



# December Newsletter

**Hello, December!**

Hold onto your hats - the holidays are here! The days may feel shorter, but they're filled with all kinds of festive activities - wrapping presents, whipping up delectable desserts, and adorning the house with decor that only comes out once a year. It's also time for those memorable smells like freshly-baked gingerbread cookies and candy canes. Try these diffuser recipes out and keep those memories going!

**HOLIDAY DIFFUSER RECIPES**

<b>FRESH-BAKED GINGERBREAD</b> <ul style="list-style-type: none"><li>5 drops Cinnamon Bark</li><li>3 drops Clove</li><li>2 drops Ginger</li></ul>	<b>CANDY CANE WREATH</b> <ul style="list-style-type: none"><li>4 drops Peppermint</li><li>2 drops Eucalyptus Radiata</li><li>2 drops Pine</li></ul>
<b>JOY TO THE WORLD</b> <ul style="list-style-type: none"><li>5 drops Joy</li><li>3 drops Stress Away</li><li>2 drops Peppermint</li></ul>	<b>WINTER WOODS</b> <ul style="list-style-type: none"><li>4 drops Northern Lights Black Spruce</li><li>4 drops Bergamot</li><li>2 drops Frankincense</li></ul>

**Star or flag this message so you can refer back to it all month long!**

You'll hear all about...

- Monthly YL Gifts with Purchase + Recipes
- December Wellness Box Ideas
- Young Living in the Kitchen
- Product Spotlight
- Important Announcements
- Upcoming Events

## Monthly Gifts with Purchase



### 100 PV TIER

Retail Value: \$13.16

#### LOYALTY BONUS

+ 10 LOYALTY REWARDS POINTS

### 190 PV TIER

Retail Value: \$107.24

+ 100 PV TIER  
+ THIEVES WIPES  
+ THIEVES CLEANSING SOAP

#### LOYALTY BONUS

+ VALOR ESSENTIAL OIL BLEND, 5 ml

### 250 PV TIER

Retail Value: \$188.49

+ 190 PV TIER  
+ SUPER C TABLETS  
+ EN-R-GEE ESSENTIAL OIL BLEND, 15 ml

### 300 PV TIER

Retail Value: \$289.81

+ 250 PV TIER  
+ PEACE & CALMING ESSENTIAL OIL BLEND, 15 ml



# EN-R-GEE

*essential oil blend*

blend of Rosemary, Juniper,  
Lemongrass, Nutmeg, Balsam  
Fir, Clove, & Black Pepper

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has a stimulating, spicy-pine  
aroma that can give you that  
natural boost

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works as an aromatic pick-  
me-up in the afternoon



# PEACE & CALMING

*essential oil blend*

blend of Blue Tansy,  
Orange, Tangerine,  
Patchouli, & Ylang Ylang

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creates a positive,  
peaceful atmosphere

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has a comforting, fresh,  
citrus aroma



# SUPER C *supplement*

fortified with rutin, citrus bioflavonoids, and minerals to balance electrolytes and enhance the effectiveness and absorption of vitamin C

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supports normal immune, respiratory, & circulatory function

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strengthens connective tissue and promotes overall health, vitality, & longevity



# Thieves

## CLEANSING SOAP

gently exfoliates & cleanses  
without stripping the skin's  
natural moisture barrier

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olive, coconut, jojoba, and  
wolfberry seed oils help moisturize  
skin, while oat bran gently exfoliates

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features YL's Thieves blend  
that enhances the soap with a  
rich, spicy aroma



# Thieves WIPES

formulated without  
synthetic or chemically  
derived ingredients

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non-drying and non-greasy  
formula that requires no rinsing

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naturally derived, plant-based  
formula quickly cleans and  
freshens surfaces



# VALOR

*essential oil blend*

blend of Frankincense, Black Spruce, Blue Tansy, Camphor Wood, & Geranium

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may enhance the appearance of healthy-looking skin

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features a positive aroma to inspire confidence & courage



# LOYALTY REWARDS *Points*

Get 10 bonus Loyalty Rewards points when  
you place a 100 PV + loyalty order.

A person is holding a brown cardboard box in front of a torn paper effect. The box features the Young Living logo, which consists of a green leaf above a green drop, followed by the text "YOUNG LIVING™" and "ESSENTIAL OILS" below it.

YOUNG LIVING™  
ESSENTIAL OILS



# ANCHORED HEART

*diffuser recipe*

3 drops Valor

3 drops Orange

3 drops Northern Lights Black Spruce

# DIFFUSE THE SITUATION

*diffuser recipe*

3 DROPS LAVENDER

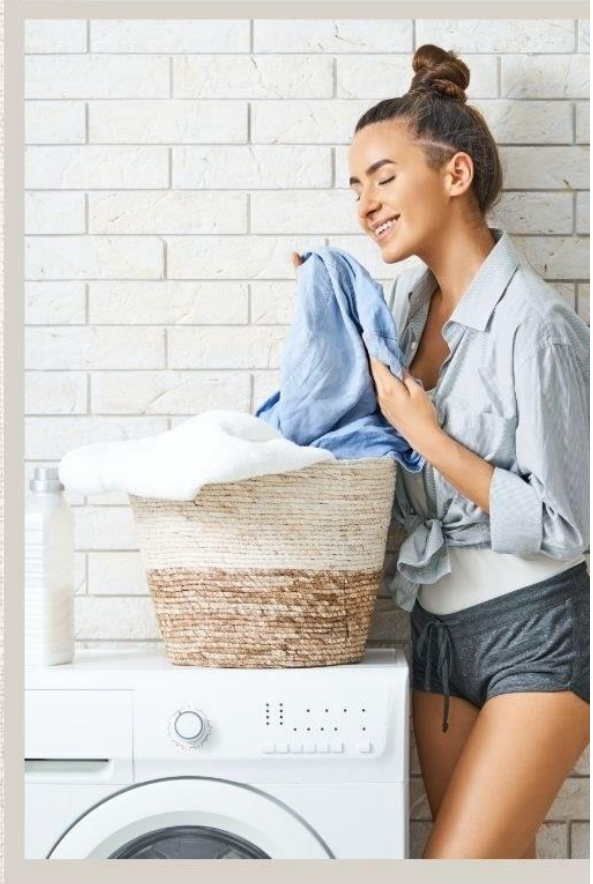
3 DROPS PEACE & CALMING

2 DROPS WHITE ANGELICA



# STAIN *Stick*

Cut a bar of Thieves  
Cleansing Soap into 6 pieces  
and use each piece as a  
stain stick for dirty laundry  
OR add Thieves Household  
Cleaner to an empty roller  
bottle and do the same!



# TO-DO LIST CRUSHER

- 20 drops En-R-Gee
- 10 drops Peppermint



Add essential oils to empty 10 ml roller bottle and top with carrier oil of choice. Apply to wrists in the morning and afternoon.

## December Wellness Box Ideas

As we enter winter, do yourself a favor and have your favorite oils and YL products on hand. Stay on top of your “wellness game!” Make sure to login and set up your monthly wellness box to reflect the month ahead.

Find the items you want, and click “Add to Loyalty Order.” Add at least 50 PV to your box and you’ll earn points to spend on future one-time orders! Add at least 100 PV to your box and you’ll automatically get a freebie added to your cart!

You can then hop on and pick new items for the next month and save items for later. It's simple and completely customizable. Here are some ideas for your December box...



## Young Living in the Kitchen

This month I wanted to share a simple recipe you can either make for yourself OR as a gift! It uses Peppermint Vitality, which is part of the ingestible Vitality line. It has a special name but it's the same oil as the "regular" Peppermint essential oil.



**Peppermint Vitality** essential oil has a minty, refreshing flavor that can be used to enhance the flavor of food and beverages. In addition, when taken internally, Peppermint Vitality supports healthy digestive function and gastrointestinal comfort and may help alleviate motion sickness and calm occasional stomach discomfort. How amazing is that?!

*Try the recipe out and let me know what you think!*

## Product Spotlight

This season is filled with family meals, parties, celebrations, and more. Our bodies can get a little bogged down by all the extra rich calories. Make sure you stay on top of supporting your digestion and keep some enzymes on hand! If you've never heard of them, you definitely need to read on...

### ESSENTIALZYMES - 4 *Supplement*

- Enzyme complex aids in the digestion of dietary fats, proteins, fiber, and carbohydrates
- Utilizes dual targeted release technology that releases the animal- and plant-based enzymes at separate times within the digestive tract for optimal nutrient absorption
- Formulated with a unique blend of herbal ingredients to help meet your nutritional and wellness goals



All you do is take 2 capsules (1 dual-dose blister pack) 2 times daily with your largest meals (4 capsules total). These are certainly a must-have in your monthly wellness box!

## Important Announcements

*New Enhancements*  
TO YOUR  
YOUNG LIVING EXPERIENCE



Have you heard the news? Young Living has made some big changes you are sure to love! Check it out...

### **1) FAST START BONUS DOUBLED**

Now earn 50% on the PV of all product purchases made in Month 1 by your new personal enrollments as a Young Living Brand Partner.

## 2) EARN A FREE DIFFUSER

Earn a FREE Desert Mist diffuser on Month 2 Loyalty Orders of 50 PV or more!

## 3) TWO NEW STARTER BUNDLES

There are TWO new Loyalty Rewards-eligible Starter Bundles: Premium Aroma and Thieves Home.

Learn more about these changes here: <https://www.youngliving.com/us/en/learn/fast-start-sharing-program>

**Not a Brand Partner yet?** Grab a Business Essentials Kit for \$14.95 and start earning today! For more info, visit [www.youngliving.com/IDS](http://www.youngliving.com/IDS).

## Upcoming Events & Classes



Twice each month we have an opportunity to expand our knowledge about how to better our health with our Oils Away family. We can also invite our friends and family to join, no matter where you are located because this is a zoom learning opportunity. Be sure to save this zoom number in your phone or somewhere for easy access on the go.

*WHEN?* Each 2nd and 4th Tuesday evening of each month

*TIME?* 9:00 PM Eastern Time, 8 PM Central Time.



Here's the link... [EDUCATIONAL ZOOM LINK](#)



HIGHLAND FLATS  
TREE FARM *Winter Harvest*

- December 13–17, 2022
- January 9–14, 2023
- January 16–21, 2023
- January 23–28, 2023
- February 6–11, 2023



**1 - If you like traveling, here's something that you might be interested in. Personally, I'd LOVE to participate in one of these, and one day, I will! Read on, friend!**

Young Living's annual Winter Harvest at the Highland Flats Tree Farm and Distillery is back! Gather with your team to experience our Seed to Seal quality commitment firsthand. Participate in the harvesting and distilling processes we use to ensure that our oils are the most potent available. For more information, go here: <https://www.youngliving.com/us/en/company/farm-events>.

So glad we are on this journey together! Till next time... "Do what you love; love what you do; and share it with others!"