

Essential Oil Protocols for Global Health Concerns

Class Notes

Disclaimer: All statements in this class have not been approved by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any Essential Oil product.

Be Anxious For Nothing...

Many oils (such as Lavender, Peace & Calming® or Calm CBD) promote a whole-body sense of relaxation, tranquility and balance. Here is a great recipe to make an easy rollerball.

DE-STRESS ROLLER BOTTLE RECIPE

- 15 drops Valor®
- 15 drops Stress Away™

Combine oils in a 10-ml roller bottle and top off with V-6™ Vegetable Oil Complex. Apply to the back of the neck, feet, temples, or pulse points to reduce feelings of stress, tension, and nervousness.

Crucial Precautions...

The most important thing to do is to ACT QUICKLY. Don't wait until you are not feeling well. Instead, take common sense, evidence-based precautions to support good health:

- Except for getting medical care, stay home when you're not feeling well.
- Cover coughs and sneezes with a tissue, then discard the tissue.
- Wash your hands regularly with soap and warm water for a minimum of 20 seconds.
- Remember: You just need plain soap and water, not the antibiotic soaps which weaken the immune system. If you're concerned about the hands drying out, I like the YL Foaming Hand Soaps, especially the Thieves® Foaming Hand soap.
- When soap and water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer.
 - Note: Thieves® Waterless Hand Sanitizer contains 65% alcohol that is denatured with peppermint. Thieves® Spray is 70% alcohol and denatured with cinnamon bark. This is important because they are effective, but not toxic.
- As much as possible, avoid touching your eyes, nose, and mouth; unless you wash or disinfect your hands immediately before touching your face.
- Clean frequently touched surfaces and objects often.
 - We recommend using the Thieves® Spray for surfaces, hands, shoes, doorknobs, and everything in between.

Prep Step 1: Cleaning for Protection

It is vital to keep often-used surfaces—doorknobs, tables, faucets, counters, etc.—cleaned and free of contamination.

As you may know, Essential Oils are excellent for this purpose. Here's a simple cleaner recipe:

BASIC CLEANER

- 2 cups distilled water
- 2 Tbsp white vinegar
- 25 drops of Thieves® essential oil

Combine in a glass spray bottle and shake well before each use.

BLEACH ALTERNATIVE

- ¾ cup 3% hydrogen peroxide
- ¼ cup lemon juice
- 10-15 drops Lemon essential oil
- ¾ cup baking soda
- 7 cups of water

Combine in a half gallon or larger container.

If you're not into DIY, here's where the Thieves® Household Cleaner is your best friend. One bottle of Thieves® cleaner will make about twenty-nine 16-oz spray bottles of medium-strength cleaner! For added power, add 10-15 drops of Thieves®, Lemon, Pine, Tea Tree, Purification® or Citrus Fresh™. You can also use the Thieves® Fruit & Veggie Soak or Thieves® Fruit & Veggie Spray for produce.

Prep Step 2: Drink Essential-Oil Enhanced Water

For general immune support, and especially during times of Global Health Concerns, there are three Vitality Essential Oils that stand out:

LEMON Vitality™, PEPPERMINT Vitality™, and CINNAMON BARK Vitality™

PEPPERMINT supports the digestive system. LEMON and CINNAMON BARK supports your immune system.

Put 1 drop of each Vitality™ oil in a 24 oz. glass cup and drink twice daily to boost the immune system. You can also use YL Vitality Drops that include electrolytes, which are also so necessary for a healthy immune system. Just squirt a little in every glass of water. Yum!

Prep Step 3: DIY Masks

Add Essential Oils to your masks so you get the benefit of constantly breathing in the oils while you're out and about (or recovering at home).

First, get a reusable cloth mask with an inside pocket. You can also look for videos online to make your own triple layer mask with a bandana, leggings, t-shirt, or other fabric you have around the house.

You will want cotton squares, or you can cut a cotton pad if you have some fabric around the house. Felt is another option. (Sometimes we just need to think outside the box and use what we have when we can't easily go out for more supplies.)

Apply the Essential Oils below to one side of the pad, then rub together to distribute over the surface. Insert pad into inside pocket of mask. If you have a skin sensitivity, apply V-6™ Oil to the nose and surrounding area before putting on the mask.

OIL-INFUSED MASK

- 2 drops Orange
- 2 drops Thieves®
- 2 drops Peppermint
- 2 drops Raven™
- 2 drops Rosemary

TIP: If you don't like having a mask over your face, breathing in these Essential Oils can help calm and relax your anxious feelings while supporting the health of the rest of your body.

Important Notes about the Protocol

IMPORTANT NOTE 1: Remember your Wellness Armed Forces. Deploy ALL of them!

- Essential oils
- Nutrition (don't forget your NingXia Red®)
- Lifestyle (including exercise and stress management)
- And traditional medicine plays its important role as well

IMPORTANT NOTE 2: For maximum effectiveness, be sure to begin the Protocol the moment you hear, "I think I'm coming down with something." Don't give whatever it is a chance to take root in the body. The longer you wait to start, the longer you will need to keep up the Protocol.

IMPORTANT NOTE 3: For someone with a weak immune system, you may need to keep up the Protocol for an extended period of days, rather than hours. In fact, you may want to stay on a modified protocol during this season.

Protocol: Gargle and Diffuse

At the onset (as always)—from the first moment of feeling unwell—gargle. The oils used are a powerhouse for boosting the immune system.

GARGLE BLEND

In a glass container, for every 10-12 ounces of water add:

- 6 drops Thieves® Vitality™
- 4 drops Peppermint Vitality™
- 10 drops of any Citrus Oil Vitality™

Gargle every 15 minutes the first hour, and as needed after that (if at all). Keep a mason jar with this mixture in your bathroom to easily use when needed.

It would be a good idea to use this gargle every day for your household whether they show symptoms or not. This will give an extra support to your respiratory system.

Now for the air around you, diffuse the following recipe all day long if compromised. Otherwise, diffuse daily.

AROUND THE CLOCK DIFFUSER BLEND

- 3 drops Thieves®
- 3 drops Raven™ or R.C.™
- 3 drops Rosemary

Protocol: Immune Defense

Apply the Essential Oils listed below by alternating the protocols 3 to 4 times per day for those in good health, but hourly for those challenged with weakened immune systems. Again, if you are compromised, please apply a protocol EVERY HOUR, swapping between Protocols 1 and 2.

FOOT PROTOCOL #1 - IMMUNE DEFENSE/CRISIS

Massage each of the following Essential Oils to the bottoms of the feet in this order:

(These are known as the Raindrop oils in Young Living.)

- 3 drops Valor®
- 3 drops Oregano
- 3 drops Thyme
- 3 drops Basil
- 3 drops Cypress
- 3 drops Wintergreen
- 3 drops Marjoram
- 3 drops Aroma Siez™
- 3 drops Peppermint or Copaiba

Note that Peppermint and Copaiba are believed to be “driver oils” (i.e., it makes all the other oils work better) and should be added last in this Protocol.

FOOT PROTOCOL #2 - IMMUNE BOOST/SUPPORT

Massage any of each of the following Essential Oils on the bottoms of the feet:

- 3 drops Thieves®
- 3 drops Purification®
- 3 drops Clove
- 3 drops Tea Tree
- 3 drops Manuka
- 3 drops Northern Lights Black Spruce
- 3 drops Frankincense
- 3 drops Myrrh

TIP: For these protocols, you do NOT want to put these oils together in a roller bottle. You need to make sure you get EVERY drop of oil each time you apply them. We are not using a carrier oil to dilute them because we are applying them in a location that is rarely sensitive (the bottoms of your feet). However, if you experience sensitivity, apply a carrier to the foot first.

And remember:

EVERY Essential Oil has wonderful benefits, so use them to give your body boost and support.

ESSENTIAL OIL CAPSULES

Another really easy way to boost your immune system is to make an Essential Oil capsule.

These are easy and you can rotate the oils. Select 2 – 5 of the oils below. Place 2 drops of each Essential Oil in a gelatin capsule, and top with V-6™ or another vegetable oil. (According to Jen Sullivan, only take once a day for 3 days.)

- Lavender Vitality™
- Clove Vitality™
- Frankincense Vitality™
- Sacred Frankincense (GRAS)
- Lemon Vitality™
- Cinnamon Bark Vitality™
- Rosemary Vitality™
- Thyme Vitality™
- Bergamot Vitality™

I really like to use Inner Defense™, which is an essential oil softgel capsule with Oregano, Thyme, Lemongrass and Thieves®. I take this once a day or multiple times a day as needed.

Protocol: Respiratory Support

This symptom is usually the worst on Days 5–6. So, make sure you have all of the products below on hand, and “Hit it Hard”!

CHEST APPLICATION

Use Raven™ or R.C.™ or Breathe Again™ Roll-on: Rub on chest, neck, and throat. Apply when needed throughout the day. If your skin is sensitive, use a carrier oil such as V-6™ first.

SCENT TENT METHOD

For respiratory issues, place the following Essential Oils in the palms, make a scent tent and breathe as deeply as you can.

HAND DIFFUSER BLEND

- 2 drops Peppermint
- 2 drops Orange
- 2 drops Frankincense
- 2 drops Rosemary

Also try these two options for a STEAM METHOD:

BREATHE STEAM BOWL

- 6 drops Frankincense
- 4 drops Rosemary

INHALE DEEPLY STEAM BOWL

- 6 drops Frankincense
- 4 drops Juniper

Apply oils to steaming water in bowl. Cover head with towel and inhale for 5 minutes.

You can also shut yourself in the bathroom with the shower running and some of these oils on the bottom of the shower. Of course, any of the Eucalyptus oils will be beneficial.

Protocol: Throat Relief

THROAT SPRAY

- 2 drops Clove Vitality™
- 2 drops Copaiba Vitality™
- 5 drops Thieves® Vitality™
- 3 drops Lemon Vitality™
- 1 drop Cinnamon Bark Vitality™

Combine the above oils in a 15-ml glass spray bottle and top off with distilled water. Shake well before each use. Use two sprays in the mouth and throat every few hours or as needed to help calm and soothe the throat.

MOUTHWASH

In 10-12 ounces of distilled water, add:

- 5 drops Peppermint Vitality™
- 5 drops Thieves® Vitality™
- 8 drops Copaiba Vitality™
- 10 drops Clove Vitality™
- 10 drops of any Citrus Oil Vitality™

Shake well, gargle and swallow.

You can also mouthwash and gargle with Thieves® Mouthwash. Check the label to see the powerhouse of ingredients you can get from just using it in your daily oral health routine.

TESTIMONIAL

Two of our three people (Lucy, Polly, and Jill) who came down with the Global Health Concern drank 1/8 teaspoon of apple cider vinegar in an 8-oz glass of water during Days 6–8 when they had no desire to drink. They said this was easy to get down and actually helped them. It coats the throat as well.

TIP: Try to avoid caffeine, heavy juices, alcohol, sugar, greasy foods, and milk as they can worsen the symptoms.

Prepare, Don't Panic

In these times, it's important to BOMBARD YOUR BODY with the natural health-supporting properties of Essential Oils.

We become unwell because our immune systems are weakened due to stress, lack of sleep, poor nutrition and lifestyle choices.

The best defense truly is to have a great offense, which means being proactive with your health, using Essential Oils daily and practicing immune-boosting lifestyle habits.

Getting Started

Two simple ways to get started

Young Living has products for every family, and every home. Get started by choosing what speaks to you. There are two risk-free ways to begin...

BECOME A RETAIL CUSTOMER

Purchase Young Living products at retail price. Retail customers are not eligible to earn income by referring others, or to join the Essential Rewards program.

...or, BECOME A MEMBER!

- Get 24% off retail on every order
- No monthly obligations, minimums, or fees
- Purchase a one-time Starter Kit
- Eligible to earn income for referrals
- Eligible to earn up to 25% of each order in [Essential Rewards](#) points redeemable for free products!

Choosing to be a Member does NOT obligate you in any way to sell products or introduce others to Young Living. Maintaining membership is as easy as purchasing just 50PV (roughly \$50) of products, per year.

CHOOSE A ONE-TIME STARTER KIT...

Your kit is the perfect introduction to Young Living. Get a supply of some of our most popular essential oils and products (with plenty of samples to share), and discover everything Young Living has to offer.

[Ready to go? Click here to get started!](#)

<https://naturallynozella.com/ms/view?page=ms-ordering>

(Or go to youngliving.com, Click “Become a Member”, and follow the steps there. You’ll need my number for Sponsor and Enroller. It’s **1201676**.)

Our Most Popular Kits



ESSENTIAL OILS PREMIUM STARTER KIT - \$165

- Desert Mist™ Diffuser
- Lavender 5-ml
- Peppermint Vitality™ 5-ml
- Lemon Vitality™ 5-ml
- Citrus Fresh Vitality™ 5-ml
- Frankincense 5-ml
- Thieves® Vitality™ 5-ml
- Raven™ 5-ml
- DiGize™ Vitality™ 5-ml
- PanAway® 5-ml
- Stress Away™ 5-ml
- Valor® 5-ml
- Peace and Calming® 5-ml
- 2 AromaGlide™ Roller Fitments
- 10 Thieves® Waterless Hand Purifier Sachets - 0.1 oz. ea.
- Thieves® Spray
- 2 NingXia Red® 2-oz. samples
- Product Guide and Product Price List
- Essential Oils Magazine
- Essential Edge News



CBD PREMIUM STARTER KIT - \$165

- Calm CBD Roll-On, 300 mg
- Citrus CBD Oil, 500 mg
- CBD Muscle Rub, 300 mg

EXTRA-STRENGTH CBD KIT - \$250

- Calm CBD Roll-On, 600 mg
- Citrus CBD Oil, 1000 mg
- CBD Muscle Rub, 600 mg



KIDSCENTS LITTLE OILERS STARTER KIT - \$135

Feather the Owl Diffuser, KidScents® Geneyus™ 5 ml, KidScents® Owie™ 5 ml, KidScents® TummyGize™ 5 ml, KidScents® SniffleEase™ 5 ml, KidScents® Sleeplyze™ 5 ml, Two AromaGlide Roller Fitments



THIEVES PREMIUM STARTER KIT - \$125

- Thieves® 15-ml
- Thieves® AromaBright™ Toothpaste
- Thieves® Fresh Essence Plus Mouthwash
- 2 Thieves® Household Cleaner
- 2 Thieves® Foaming Hand Soap
- 2 Thieves® Spray
- 2 Thieves® Waterless Hand Purifier
- Essential Oil Magazine



WELCOME HOME STARTER KIT - \$125

- Frankincense, 5 ml
- Lavender, 5 ml
- Peppermint, 5 ml
- Valor®, 5 ml
- Grapefruit, 15 ml
- Lemon, 15 ml
- Lime, 15 ml
- Tangerine, 15 ml
- Wooden Vitality™ oil rack
- Young Living Lifestyle booklet



NINGXIA PREMIUM STARTER KIT - \$135

- NingXia Red 2-pack
- 30 NingXia Red Singles (2 fl. oz. ea.)
- NingXia Nitro
- Essential Oil Magazine

Price List

Essential Oils	
Aroma Siez™	\$33.75 (15 ml)
Basil	\$11.50 (5 ml Vitality™) \$26.50 (15 ml)
Bergamot (citrus)	\$13.75 (5 ml Vitality™) \$28.75 (15 ml)
Breathe Again™ roll-on	\$27.50 (10 ml)
Calm CBD roll-on	\$56.95 (10 ml, 300 mg CBD) \$99.95 (10 ml, 600 mg CBD)
Cinnamon Bark	\$25.75 (5 ml)
Citrus Fresh™ (citrus)	\$7.75 (5 ml Vitality™) \$16.50 (15 ml)
Clove	\$7.75 (5 ml Vitality™) \$16.50 (15 ml)
Copaiba	\$23.00 (5 ml Vitality™) \$46.00 (15 ml)
Cypress	\$20.50 (15 ml)
Eucalyptus Blue	\$16.00 (5 ml)
Eucalyptus Globulus	\$15.25 (15 ml)
Eucalyptus Radiata	\$19.75 (15 ml)
Frankincense	\$31.75 (5 ml Vitality™) \$78.50 (15 ml)
Juniper	\$36.00 (15 ml)

Lavender	\$12.50 (5 ml Vitality™) \$25.25 (15 ml)
Lemon (citrus)	\$6.50 (5 ml Vitality™) \$12.00 (15 ml)
Lime (citrus)	\$6.00 (5 ml Vitality™) \$13.00 (15 ml)
Manuka	\$38.25 (5 ml)
Marjoram	\$15.25 (5 ml Vitality™) \$37.25 (15 ml)
Myrrh	\$69.50 (15 ml)
Northern Lights Black Spruce	\$25.50 (5 ml) \$49.50 (15 ml)
Orange (citrus)	\$6.25 (5 ml Vitality™) \$11.50 (15 ml)
Oregano	\$12.50 (5 ml Vitality™) \$29.75 (15 ml)
Peace & Calming®	\$36.25 (5 ml) \$45.50 (10 ml roll-on)
Peppermint	\$10.75 (5 ml Vitality™) \$23.00 (15 ml)
Purification®	\$16.50 (5 ml) \$28.00 (15 ml)
Raven™	\$37.25 (15 ml)
R.C.™	\$11.00 (5 ml) \$24.25 (15 ml)
Rosemary	\$8.00 (5 ml Vitality™) \$16.75 (15 ml)

Stress Away™	\$30.75 (10 ml roll-on) \$31.75 (15 ml)
Tangerine (citrus)	\$8.00 (5 ml Vitality™) \$17.25 (15 ml)
Tea Tree	\$27.75 (15 ml)
Thieves®	\$15.25 (5 ml Vitality™) \$31.00 (10 ml roll-on) \$36.25 (15 ml)
Thyme	\$15.00 (5 ml Vitality™) \$36.25 (15 ml)
Valor®	\$41.25 (5 ml) \$51.75 (10 ml roll-on)
Wintergreen	\$19.00 (15 ml)
Raindrop Technique® Oil Collection	\$144.25
<ul style="list-style-type: none"> Seven Single Oils (5-ml bottles) <ul style="list-style-type: none"> Thyme Basil Peppermint Oregano Wintergreen Cypress Marjoram Two Oil Blends (5-ml bottles) <ul style="list-style-type: none"> Valor® Aroma Siez™ Also Contains <ul style="list-style-type: none"> 8-oz. Ortho Ease® Massage Oil 8-oz. V-6™ Vegetable Oil Complex 	
V-6™ Vegetable Oil Complex	\$23.25

Household

Aroma Rings (AromaEase or Lavender)	\$20.00
Lavender Foaming Hand Soap	\$12.25 (single) \$33.50 (3-pack)
Lushious Lemon Foaming Hand Soap	\$14.75 (single) \$39.50 (32 oz refill) \$44.25 (3-pack)
Rainstone Diffuser	\$181.75
Thieves® Chest Rub	\$27.75
Thieves® Cough Drops	\$21.25
Thieves® Foaming Hand Soap	\$14.75 (single) \$39.50 (32 oz refill) \$44.25 (3-pack)
Thieves® Fruit & Veggie Soak	\$20.50
Thieves® Fruit & Veggie Spray	\$8.75
Thieves® Household Cleaner	\$23.50 (14.4 oz)
Thieves® Mouthwash	\$11.75
Thieves® Spray	\$9.50 (single) \$25.50 (3-pack)
Thieves® Waterless Hand Sanitizer	\$5.25 (1 oz) \$14.50 (3-pack of 1 oz bottles) \$28.25 (7.6 oz) \$51.75 (16 oz)
Thieves® Home Cleaning Kit <ul style="list-style-type: none"> • Citrus Fresh™ Essential Oil Blend 5 ml • Lemon Essential Oil 5 ml • Pine Essential Oil 5 ml • Purification® Essential Oil Blend 5 ml • Thieves® Essential Oil Blend 5 ml • Thieves® Household Cleaner 14.4 oz. • Carrying Case • Stainless Steel Bucket and Cleaning Cloth • Amber Glass Spray Bottle 16 oz. • Cleaning Recipe Booklet 	\$83.00

Nutrition and Supplements

ImmuPro™	\$36.25 (30 chewable tablets)
Inner Defense™	\$28.50 (30 softgels)
Master Formula™	\$85.25 (30 prepackaged sachets)
NingXia Red®	\$76.00 (2-pack, 750 ml) \$90.50 (30 2-oz sachets)
Super C™	\$30.75 (120 tablets)
Super C™ Chewable	\$34.00 (90 chewable tablets)
Super Vitamin D	\$31.00 (120 dissolvable tablets)
YL Vitality Drops <ul style="list-style-type: none"> • Lavender Lemonade • Grapefruit Bergamot 	\$28.00 (3-pack of one flavor) \$37.25 (4-pack, 2 of each flavor)

Notes