding and clarity
- Apply to crown of head or pulse points to help center your mood

Natural Perfume or Cologne

- Dab behind ears or wrists solo or blended with Orange, Joy, or Valor for a woody, calm scent

Daily Wellness

- Roll over spine or chest as part of your morning or evening wellness routine
- Add 1–2 drops to a capsule or use in immunity rollers with Lemon and Thieves

Frankincense

TARGETED SUPPORT

When your body or mood needs a little extra TLC.

Skin Support

- Use on areas with uneven skin tone, dark spots, or scarring
- Add to a healing balm for cuts, dry patches, or minor skin irritation

Emotional Regulation

- Apply during stressful days, mood swings, or when you feel disconnected
- Use as a reset oil—deep breath, drop in diffuser, go

Muscle, Joint, and Bone Support

- Rub on joints or along the spine with carrier oil after chiropractic work or long days
- Pair with Copaiba or PanAway for muscle soreness and recovery

“NO WAY!” STORIES

This oil may be quiet—but the stories are wild.

- One user applied it to a blemish and it disappeared overnight
- Used in toddler bedtime rollers to calm meltdowns before they even start
- Diffused during devotions and said it “shifted the atmosphere in the room”
- A grandparent found relief applying it to knees and joints each morning
- One mom said it was the only thing that helped her skin postpartum

TIP: A LITTLE GOES A LONG WAY. 1–2 DROPS IS USUALLY PLENTY, ESPECIALLY FOR SKIN OR EMOTIONAL SUPPORT.

Peace & Calming

THE OIL THAT TURNS “TOO MUCH” INTO “I’VE GOT THIS”

This gentle blend is a favorite for anyone who needs help winding down, calming big feelings (kids or adults), or simply making life feel a little softer. It’s the reset button in your oil collection.

DAILY FAVES:

Ways to bring more peace into your everyday rhythms.

Bedtime Buddy

- Diffuse 3–5 drops at night—alone or with Lavender or Cedarwood
- Rub 1–2 drops on feet, spine, or chest as part of a bedtime routine

Emotional Support

- Apply to wrists, neck, or behind ears when you’re feeling stressed or overstimulated
- Keep a roller in your purse or car for on-the-go peace

Toddler Tamer

- Use in a calming roller for pre-nap snuggles or post-meltdown recovery
- Add to bath salts or massage oil for soothing bedtime baths

Light Perfume

- Dab on diffuser jewelry or use in a roller as a soft, citrusy scent that helps calm the chaos

Peace & Calming

TARGETED SUPPORT

For those high-emotion, sensory-overload, can't-catch-your-breath kind of days.

Tantrums & Meltdowns

- Roll behind ears, over the heart, or down the spine—especially helpful with kids
- Adults: try this too. Seriously.

Jaw Tension or Teeth Grinding

- Apply along jawline or base of skull before bed

Restless Legs or Nervous Energy

- Blend with carrier oil and rub into legs before bed

Grief or Big Feelings

- Diffuse or wear on the chest during hard seasons or emotional moments

“NO WAY!” STORIES

These wins are why people keep it stocked in every room.

- Used to calm both a toddler and a dog during thunderstorms
- Helped one mom regulate postpartum emotions when nothing else worked
- Diffused in the car = quiet kids and no road rage
- A Weimaraner won't sleep without his own bottle of it
- Added to a calm-down toolkit with snuggles, prayer, and a fuzzy blanket

TIP: IF THE SCENT FEELS “MEH” AT FIRST, YOUR BODY MIGHT NEED IT. TRY USING IT FOR A WEEK—YOU’LL LIKELY FALL IN LOVE.

Peppermint

THE OIL THAT PERKS YOU UP, CLEARS YOU OUT, AND COOLS YOU DOWN

Peppermint is sharp, energizing, and oh-so-handy. Whether you need a focus boost, muscle relief, or help cooling off—this oil delivers.

DAILY FAVES:

Everyday ways to get the most out of this powerhouse.

Head Tension Helper

- Rub 1–2 drops on temples, back of neck, or forehead
- Try the thumb-to-roof-of-mouth trick for quick relief (1 drop, press + breathe)

Energy + Focus

- Diffuse 3–4 drops with Lemon or Citrus Fresh when you're dragging
- Inhale straight from the bottle for a mid-day lift

Digestive Support

- Add 1 drop to a glass of water or tea post-meal (Vitality labeled only)
- Combine with DiGize for a powerful tummy team

Cooling Spray

- Mix a few drops with water in a spray bottle for post-workout, hot flash, or summer relief

Breath Freshener

- Add a drop to your toothbrush or tongue
- Use in a DIY breath spray with distilled water and a pinch of salt

Peppermint

TARGETED SUPPORT

For the moments when your body (or brain) needs a reset.

Fever Support

- Dilute with carrier oil and apply to spine + bottoms of feet—especially for kids

Motion Sickness or Nausea

- Inhale from palms or roll behind ears
- Add 1 drop to a tissue and tuck it in your car vent

Muscle & Joint Relief

- Add to a post-workout roller with Copaiba or PanAway
- Rub into sore spots after lifting, yard work, or long drives

Seasonal Support

- Diffuse with Lemon and Lavender
- Use in a roller for the classic “allergy trio”

“NO WAY!” STORIES

You’ll find Peppermint in places you never expected.

- One mom used it during labor to stop sudden nausea
- Teachers use it on paper cutouts to keep students alert during testing
- Added to brownies, cocoa, or lattes for a minty holiday upgrade
- Used in shampoo to boost scalp health and hair growth
- Mouse repellent? Cotton balls with Peppermint kept pests out of a pantry

TIP: START SMALL—PEPPERMINT IS STRONG. 1 DROP GOES A LONG WAY, ESPECIALLY NEAR YOUR EYES!

PanAway

WHEN YOUR MUSCLES SAY “NOPE,” THIS OIL SAYS “I GOT YOU”

PanAway is your go-to for anything sore, stiff, tight, or tired. It's the bottle everyone reaches for after leg day, moving boxes, or standing too long at a volleyball tournament.

DAILY FAVES:

Simple ways to soothe and recover from head to toe.

Post-Workout Relief

- Add 2–3 drops to a carrier oil and massage into sore muscles
- Use in a roller blend for easy gym bag application

Tension Support

- Apply to neck and shoulders after long hours at your desk
- Rub onto temples (diluted!) for tension-style headaches

Bath Time Recovery

- Add 5–7 drops to Epsom salts and soak tired muscles in a warm bath
- Perfect after a long hike or rough night's sleep

Everyday Use

- Apply to wrists, ankles, or knees after long walks or on high-activity days
- Combine with Peppermint and Copaiba in a roller for ongoing joint care

PanAway

TARGETED SUPPORT

For those moments when pain, tension, or stiffness needs some serious backup.

Muscle Cramps + Growing Pains

- Rub over calves or back with a carrier oil during cramping episodes
- Use on kids' legs during growth spurts (dilute well)

Back + Sciatic Support

- Massage down spine or along the sciatic nerve path (often paired with Copaiba)

Old Injuries or Flare-Ups

- Use regularly on knees, shoulders, or areas affected by old surgeries or strains
- Add to your “chiropractor prep” roller for pre/post adjustment support

TMJ, Neck, and Shoulder Tension

- Apply to jawline or traps after a stressful day (or teeth grinding night)

“NO WAY!” STORIES

PanAway doesn't just relieve—it converts skeptics.

- One user's husband quit pain meds post-surgery with just PanAway and Copaiba
- A violinist swears it saved her shoulder from repetitive strain
- A softball-playing tween keeps it in her gear bag for post-practice recovery
- A mom used it after a poor night's sleep and had full neck mobility by lunch
- Someone even applied it to an old corn on their foot—and it disappeared

TIP: PANAWAY CONTAINS WINTERGREEN—ALWAYS DILUTE BEFORE APPLYING TO SKIN. IT'S NOT FOR USE ON LITTLES, BUT IT IS A GAME CHANGER FOR TIRED ADULTS.

Lemon

BRIGHT, ZESTY, AND RIDICULOUSLY USEFUL

This oil is one of the most versatile tools in your oily toolbox. From detoxing to degreasing to ditching toxins in your home, Lemon does it all—and smells amazing doing it.

DAILY FAVES:

Easy ways to add a little Lemon to your routine.

Hydration Helper

- Add 1 drop to a glass or stainless steel water bottle to encourage more water intake
- Pair with Peppermint or Citrus Fresh for an extra refreshing combo

Cleaning Queen

- Mix with baking soda to scrub sinks, tubs, or stovetops
- Add to Thieves cleaner for extra grease-cutting power
- 1–2 drops on a paper towel = sticky label remover magic

Diffuser Favorite

- Diffuse solo or with Lavender for a calm-clean scent
- Try with Peppermint for an energizing morning blend

Laundry + Dishes

- Add a few drops to dryer balls or laundry soap for fresh-smelling clothes
- Use in dishwater or a vinegar rinse for sparkle and shine

Lemon

TARGETED SUPPORT

For the body and mind, Lemon has a lot more going on than you'd think.

Allergy Season

- Part of the classic “allergy trio” with Lavender and Peppermint—used in rollers or diffused

Liver & Detox Support

- Add a drop to water or use in a morning capsule to support gentle cleansing

Mood + Mental Clarity

- Diffuse during work, school, or household chores to lift spirits and boost focus

Skin Brightening

- Add a drop to face wash or DIY serum for a radiant glow (just avoid sun exposure right after)

“NO WAY!” STORIES

Lemon is the overachiever you didn't know you needed.

- Someone used it to get crayon out of carpet and Sharpie off skin
- A bowl of microwaved Lemon water = sparkling microwave with no scrubbing
- Used to freshen up old shoes, musty drawers, and even cat litter
- Helps people drink more water—especially husbands who “hate the taste” of plain
- Used in a DIY polish to restore silver, wood, and even jewelry

TIP: LEMON IS A PHOTOSENSITIVE OIL—AVOID DIRECT SUNLIGHT ON SKIN WHERE IT'S BEEN APPLIED FOR 12–24 HOURS.

Stress Away

SMELLS LIKE A TROPICAL GETAWAY. WORKS LIKE A CHILL PILL.

This dreamy blend is all about calming the chaos. Whether you're managing tantrums, deadlines, or just a regular Tuesday, Stress Away helps you exhale a little deeper and carry on a little lighter.

DAILY FAVES:

Go-to ways to bring a little “ahhh” into your day.

Wear It Like Perfume

- Dab on wrists, neck, or behind ears
- Use in diffuser jewelry for all-day support with a soft, sweet scent

Diffuse + Decompress

- Diffuse during your morning prep or evening wind-down
- Try with Citrus Fresh or Orange for a creamsicle-style blend

Keep It On You

- Roll on before school drop-off, work meetings, or errands with tiny humans
- Store a roller in your purse, car, or desk drawer for on-the-go sanity

Part of Your Daily Routine

- Apply during your quiet time or before bed to support deep breathing and jaw relaxation

Stress Away

TARGETED SUPPORT

Use it when your nervous system needs a little backup.

Before Big Moments

- Presentations, doctor's appointments, hard conversations—this oil was made for those

Tantrum + Overwhelm Relief (for kids AND grownups)

- Roll behind ears or over the heart during meltdowns
- Diffuse in busy classrooms, cars, or chaotic homes

Sleep Support

- Roll on chest or jawline at night (especially helpful for jaw clenching or teeth grinding)

Post-Workout or Recovery Wind-Down

- Combine with Epsom salts for a calming bath that helps muscles and moods

“NO WAY!” STORIES

From college students to busy moms, this oil has saved the day.

- One mom won't take three kids to the store without “bathing in this first”
- Used by spouses to smooth out tense moments and keep road rage at bay
- Teachers say it transformed the vibe in their classrooms
- Dogs and cats alike mellow out with a little Stress Away in the diffuser
- One woman credits it with helping her sleep through dental surgery anxiety

TIP: IF YOU'RE USING IT TOPICALLY, ALWAYS GIVE IT A SHAKE FIRST. VANILLA AND LIME
LIKE TO SETTLE!

Valor

YOUR CONFIDENCE ROLLER. YOUR CHILL IN A BOTTLE.

YOUR LIQUID COURAGE.

This bold, woody blend is grounding, empowering, and deeply calming. People call it their “big girl pants” oil for a reason—it helps you face the hard stuff, the scary stuff, and the everyday stuff with a little more strength.

DAILY FAVES:

Everyday ways to use Valor like a secret weapon.

Morning Mindset Booster

- Roll on wrists, neck, or chest before starting your day
- Diffuse while you journal, pray, or set your intentions

Natural Perfume or Cologne

- Dab behind ears or on inner wrists for a clean, grounding scent
- Mix with Orange or Frankincense for a slightly sweeter finish

Confidence Before Big Moments

- Swipe over heart or spine before public speaking, interviews, or tough conversations
- Use with kids before school, sports games, or stage performances

Emotional Grounding

- Rub on jaw, shoulders, or feet during anxious moments
- Combine with Peace & Calming for a total reset blend

Valor

TARGETED SUPPORT

For tension, alignment, and emotional overwhelm.

TMJ + Jaw Tension

- Massage into jawline at bedtime or when you catch yourself clenching

Snoring + Sleep Support

- One drop on the big toes (really!)—especially helpful for snoring husbands

Back + Neck Relief

- Apply along spine or on shoulders before/after chiropractic visits
- Add to a roller with Copaiba and PanAway for deep muscle support

Night Terrors + Teeth Grinding (for kids + adults)

- Roll on spine and feet before bed to support restful sleep

“NO WAY!” STORIES

From dance class to car accidents, Valor shows up big.

- One woman wears it before dance class and swears she learns faster
- Another calls it her “superpower oil”—used before every hard moment
- Kids use it as monster spray at bedtime (a drop in water + witch hazel in a spray bottle)
- A woman recovering from a car accident used it daily for alignment and emotional calm
- Multiple users keep a roller in their purse, car, gym bag, and bathroom—it’s that essential

TIP: IF YOU’RE USING VALOR TO SUPPORT EMOTIONAL GROUNDING, TRY PAIRING IT WITH A DEEP BREATH AND A MOMENT OF STILLNESS—IT AMPLIFIES THE EFFECT.



Wrap-Up: Where to Go From Here

YOU'VE GOT OILS. NOW YOU'VE GOT A PLAN.

Whether you're brand new or just needed a reset, I hope this guide sparked some "oh I want to try that!" moments. Essential oils don't have to feel overwhelming. You don't need to know everything. You just need to start somewhere—and now you have 12 somewheres to choose from.

Here's your challenge (but make it fun):

- Pick 3 oils you're excited to use this week
- Try 1 new recipe or roller
- Share your favorite tip from this guide with a friend or family member

You don't have to be perfect. Just consistent-ish.

And remember: these little bottles are tools—not trophies. Use them. Experiment. Adjust. Make them part of your home, your rhythm, and your wellness story.

Want More?

Need to reorder? Looking for oils? Want to chat 1-on-1? I've got you.

SCAN THE QR CODE BELOW TO:

- Watch the Essential Oil Reset class
- Shop my recommended bundle
- Access additional classes + guides
- Or just say hey and ask a question!



Contact Me

Erin Rodgers

erin@heyerinmiles.com

(865) 248-5528

heyerinmiles.com

