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YOUNG LIVING HACKS

•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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young living brand partner

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LEMON

MAGIC ERASER

Apply a couple of drops of lemon oil to a rag and rub on crayon or marker spots and wipe it away. Hooray! It is gone! This trick can be used floors, walls, furniture and even clothes.

BONUS TIP: Lemon will take gum out of hair.

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ENERGY

BOOST

Add one drop of each peppermint, lemon, and rosemary in the palm of your hand. Rub in a circular motion, cup hands over the nose, and inhale. These oils will give you a natural energy boost and additionally promote concentration.

3

FRESHEN

THOSE SHOES

Add a couple of drops of essential oils to your shoes to help freshen them. The best essential oils to cover up smelly shoes are purification, lemon, rosemary, and even lavender!

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DEODORANT

ALTERNATIVE

**Out of your favorite deodorant?
No worries. Use your Thieves toothpaste
as a deodorant. Add your favorite essential
oil like, Patchouli, Tea Tree, or Lavender,
and you've got a powerhouse combo to get
you through your day.**

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THIEVES TEA

ON-THE-GO

Put one Thieves Lozenge in hot water, let it dissolve, and it becomes quick tea support for wellness on-the-go!

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NOURISH

YOUR HAIR

Next time you ‘think’ you’ve run out of that Lavender lotion, don’t throw the bottle away! Add a little water, put the cap on tight, shake vigorously - then add to a smaller spray bottle and you’ve got yourself a nourishing, non-greasy, hair spritz.

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NIGHT TIME

BOOST

Have you ever tried Orange + Basil in the diffuser at night? Give it a try to see how it supports your zzzzzz's.

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BRIGHT EYES

Dark circles, ladies? Try Tranquil Roll-On under the eyes to promote brighter eyes.

BONUS TIP: If used at night before bed, you may also experience a very restful evening.

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STAIN REMOVER

Pesky stains? Try a dab of Thieves Household Cleaner on the trouble spot, or Thieves Dish Soap. Let sit for 5-10 minutes before washing. You can also use the Thieves Bar Soap - wet it and rub on the stain thoroughly, let the garment sit a few minutes, then toss in the wash!

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#QUICKTIP

FOR FLAVORING

Maybe you don't need or want a whole drop of essential oil in your coffee, tea, or favorite food dish. Use a toothpick in your Vitality essential oils and stir in to get **LESS** than a drop of oil.

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CARPET

DEODORIZER

Give the carpet or rugs in your home a nice refresh. In a large glass jar add baking soda, and 10-15 drops of your favorite essential oil. Cover and shake it up good! Sprinkle it all over carpet or rugs. Allow it to sit for a few minutes and then vacuum!

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FOCUS

ENRICHED ENVIRONMENT

Create the ideal studying environment enhanced with the crisp and uplifting aromas of essential oils. Before homework time, add a few drops of Rosemary, Sage, Peppermint, or Eucalyptus Globulus to a diffuser.

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SPARKLING

GLASSWARE

Add Thieves Fruit and Veggie Soak to the rinse aid compartment of your dishwasher. Prepare to be amazed by the crystal clearness of your glassware!

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#QUICKTIP

CARRIER OIL ON-THE-GO

Carrier oil can be messy, but also needed in certain situations. Keep a tube of Lavender Lip Balm in every bag, in the car, etc. for diluting when out and about. Add a little balm to your hand then add your oil of choice.

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DRYER SHEET

REPLACEMENT

Dryer sheets are one of the most toxic products in the home. You can easily replace these with a package of Seedlings Wipes! Add a wipe in with your next load to keep your clothes smelling amazing in a natural way!

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WHOLE HOME

DIFFUSER

Drip 2 or 3 oils over your home's air filter! Oils are great at eliminating odor. Great suggestions are rosemary, eucalyptus, or lemon. You'll have peace of mind that you're filling the air of your home with good things!

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REPELLENT

ON-THE-GO

Young Living's insect repellent is great! You can add it to an old essential oil bottle and add a stainless roller top to the bottle. Just like that, you have the best little on-the-go companion for park dates and outside pest free adventures.

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DETOX

THE UNDER ARMS

If you are new to natural deodorants, you may need a healthy detox. Young Living's Charcoal Mask can be applied to the under arms for an effective detox protocol. Just apply, wait for it to dry, and rinse off!

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STRETCH

YOUR DISH SOAP

Young Living's dish soap is highly concentrated which means with this hack, you can stretch it! Squeeze out 3/4 of a new dish soap into a mason jar to keep for later. Add 1 teaspoon of baking soda to the bottle and add hot water. Mix up gently and scrub that sink full of dishes clean!

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#QUICKTIP

END OF DAY RELAXER

Give yourself a moment to relax by using a carrier oil such as our V-6™ Enhanced Vegetable Oil Complex to apply Lavender and Eucalyptus Globulus oil to the bottoms of your feet. Let the worries of the day melt away!

DO YOU HAVE A YOUNG LIVING HACK THAT YOU WOULD LOVE TO SHARE?

•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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