



# Winterize Your Body

Winter is here and if you haven't done it already, it's time to winterize your body!

Here are some tips for ways you can do that!



**Common Sense Disclaimer:**  
Statements made during this presentation have not been evaluated by the FDA. Information, products and/or techniques mentioned are provided for educational purposes and not intended to diagnose, treat, cure or prevent any disease. Consult with the health authorities of your choice.

The decision to use, or not to use, any of this information is the sole responsibility of the individual. Don't expect the same results unless you are using Young Living Therapeutic grade essential oils. The presenter and host assume no responsibility to or liability for any loss, damage or injury resulting from the use or misuse of any information provided in this class.

I am going to share ideas from my own experience that I believe you will find helpful as you move through this winter season with health and ease. Let's get started.

Remember, I am not a doctor and I encourage you to consult with your health care professional and keep in mind that this is for educational purposes only. Statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.



Let's talk about the beginnings of Young Living.

D. Gary Young was Young Living's Founder. He grew up with humble beginnings in the rural town of Challis, Idaho, where he developed a profound appreciation for the power of nature. Having dedicated decades to traveling the world and researching the remarkable wellness benefits of these precious oils, Gary was one of the world's foremost authorities on essential oils. Because of his experiences, Gary never let up on his lifelong mission to share the highest quality essential oils in the world.

Gary Young's personal experiences made him who was, expanded his empathetic nature, and left him with a true commitment to help those in need. After helping himself recover from adversity, Gary knew he could help others as well. That was his life's mission and legacy: sharing his knowledge of and experience with essential oils and healthy living.

He built a company dedicated to wellness, which is now carried on as his legacy by his wife, Mary Young, his sons and as a very strong leadership team that is wholly dedicated to carrying out that mission.



Young Living's commitment to quality starts with seeds. The seeds we use are selected for their ability to become botanicals with high levels of bioactive compounds.

We then grow the seeds using cultivation practices that are dedicated to responsible and sustainable growing and harvesting methods.

Next, we distill using a gentle, proprietary technique for steam extracting essential oils and preserving their precious constituents.

To guarantee consistent, verifiable quality, our oils are tested in Young Living's own internal labs, as well as in third-party facilities.

Finally, each essential oil is carefully bottled and labeled using state-of-the-art equipment.

Young Living oils and products meet the requirements for sourcing, science and standards. This ensures the products delivered to you are the very best available and can be trusted. No compromise.

## YOUNG LIVING A WORLD LEADER – GLOBAL IMPACT



I love this picture because it depicts Young Living's global impact. Despite her extensive responsibilities as CEO, Mary Young is passionate about our farms and remains instrumental in overseeing our many global farms, where she directs the growth, harvest, and distillation processes of our high-quality essential oils.

It is amazing to see that even with so much growth around the world, Young Living remains dedicated to that powerful mission we discussed earlier.

## YOUNG LIVING A WELLNESS COMPANY



### ***Mission Statement***

We honor our stewardship to champion nature's living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose, and abundance.

First and foremost, we are a wellness company. We are committed to helping you live your healthiest life.

True wellness starts from within, and Young Living offers an extensive array of nutrition products and essential oils to support wellness.

In order to help you live a toxin-free lifestyle, Young Living offers personal care and household products to ensure that you and your family can benefit from naturally derived products for every part of your day.

## WHAT IS AN ESSENTIAL OIL?

- A volatile substance derived from plants, containing the natural smell and characteristics of the plant
- Extracted primarily through steam distillation
- Potent, volatile, and versatile

***Living energy from plants!***



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Essential oils are more than a pleasant smell. They are derived from plants and are extremely potent, volatile and versatile.

## HOW DO YOU USE ESSENTIAL OILS?



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### How to use essential oils?

The solid labels have aromatic and topical directions on them.

1. Topically - Apply on your skin. Dilute with a carrier oil like coconut oil or grapeseed oil. They are quickly absorbed and effective.
2. Aromatically - Use in the diffuser or by inhaling from diffuser jewelry or just put some on your hands.
3. Internally - Young Living oils are safe to ingest. The labels that are white are from the vitality line and have dietary instructions on them.

\* NOTE: Oils in the regular bottles are the same as the vitality bottles. For Example: Peppermint oil from the regular line and Peppermint oil from the vitality line have different labels (per FDA rules) but are the SAME OIL.

## QUICK SAFETY TIPS



Although most essential oils are safe for general use, the potency of some oils can cause irritation and should not be used in specific situations. That's why Young Living always recommends checking the product label for appropriate usage.

1. **DILUTE WITH A CARRIER OIL.** Use of a carrier oil will not dilute the effect of the essential oil but will ensure that oils applied topically are not irritating or overpowering.
2. **NEVER USE WATER IF YOU EXPERIENCE IRRITATION.** If essential oils get in your eyes or cause irritation to skin, flush and dilute the area with a safe carrier oil to alleviate discomfort.
3. **DON'T APPLY ESSENTIAL OILS TO SENSITIVE AREAS.** We recommend that you avoid applying essential oils to sensitive areas such as eyes, ears, and mucous membranes.



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### SAFETY FIRST

- Please dilute your oils.
- Do not put them in your eyes or ears.
- Follow directions on labels.



Once you get your own starter kit, we can connect and go over safety tips and suggestions in more detail!

## IT'S THAT TIME OF YEAR



Our bodies require special maintenance during the winter months.

***Are you ready?***

Let's take a look at several essential oils to add to your wintertime stash!



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Every aspect of your daily life can be enhanced and benefit from essential oils and essential oil-infused products.

## EVERYDAY FAVORITES



**Thieves\***  
May contribute to overall wellness when taken as a dietary supplement.\*



**Peppermint**  
Add to beverages for gastrointestinal system comfort.\*



**Lemon**  
Add to beverages. Includes the naturally occurring constituent limonene.



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### Here are three of my Everyday Favorites

Thieves is a blend of Lemon, Cinnamon, Clove, Rosemary, and Eucalyptus Radiata. Many people love Thieves because:

There are so many ways to use Thieves regular or Vitality:

- Add to food or beverages to enhance their flavor.
- Add a drop to hot drinks to add a spicy zing. (Clove, Lemon, Cinnamon, Rosemary)
- Use 1 drop Thieves and 2 drops Orange as a refreshing flavor to complement your favorite beverage. • Add 1 drop to a cup of warm water as part of a wellness regimen.

Thieves contains oils that have been extensively researched:

•Includes the naturally occurring constituent limonene. (Lemon, Eucalyptus Radiata, Rosemary)•Includes the naturally occurring constituent eugenol. (Clove, Cinnamon)•Includes the naturally occurring constituent eucalyptol. (Eucalyptus Radiata, Rosemary)

Two other favorites are Peppermint Vitality and Lemon Vitality. Look at the graphic for ideas of how to use them.



Here are a few oils I love to use topically and in my diffuser for winter comfort.



I find these very soothing in the winter.

I love Lavender, Aroma Ease and RC to soothe winter discomforts.

Another favorite is DiGize and DiGize Vitality

- DiGize contains Tarragon, Juniper, Anise, Ginger, Fennel, Patchouli, Peppermint, and Lemongrass essential oils.
- DiGize can be used in a variety of ways:
- Add Digize Vitality to a gel capsule.

- Add 2 drops DiGizeVitality and 1 drop Peppermint Vitality to water for a stimulating beverage.
- Add 2--3 drops to honey for a tasty snack.
- Includes the naturally occurring constituents of menthol, citrol, and zingiberene.

## KEEPING WARM



**Black Pepper**  
A pungent, crisp aroma that is comforting and energizing when applied to the feet.



**Aroma Life™**  
Pulsing with life, this vibrant blend energizes your life force. Apply topically.



**EndoFlex™**  
can help maintain overall vitality as it supports the endocrine system.\*

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Wellness is multidimensional.

Young Living also offers different product categories that can enhance any aspect of your life. Young Living is proud to have spent the last 20 years and counting developing a product line that cultivates wellness by purifying the home, nourishing the body, beautifying the skin and hair, and comforting the spirit—all while never compromising on our stringent Seed to Seal standards.

## HAVE A GREAT DAY

*Uplift your spirits on those gray days of winter!*







- **Valor** - one drop on wrists or several drops on the bottom of the feet
- **Harmony** - one drop over the solar plexus - above the belly button
- **Joy** - one drop over the heart
- **White Angelica** - one drop in one hand, rub the two hands together, and brush the head, face shoulders, chest, body, down legs, (right over the clothes), as though you were brushing on an "angelic shield."

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I love the Great Day Protocol to help lift me up on a day when I am feeling a little down.

This graphic gives you directions for a simple way to apply four oils that are sure to start or end your day in a positive way.



## HAVE A CUP OF TEA



1 cup hot water or herbal tea  
1 drop Thieves Vitality essential oil  
3 drops lemon Vitality essential oil  
Honey to taste



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Here's a recipe for tea that can give your immune system a boost.

## SUPPORT YOUR HEALTHY IMMUNE SYSTEM



### *Inner Defense*

- Contains Thieves, oregano and thyme for an extra powerful punch.
- This potent essential oil supplement has been designed to support the body's Immune System



### *Life 9*

- Builds and restores core intestinal health by providing five clinically proven probiotic strains including two advanced super strains
- Enhances intestinal health, sustain energy and improve immunity.
- Contains 10 billion active cultures and improves colonization up to 10 times

By living the Young Living lifestyle, every aspect of your daily life can be enhanced and benefit from essential oils and essential oil-infused products like these. I never want to be without Inner Defense or Life 9. And let me add that when you need Inner Defense, you need it NOW and trust me... you don't want to have to order it and wait for the shipment to arrive. Be sure to keep some on hand all the time. You'll thank me later!

## SUPPORT YOUR HEALTHY IMMUNE SYSTEM



### *Super C*

- Contains 2,166% of the recommended dietary intake of vitamin C per serving
- Fortified with rutin, citrus bioflavonoids, and minerals to balance electrolytes and enhance the effectiveness and absorption of vitamin C.
- One of the most important vitamins required by our bodies



### *NingXia Red*

- Delivers a whole-body nutrient infusion
- Includes wolfberry, which is touted for its health-supporting benefits
- Supports overall health and wellness, from head to toe

These are some of my favorites, I never want to be without. I drink my RED daily and love what it does for my whole body. I'd say it supports pretty much every system of my body.

## **THIEVES TO THE RESCUE!**

### *In the Kitchen & Bathroom*



- Wipe down countertops, cutting boards, and appliances with diluted or full-strength Thieves Household Cleaner. Add it to the bottom of the dishwasher as a degreaser or add it to the mop water.
- Spray diluted Thieves Household Cleaner on the shower walls, shower curtains, the toilet, countertops, glass mirrors, tub, sink, and the floor.
- Thieves® Foaming Hand Soap will cleanse, defend, and condition the skin. It contains gentle ingredients so it can be used often without drying or stripping the skin.



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Eliminating harmful chemicals from your home and lifestyle is one of the most important things you can do to support your healthy lifestyle. Trust me, your body and liver do not want or need to fight any more battles than necessary. Make sure your home is safe and free from those chemicals that compromise your health and wellness. You can learn more by viewing the [Thieves class](#) in the Classroom at my website.

## **THIEVES TO THE RESCUE!**

### *In the Office*



- Use Thieves Wipes to clean off your desk and other surfaces that are touched often, such as keyboards, mouse, phone, drawer handles and doorknobs.
- Enjoy the cool, invigorating taste of Thieves® Mints. The sugar-free ingredients include the power of Thieves and Peppermint essential oils, providing a healthy alternative to freshen your breath.



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Young Living also offers products to help you stay healthy when you are out and about.

## OTHER WAYS TO MAINTAIN A HEALTHY BODY DURING WINTER

1. Wash your hands frequently – one of the easiest and best ways to prevent the spread of germs.
2. Use hand sanitizers when you are unable to wash your hands.
3. Don't touch your eyes, nose, or mouth.
4. Cover your mouth with a tissue when you cough or sneeze. Do not cover your mouth with your hands. Cough or sneeze into the bend of your arm if you don't have a tissue available.



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Keeping hands clean is a snap with these convenient products to help promote wellness, i always make sure to wash my hands with Thieves Foaming Hand Soap when I return home after being out and about.

## DIFFUSING OILS IN THE HOME



Diffusing oils is a good way to freshen the air and uplift the energy in the home.



Joy - Abundance - Citrus Fresh - Lavender - Frankincense



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Ready to explore a few more essential oil blends to freshen the air in your home or work environment or add energy or joy to your day? Check these blends out!

## JOIN THE O.I.L. REVOLUTION

### ***Oil-infused Products***

- Healthy & Fit
- At Home
- Personal Care



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Make sure to nourish your body daily. And remember to check out the beauty and toxin-free skin care products,

## **GET S.E.T. FOR** *Wellness, Purpose & Abundance*



Are you ready to order?

Some of the unique benefits of having a Young Living account include:

- **Wholesale Pricing:** You can save 24 percent off retail pricing on Young Living products. You can also save even more money with exclusive specials and promotions every month.
- **Loyalty Rewards:** As a member, you are eligible to enroll in the Essential Rewards program and earn as much as 20 percent back from each order in Loyalty Rewards points. These points can be used like cash on some of your favorite products.
- **Exclusive Experiences:** No other essential oil company will give you the opportunity to participate in unique events, such as the Global Leadership Cruise and our annual International Grand Convention, and to experience our Seed to Seal process firsthand at farm harvests and plantings.
- **Community:** Enjoy a community of support. In addition to your sponsor, the entire Young Living family is ready to assist and encourage you in your journey.
- **Education:** Young Living provides ongoing educational opportunities through conventions, events, and newsletters to keep you informed and assist you in your wellness progress.
- **Generous Compensation:** Young Living offers an industry-leading compensation plan with generous commissions and bonuses. Check out the [Income Disclosure statement](#)

## START PREMIUM!

### *Open your Young Living Wholesale Account*

- Save 24% on all Young Living Products
- No annual membership fee
- Minimum \$100 order required per YEAR to continue your discount

### Choose the kit that is right for you

Premium Aroma Loyalty Bundle  
Thieves Home Loyalty Bundle

I recommend either of these bundles as the best way to get started.



Here's my recommendation for two ways to get started winterizing your body.

## LOYALTY REWARDS PROGRAM

1-3 months	4-24 months	24+ months and beyond
10% of order PV	20% of order PV	25% of order PV
<i>Easy monthly shipments Discounted shipping Exclusive bonuses Essential Rewards points—earn free product credits!</i>		<i>Loyalty Rewards is relaxed, customizable, and generous</i>



You may also want to consider joining the Loyalty Rewards program. This option gives you 10-25 percent back in free products when you place an order of 50 PV or more every month as part of the Loyalty Rewards program.

You earn points toward future product purchases with every Loyalty Rewards order. As your months with Loyalty Rewards increase, so do your rewards.

And if you have never participated in Loyalty Rewards before, you can qualify to get a **free diffuser** mailed to you compliments of Young Living with your second month's LR order. Questions, please ask me and we'll talk!

**THREE & FREE**  
*Love It? Share It! Repeat.*



*For more information, contact the person who sent you this presentation.*



When you join Young Living, you join a supportive global community of individuals who are passionate about authentic solutions for themselves and their families. A Young Living membership is much more than access to pure essential oils and essential oil-infused products. It allows you to maintain your optimal health, as well as help others around you do the same.

Knowing that your future and your family are well cared for is the final dimension of wellness. If you have always wanted greater financial independence and wanted to accomplish it doing something you can feel great about, sharing Young Living can help you find the missing piece in your wellness puzzle. It's so simple! If you love Young Living, share it!

By sharing with just two friends, to get started like you did, Young Living will send you a thank you check!

Yes please!



***YOUR LIFE. YOUR HEALTH.  
BE EMPOWERED.***

Your life can change at Young Living, and you can be empowered through wellness, purpose, and abundance. My life has been enhanced through my experiences with Young Living.

I am happy to answer any of your questions and help you get started on your Young Living journey!