

DIY Capsules

Making Your Own Essential Oil Supplements at Home

Order at thecrunchymoose.com/eo & use code SHAREYL



Tummy Troubles

- Digize Vitality
- Peppermint Vitality



I Am Well

- Thieves Vitality
- Oregano Vitality
- Frankincense Vitality

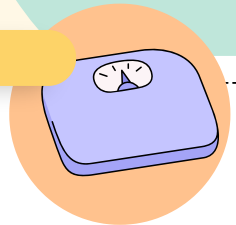
Hello Spring

- Lemon Vitality
- Lavender Vitality
- Peppermint Vitality



The Skinny

- Grapefruit Vitality
- Black Pepper Vitality
- Lemon Vitality
- Peppermint Vitality
- Cinnamon Vitality



Time Eraser

- Longevity Vitality
- Frankincense Vitality

Ouch!

- Frankincense Vitality
- Copaiba Vitality
- Peppermint Vitality
- Lemongrass Vitality

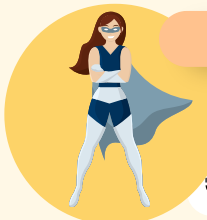


Nighty Nite

- Lavender Vitality
- Orange Vitality
- Frankincense Vitality

Cleansing

- Cilantro Vitality
- JuvaCleanse Vitality
- Lemon Vitality



Super Woman

- EndoFlex Vitality
- Orange Vitality

Just Can't Hack It

- Thieves Vitality
- Peppermint Vitality
- Lemon Vitality



thecrunchymoose.com/diycapsules

thecrunchymoose.com/ordervitality

use code SHAREYL



How to make capsules:

1. Separate the empty capsule into two parts. One side will be a bit longer than the other.
2. Use the long side to drop 1-2 drops of each essential oil into the capsule.
3. Add a few drops of carrier oil as desired into the capsule.
4. Add the top piece back onto the capsule, pushing gently until you feel it pop into place.
5. Use as you would any other supplement.

thecrunchymoose.com/eo



common questions

about getting started

is there really a difference in these and the ones I see at Target?

oh friend. a huge difference. most of the oils you see in stores like that have warnings against using topically or ingesting because they're packed with harmful fillers!




get your code!

- Use my code for a discount off your 1st order with Young Living of 50+pv
- Valid for 1st time customers only
- thecrunchymoos.com/eo

The best bargains!

These bundles & kits are heavily discounted & are the most popular way to get started with Young Living.

Yes! You can stack discounts & use coupon codes on these discounted bundles & kits!



thecrunchymoos.com/kits for the best bundles & kits!



thecrunchymoos.com/eo for info & the latest discounts!

Premium Starter Bundle



Make a Shift Happy, Healthy Home Kit



Little Oilers Premium Starter Bundle



LEARN MORE >>



thecrunchymoos.com/eo