

28 to Elevate

NEXT LEVEL SUGGESTIONS

While Young Living products are not required to find success with the 28 to Elevate program, we highly recommend the Essential Oils Starter Bundle and some of these other fantastic products to accompany your journey. Choose what speaks to you from this list.

Five Day Cleanse Suggestions

- Lemon Vitality
 - Peppermint Vitality
 - Rosemary Vitality
 - Lavender
 - NingXia Red
 - MultiGreens
 - Detoxzyme
- How much?*
10-20 drops of each oil
- 10 oz
 - 30 capsules
 - 30 capsules

*amounts are for 5 days of use

NingXia Red, MultiGreens, and Detoxzyme are gentle products GREAT for everyday consumption. Grab a bottle and enjoy these after the cleanse, or share with a friend who is joining you for this program.

Young Living Starter Bundle

- Lemon Vitality*
- Lavender*
- Peppermint Vitality*
- Frankincense
- Valor
- Peace & Calming
- Citrus Fresh
- Raven
- DiGize Vitality
- Thieves Vitality
- PanAway
- Stress Away

**Suggested for cleanse*

We will be offering usage suggestions for these oils each day of the program.

SUGGESTED BONUS OILS + PRODUCTS

For emotional Support

Below are a few suggested emotional support oils to use as options throughout the program, along with the number of the lesson(s) in which they are suggested and the general way in which they are suggested to be used for each.

*** Feel free to pick a few (2-3) of your favorites or try a new one that speaks to you!**

Great for Daily Practices & Journaling

Highest Potential Abundance - Use while setting goals, exploring personal development tools, and journaling. (4 lessons)

Valor - Can help you find confidence to create balance in your life, confidence to let go, and support management of occasional stress. (4 lessons)

Release - Facilitates the ability to let go of anger and frustration. It also promotes harmony and balance when diffused. (3 lessons)

Gratitude - Invites a feeling of emotional and spiritual progress. (1 lesson)

Humility - Promotes deeper spiritual awareness. (1 lesson)

SUGGESTED BONUS OILS + PRODUCTS cont'd

Great For Occasional Stress & Productivity

Motivation - Promotes feelings of action and accomplishment when diffused. (2 lessons)

Peace & Calming - Supports management of occasional stress. (1 lesson)

Vetiver - Supports management of occasional stress. (1 lesson)

Bergamot - Supports management of occasional stress. (1 lesson)

Feelings Kit - Inspires feelings of emotional well-being (Harmony, Forgiveness, Inner Child, Present Time, Release, Valor II). (1 lesson)

For Cooking Tips

- Rosemary Vitality *
- Oregano Vitality
- Thyme Vitality
- Basil Vitality

** Suggested for cleanse*

The recipes we will share include Lemon & Rosemary Vitality. You can use lemon zest and fresh herbs but if you want to try out some of these kitchen classics... STOCK UP!

For Diet & Nutrition

- NingXia Red *
- MultiGreen *
- Detoxzyme *

** Suggested for cleanse*

Essentialzyme - Improves digestive health, enzyme activity, and pancreatic function while reducing pancreatic stress.

Life 9 - Probiotic for healthy gut.

For Fitness

- Deep Relief
- AgilEase
- Cool Azul Gel
- Cool Azul Pain Cream
- BLM

These help support healthy muscle recovery.

For joints and mobility.

For Home & Lifestyle

- Thieves Cleaner
- Savvy Makeup
- ART Line

Start to swap out your toxic products with these non-toxic options.

We cannot wait for you to experience 28 to Elevate!

Share your journey with us:

Instagram: @growworkspace #28toElevate | Facebook: www.facebook.com/growworkspace