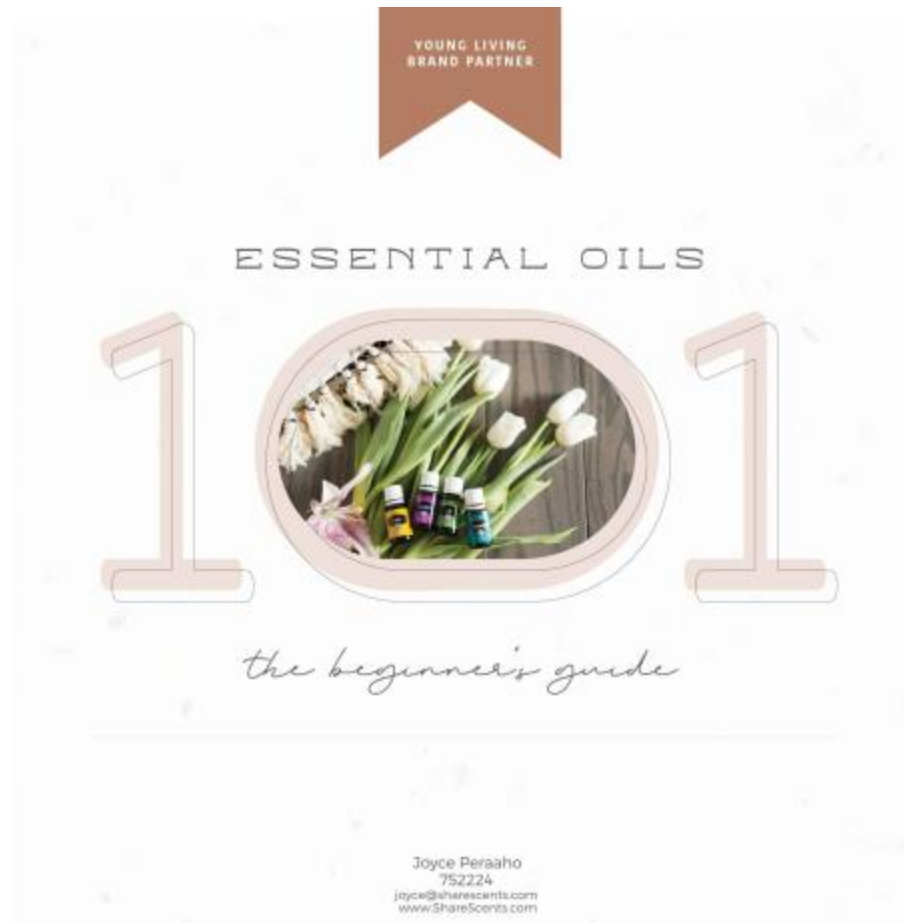


# Essential Oils 101





Let's take some time to learn the basics about essential oils. For anyone who might not know me, my name is Joyce Peraaho. I was first introduced to Young Living Essential Oils in 1999 and love what they have done to help me along in my wellness journey. Every day I learn new ways to use the oils and products and because of this, my passion is to help as many people as possible find a life filled with wellness, purpose and abundance. I have seen so many people's lives changed for the better because of essential oils, and love teaching others about how to use the oils and their many benefits.



## Disclaimer

As you may have gathered by now, I am not a doctor, pharmacist, or even an essential oil expert. I am simply someone who loves all things natural, appreciates a company who puts quality and integrity first, always looks for opportunities to educate myself, and has learned how to incorporate essential oils in my everyday life! Any information discussed in this class is for educational purposes only, and has not been evaluated by the FDA.

The Food and Drug Administration (FDA) has laws in place regarding the claims that we can make about essential oils. I know that Young Living oils are powerful and can be life-changing, but since restrictions are in place about what we are able to recommend, claim, or suggest, it's very important that you understand that guidelines are in place, and I cannot make specific recommendations for you and your health concerns.

Rather than focus on what's not allowed though, it's exciting to know that YOU are in charge of your own wellness! Accept the challenge, and let the investigation begin.

Use your oils, study your resources, and get to know your body! One AWESOME thing about becoming a member with Young Living™ is that the educational opportunities are endless, and ensuring that their members know how to safely and effectively use their oils is very important to them.



### What are essential oils?

Plant juice! They have protective properties which are the plant's natural defense mechanism that gives them their therapeutic properties for our bodies. They support everything from healthy brain function to healthy weight, and also used extensively for healthy emotional support.

Give it to me straight - what is an essential oil and how does it work? This could be an entire class in itself! The chemistry of essential oils is absolutely fascinating. I promised to keep this class condensed though, so here are the cliff notes. Essential oils are the life force of the plant they are derived from! When they are distilled properly, essential oils have the ability to do for US what they do for the plants.

### *How do they work?*

Essential oils can help support our physical, mental and emotional well-being by triggering and strengthening our bodies' own natural processes. They are made up of tiny molecules that can deliver restorative properties to the systems that control our physiological state. The molecules of essential oils are so small, so efficient, they have the ability to affect every cell in your body in 20 minutes, and then be metabolized like other nutrients. As I said, the chemistry of essential oils is fascinating and is a class all of its own, but for the science enthusiasts out there, here are some fun facts just to make your brain happy! \*

Essential oils contain oxygen molecules that help transport nutrients to the human cells that have been damaged, compromised, and drained of nutrients. Because a nutritional deficiency is essentially an oxygen deficiency, disease begins when the cells lack oxygen for proper nutrient assimilation. By providing the needed oxygen, essential oils also work to stimulate the immune system. \*Essential oils are very powerful antioxidants. Antioxidants prevent mutations, work to protect against free radicals, prevent fungus, and prevent oxidation in the cells.

Our body does create antioxidants on its own, but not enough to keep up with the damage we do to our cells via toxins and disease, much less the natural aging process. Supplementing with nutritionals high in antioxidants is a very wise health choice, and essential oils are extremely powerful in that way!\*

There are two main groups of constituents that make up the chemistry of an essential oil. They are hydrocarbons and oxygenated compounds. These are further subdivided into sub-groups: Monoterpenes, Sesquiterpenes, Phenolics, Alcohols, Esters, Aldehydes, Ketones, and Oxides. The unique chemical makeup of each essential oil gives it the ability to work on a cellular level, support our body systems, and encourage healthy function the way that God intended. \*

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**There are 3 simple ways to use oils.**

**Aromatically**- Close your eyes and just enjoy the scent when you open a bottle. Those molecules are already working. Just smelling them - from the bottle, in a diffuser, on a cotton ball will be beneficial.

**Topically** - when you use them on your skin, the molecules actually penetrate and get into the blood stream! Then they go to your cells and love on them.

**Internally** - Young Living has oils (called Vitality oils) that can be taken internally as well - in water, in a capsule, a drop under your tongue, in recipes.



03

USING OILS *aromatically*

Essential oils are best known for their aromas, which can help create an environment to suit your specific needs. In addition to adding them to cleaning products and beauty staples, you can infuse the air directly with your favorite essential oil(s) by using an aromatic diffuser. These handy aroma atomizers can be placed anywhere you crave a fresh scent.

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### **Aromatically / Diffusing**

I have several diffusers so I can create a special aroma anyplace, anytime I desire.

For me diffusing is one of the simplest ways to use oils. Do you have a diffuser and only use it once in a while? Recommit to using it at least once a day. Ditch the toxic chemicals in those store-bought room deodorizers and candles.

Did you know that as a new loyalty customer you can qualify to receive a free diffuser from Young Living? Isn't that great? I'll tell you more later.

04

## WAYS TO USE OILS *aromatically*



Add your preference of essential oil drops to a diffuser or choose to blend 2 or more together for a special aromatic experience.



Add 1-2 drops of essential oil in your hands, rub in a circular motion, cup over your face creating a "scent tent" and breathe in deeply.



You can simply take the cap off of your favorite essential oil and smell in directly from the bottle.

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Here are a few simple ways to use essential oils aromatically.





05

USING OILS *topically*

Many essential oils have skin-enhancing benefits and can be applied directly to the skin or added to your existing products. You can also combine them with a carrier oil or your daily moisturizer for easy application.

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### **Safety First**

Some oils should be diluted before applying to your skin.

It's very important to understand that you must use a fatty oil to dilute an essential oil. Here's an easy way to remember: Lipid likes lipid. Essential oils are lipid and our bodies are lipid. So if you use water to dilute an essential oil, it will drive it into your body more, not less.

If you experience redness or itching or burning, grab some coconut oil or olive oil or any organic plant oil and rub it in. This will draw the essential oil out and away from the skin and relieve any discomfort.

Do not put oils directly in the eyes, ears, nose, or other sensitive areas of the body.





## Carrier Oils

Carrier oils are often plant-based, made from seeds and nuts.

Some of the most common include **sweet almond, cold-pressed coconut, grapeseed, jojoba, and olive oil**. Organic is best! A carrier oil creates a physical separation between the essential oil and skin cells. It carries the essential oil to your skin for a safe facial or hair massage.



### **Roll them on!**

Young Living has several oil blends that are sold in pre-made roll-on bottles. mmmmm! So easy to carry and use.

I am a lazy oiler! :)

No really. I do NOT like to DIY. I want to grab the oils and just use them.

But making rollers really is super easy. Young Living sells roller fitments that fit on the Young Living oil bottles,

Here are some recipes and this link gives you some ideas of where to apply them.

[Where to apply oils on the body](#)

Now here are som DIY roller recipes:

# Simple Roller Recipes

## **SLEEPY TIME**

10 DROPS PEACE & CALMING  
8 DROPS LAVENDER  
8 DROPS VALOR

## **SEASONAL SUPPORT**

10 DROPS PEPPERMINT  
10 DROPS LEMON  
10 DROPS LAVENDER

## **HAPPYNESS**

10 DROPS STRESS AWAY  
8 DROPS CITRUS FRESH  
6 DROPS FRANKINCENSE

## **MUSCLEMAGIC**

12 DROPS PANAWAY  
10 DROPS PEPPERMINT  
10 DROPS LAVENDER

## **CONFIDENCE**

10 DROPS VALOR  
10 DROPS FRANKINCENSE

## **BREATHE HAPPY**

12 DROPS RAVEN  
8 DROPS LEMON  
6 DROPS FRANKINCENSE

Add essential oils to 10 ml glass roller bottle. Then fill to the top with a carrier oil such as jojoba, olive, avocado.  
Recipes are for adults.

08



USING OILS *internally*

Did you know that many essential oils can be taken internally? Our Vitality™ line is specifically labeled for internal use, making it easy to add a splash of flavor to food and drinks or to take oils in capsules as a dietary supplement.

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Young Living has an entire line of essential oils (VitalityOils) that are branded and labeled according to FDA guidelines to use safely when taken internally.

Here are a few ideas for ways to use Vitality oils in the kitchen.

WAYS TO USE OILS *internally*

Add Vitality oils to vegetable capsules and take. Carrier can also be added per preference.



Kick up the flavor by adding desired amount of essential oil drops to your favorite dishes. Cinnamon Bark Vitality to muffins, Lime Vitality to your favorite guac recipe, Lemon Vitality to veggies, just to name a few.



Adding Vitality oils to your daily water can have profound effects on health and wellness. Only use glass or stainless steel when ingesting essential oils.


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Let's take a look at just a few of the more popular essential oils and a good way to get started.

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LAVENDER  
*essential oil*

Lavender essential oil was the first oil produced at Young Living and is a favorite for its calming, floral aroma.

USES FOR LAVENDER ESSENTIAL OIL

- 01 Diffuse the soothing scent at bedtime to enhance your nighttime relaxation routine.
- 02 Add a few drops to lotion or moisturizer for a classic aroma and a more youthful complexion.
- 03 Create a luxurious bath experience with a lavender-oatmeal bath soak.

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### Lavender Usage Tips

- Breathe deeply to reduce stress
- Combine a few drops with water & spray to freshen linens
- Use a few drops to relieve skin irritations
- Spritz on a pillow for a good night's sleep
- Apply to burns and wounds to speed healing
- Rub on paws for overactive pets
- Massage on sore muscles
- Massage on temples for head discomfort
- Diffuse in the classroom to calm children
- Use during labor to reduce maternal anxiety
- Apply to legs to calm them



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PEPPERMINT  
*essential oil*

Peppermint is a natural cross between water mint and spearmint. Originally native to Europe, peppermint is now grown mostly in the United States.

USES FOR PEPPERMINT ESSENTIAL OIL


- 01 Apply to fatigued muscles after physical activity.
- 02 Diffuse Peppermint while working or during homework time to create a focused environment.
- 03 Add a drop of Peppermint Vitality to your water for a refreshing start to your morning.

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### Enjoying Peppermint Oil

- Beneficial to the respiratory system and helps relieve sinus pressure
- Add to herbal tea to aid digestion
- Can help curb appetite when inhaled
- Use before and during workouts to invigorate muscles and reduce fatigue
- Place two drops on the tongue to improve alertness, focus and mental accuracy up to 28%
- Mix in foot bath to relieve sore feet
- Peppermint helps reduce soothe tired and sore muscles after a workout

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THIEVES  
essential oil  
blend

The first essential oil blend to be scientifically evaluated in a university research laboratory, Thieves has a rich, spicy aroma, and is a key ingredient in our Thieves Home Collection

USES FOR THIEVES ESSENTIAL OIL BLEND

- 01 Diffuse 8-20 Drops to create a healthy home.
- 02 Take Thieves Vitality in a capsule to help support the immune system.
- 03 Add a few drops to your dishwater or dishwasher to eliminate odors and boost cleaning.

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### Thieves Synergistic Power Packed Blend

- Thieves can significantly reduce the number of air-borne bacteria that can negatively affect you. Has been studied for its powerful effects against Black Mold. --*Dr. Edward R. Close, PhD Professional Environmental Engineer*
- Studies at Weber State University showed that only 20 minutes of diffusing Thieves essential oil blend killed 99.2% and 99.3% of all airborne *Micrococcus luteus* bacteria in two separate trials.
- Remember the Thieves Vitality oil can be used internally. The regular Thieves blend is labeled for topical and aromatic use.
- The longer the oil was diffused, the greater the reduction in microorganisms. --*Sue Chao, Weber State University, 1996.*

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## LEMON *essential oil*

Originally native to Asia, the lemon tree wasn't common in Europe until the 16th century. It is part of the evergreen family and reaches a height of about 20 feet.

USES FOR LEMON ESSENTIAL OIL

01

Diffuse Lemon to neutralize unwanted odors and fill your space with its uplifting and refreshing aroma.

02

Add Lemon Vitality to a tall glass of cold water for a fresh, antioxidant-infused drink to start your day.

03

Add it to your floor, window, or multisurface cleaning solutions for a boost of aroma and cleaning power.

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### Enjoying Lemon Vitality Everyday

- Add 2-3 drops to each glass of water
- Enjoy in all your favorite recipes for a splash of extra flavor
- Uplifts emotions

## Peace & Calming

**Benefits**.....

- Sweet, calming aroma.
- Perfect for bedtime routine for children and adults alike.
- Provides a soothing and relaxing atmosphere when diffused during meditation.
- May improve the appearance of skin and support a healthy-looking glow.

**Ingredients**.....

Blend includes Ylang Ylang, Orange, Tangerine, Patchouli and Blue Tansy.



"Peace & Calming" - Formula (20.1) © 2017 by Young Living. All rights reserved. For more information, visit us at www.YoungLiving.com

### Peace and Calming Blend

- Created to calm overactive children
- Calming to the heart
- Diffused in dental offices to calm patients
- Massage on the feet for a good night's sleep


## Stress Away

**Benefits**.....

- Utilize this oil anytime you feel the normal stresses of everyday life creeping up!
- Stress Away™ has an incredible aroma, and many people (men and women) like to wear it as a healthy alternative to cologne.
- Tip: Add a few drops of Stress Away™ to your favorite carrier oil for a wonderful neck massage!

**Ingredients**.....

Blend includes Copaiba, Cedarwood, Ocotea, Lime, Vanilla and Lavender




"Stress Away" - Formula (20.2) © 2017 by Young Living. All rights reserved. For more information, visit us at www.YoungLiving.com

## Stress Away

It's all in the name! Use this oil liberally when the normal stresses of everyday life creep up.

Stress Away™ essential oil is amazing when used during a neck massage and it has an incredible aroma that men and women both love to wear as a cologne! I love the scent and it helps me feel more joyful. People always comment about how good my house smells! It seems like everyone loves it.



seed to seal

WHY YOUNG LIVING?

"Purity starts in our fields, but it's proven in the lab. The highly trained scientists of our D. Gary Young Research Institute perform hundreds of tests at every step to ensure that we deliver the purest, most potent, and highest quality essential oils and oil-infused products." #seedtoseal

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## Why Young Living?

Seed to Seal is a quality commitment and promise Young Living makes to YOU. Seed to Seal consists of three pillars - Sourcing, Science, and Standards. These three are the foundation on which every product is built and everything that Young Living does. This promise ensures you can trust that Young Living is providing you with products of the highest quality and purity, free from synthetics.

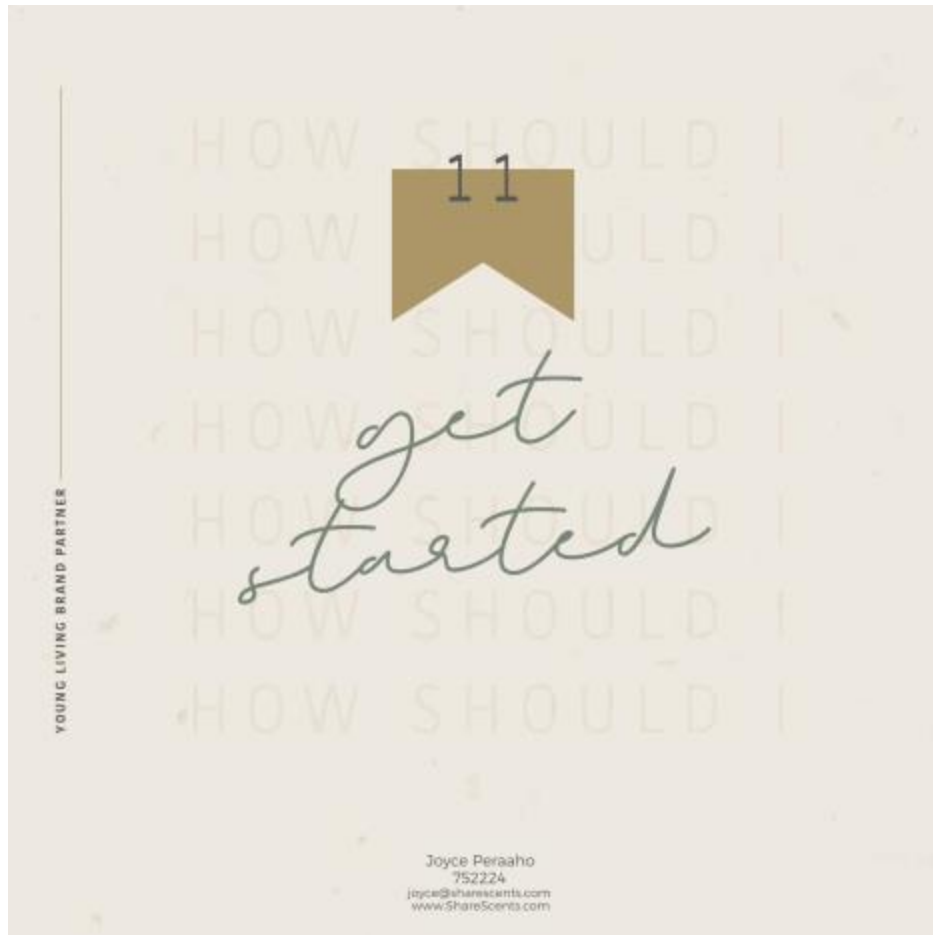
*Quality and purity are important because that is what ensures that these products WORK*

**Sourcing** - Products are sourced from corporate-owned farms, partner farms, and Seed to Seal certified suppliers to ensure consistency, quality, and land conservation.

**Science** - With 50 highly-trained scientists, two corporate quality labs, and 12+ independent partner labs, Young Living does meticulous quality testing and retesting to ensure your products are as pure as nature intended.

**Standards** - Young Living ethically sources and produces pure ingredients and goes above and beyond to comply with local environmental standards and sustainable growing practices.

To learn even more about the entire Seed to Seal promise, check out [Seed to Seal](#)







## Getting Started

I highly recommend this collection to get started with a nice variety of essential oils so you have some great oils to select from when you begin your wellness journey with Young Living Essential Oils.

### *Here's why:*

- Earn loyalty points and save with the new Premium Aroma Loyalty Bundle. It combines our best-selling essential oils and blends in one simple starter bundle.
- You'll get 24% off all purchases for 1 year.
- Earn 10 Loyalty Points with purchase of this bundle.

### *The Premium Aroma Loyalty Bundle includes:*

- Thieves® Vitality™ essential oil blend, 5 ml
- Lavender essential oil, 5 ml
- Peppermint essential oil, 5 ml
- Peace & Calming® essential oil blend, 5 ml
- Purification® essential oil blend, 5 ml
- Lemon Vitality™ essential oil, 5 ml
- Stress Away™ essential oil blend, 5 ml
- Vanilla oleoresin, 5 ml



PLUS you will get a free diffuser sent to you with your next month's Loyalty order that is 50PV or more! I love FREE!

Who wants to pay full price when you can get the same thing for LESS? Young Living has *two* options to help you get started as a Customer and unlock a 24% discount on all your purchases!

You can choose from any of the 600+ products available from [www.youngliving.com](http://www.youngliving.com) so be sure to check out items specific to your health goals and needs. You can even choose one of the pre-made bundles, making your checkout experience a breeze. *Please enter my Young Living number in the [referral](#) spot or use my special referral link so I can help connect you to our oily community!*

And just so you know... you are never required to sell anything when you become a Customer with Young Living. However, if you decide to share this wellness lifestyle with others and want to earn a paycheck while doing so, consider becoming a Brand Partner and purchasing a Business Essentials Kit. You can either do this on your first order or later on down the road - completely up to you! For more information on becoming a Brand Partner with Young Living please go to: [Young Living Compensation Plan](#)

### **HOW TO EARN LOYALTY REWARDS POINTS & GIFTS**

When you add an item to a loyalty order, you automatically score in the convenience department. But what if you could earn points and FREE products as well? You can!

When you share your new discovery with two friends who order like you did, Young Living will send you a bonus check!

Just make sure your loyalty order contains at least 50 PV and you'll start earning 10% in spendable points! Keep that going in month 2 and you will get a FREE Desert Mist diffuser! Do that consecutively for 3 months and you'll start earning 20% back in points. Do that consecutively for 24 months and that percentage bumps up to 25%! Ordering consistently every month like this also makes you eligible for loyalty gifts- those are free products earned in addition to your points.

*Ready to jump in? Shoot me a message and I can help you get started! [joyce@sharescents.com](mailto:joyce@sharescents.com)*

### **a few side notes**

- Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.
- The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.
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