



## Oils for College Students

What if you could enjoy fun student activities like staying up late studying and hanging with friends and still feel rested, focused, and chill enough to succeed in all the student must-dos like tests, projects, and more?

Living the 'Student Life' can be stressful, exhausting, messy, and overwhelming. But it can also be vibrant, organized, fulfilling, and rewarding if you have the knowledge and tools to properly care for your body and mind.

This class will be simple and to the point. We will focus on how to give your body all the support it needs to feel less stressed, more focused, healthier, and happier as you hit the books and prepare to step into success and enjoy life as a student. We will cover products college students will love to help them to get more sleep, feel less stressed, and stay focused, motivated, and healthy.

Shoot me a message and I'll give you all the details!

## Quality Matters



Let's be real. Today, people are looking for clean and natural products. If products are filled with JUNK and HARMFUL CHEMICALS, we don't want anything to do with them.

Young Living is the MOST transparent company for essential oils and oil-infused products. EVERY product is completely clean with NO harmful chemicals and is also beneficial to your health. If you want, you can even visit their farms and see what the heck they are doing and creating! Check [THIS](#) out!

## Usage and Safety



For all the rule breakers out there, view these as 'guidelines' to help you succeed in all things oily.

### SAFETY FIRST

1. When in doubt, be sure to dilute your essential oils with a carrier oil.
2. Do not put them in your eyes or ears.
3. Follow the directions on labels. Regular oils (colored labels) have directions for aromatic and topical uses while Vitality oils (white labels) have directions for internal and dietary uses. **Same oil, different label.**

*Example:* Lavender from the aromatic/topical line is the same oil as Lavender from the internal/dietary line.

### USAGE

#### Aromatically

- Inhale from the bottle.
- Rub 1-3 drops of essential oils between your palms and inhale.

- Put 2-3 drops on a cotton ball and place in your car vent.
- Add a few drops to diffuser jewelry.
- Put a few drops of your favorite essential oil in the ultrasonic diffuser.

#### Topically

- Massage 1-3 drops of essential oil into desired area.
- Dilute essential oils when necessary. Use Young Living's V6 Vegetable Oil complex to dilute your essential oils before applying to your skin. Further dilution is recommended for children. If you don't dilute some oils, you may feel a burning sensation on your skin. If this happens, add a carrier oil to the skin. Remember, oil and water don't mix, so don't rinse off with water because that will just drive the oil into your skin and make the irritation worse. Using a "carrier oil" like V6 or olive oil or almond oil will draw it out and away and dilute the essential oil.

**NOTE:** Citrus-based oils may cause temporary photosensitivity. Avoid direct sunlight to applied area for 12 hours after application.

#### Internally

- Follow the directions on the bottle labels from the Vitality line.
- Put desired essential oils into a vegetable capsule and swallow with 8 oz. water.
- Add desired essential oils to a glass of water, daily NingXia Red, or your beverage/food of choice.

## Catching ZZZs



“Ugh, I slept like crap last night!” or “I barely had time to sleep last night!” are common phrases from students.

We all know we function better when we have gotten a good night's rest. As a student, you face a lot of long nights and sometimes when you finally get to bed, it's hard to fall asleep. Nights before tests, presentations, tryouts, and games can be the worst.

What if I told you that you could get away with a little less sleep than what you think you NEED but still feel entirely rested and refreshed to take on the world? Diffusing and applying essential oils regularly before bed can make a huge difference in your quality of sleep and you feeling rested.

### **Bedtime Favorites**

- Lavender
- Stress Away
- Peace and Calming

Diffuse or apply 2-3 drops to your feet and wrists before bed.

When you set up your monthly Essential Rewards box throw in *Tranquil Roll-On* & *Cedarwood* for sleep! They're awesome! RutaVaLa Roll-on is another powerful blend to promote more restful sleep. I personally don't like the scent, so I put it on my feet, but I do like how well it works!

## Motivation & Focus



Now that your body is well-rested, it's time to focus! Diffuse *Peppermint* & *Lemon* together in the mornings for a get-up-and-go kind of energy, better focus, and an increased retention of information. This is your perfect study buddy.

**PRO-TIP:** Carry that scent with you all day long by applying a drop of Lemon and Peppermint to a diffuser bracelet and inhale during test taking for better recall. Trust me. It works.

You can also add a drop of *Citrus Fresh Vitality* to your water for increased energy or diffuse *Citrus Fresh* for mental clarity. When you pick out your next Essential Rewards box, throw in some KidScents *GeneYus* & *Motivation* too! (Hint: KidScents oils aren't just for kids!)

## Daily Jitters



Do you find yourself suffering from occasional anxiety before class or when you have a big test coming up? These oils and blends are amazing for calming that nervous tension to help you feel more relaxed and confident.

- *Peace and Calming* - name says it all
- *Valor* - creates feelings of courage and confidence
- *Stress Away* - exactly what you think
- *Lavender* - calming and relaxing

In one of your future Essential Rewards boxes, you have got to try *Vetiver & Bergamot* - both are insanely calming!

**USAGE:** Apply 1-3 drops to hands and inhale. Rub remaining oil on the back of your neck.

Diffuse an oil or combo of oils for quick relief.

"Oh my aching..."



Sore muscles and joints after a long study session? Sitting at a computer all day? Horrible head tension? Your essential oils can help you with all of these!

Apply a drop of Panaway & Peppermint to your neck and wrists or your feet for soothing comfort. Peppermint has an icy hot sensation when applied undiluted. If you do not like this feeling, make sure you dilute with a carrier oil.

Stretch your oils (and your \$\$\$) even further by making a Soothing Muscle Rub.

### **Soothing Muscle Rub**

- Combine 6 drops of Panaway and Peppermint with ¼ cup of coconut oil.
- Store in a glass container.
- Use as needed, where needed.

For a more intense cooling sensation, add more Peppermint oil.

**Bonus Tip:** Put a drop of Peppermint Vitality on your tongue to cut the coffee breath. You're welcome! ;)

More great options for a future Essential Rewards box... *Deep Relief Roll-On & Cool Azul Gel or Pain Cream!*



## Breathe Easy



Students don't have time to miss school for any reason - lack of sleep, stress, or colds. Thankfully, there are oils that provide a comforting aroma and create a relaxing atmosphere when diffused so you can stay healthy.

*Raven* is a blend of Ravintsara, Peppermint, Eucalyptus Radiata, Lemon, and Wintergreen that creates a cooling sensation when applied topically. This will be your best bud in the spring and winter especially.

Not only is this oil great for every day relaxation and health, you can also apply this to your chest before workouts to increase performance, or use it to freshen up musty-smelling dorm rooms!

Try *Breathe Again Roll-On* & *R.C.* in your next Essential Rewards box!

## "Freshman 15"



Are you familiar with this term? This is an expression commonly used to refer to the amount of weight students typically gain in their first year of college.

There are many ways you can avoid this by simply getting enough sleep, using exercise instead of food as a stress reducer, and keeping healthy snacks on hand for late-night study sessions. I know that finding time and motivation to exercise or to pick the right food can be hard. Do me one favor, and use your oils regularly to support your sleep, stress levels, and digestive system for one month and see how you feel.

You can support your digestive system by using the Vitality line as well as Young Living supplements.

*DiGize* will be your go-to from the Premium Starter Kit for all things digestion. Pair it with *Peppermint* and you have the perfect combo for a happy tummy! Try the easy roller recipe.

### **'FRESHMAN 15' ROLLER (for 10ml roller bottle)**

- 6 drops Peppermint
- 6 drops Digize

Top with your favorite carrier oil, like grapeseed, almond, avocado, or fractionated coconut oil.

If you get an upset stomach or feel the bloat for ANY reason (ex: greasy food, too many cocktails, or that time of the month) your 'Freshman 15' roller is going to be your NEW best friend. It works and works FAST!

If you don't love the smell, you can take DiGize Vitality as a supplement. Add a few drops in a veggie capsule or to your NingXia Red drink and take 'er down. You will thank me two minutes post consumption.

**AND** I'd HIGHLY suggest adding *Life9* (probiotic) and *NingXia Red* to your monthly Essential Rewards box. Taking a daily probiotic is so important for digestion, mood, and even your immune system!! Keep scrolling to hear more about NingXia Red!

## NingXia Red



Infused with essential oils and wolfberries, this drink is basically a superhero juice! You get two packets in your Premium Starter Kit but you can always order more in your Essential Rewards box. Let's see why it's so awesome!

**Energy:** Because sleeping in class is frowned upon, you'll want this to help keep you alert and attentive without any harmful ingredients. Wanna kick it up a notch? Add *En-R-Gee* oil and *NingXia Nitro* to your next Essential Rewards box!

**Immune Support:** No one can afford to get sick before finals or important events. The antioxidants found in NingXia Red will strengthen your first line of defense - your immune system. Try adding a drop of *Thieves Vitality* to your daily NingXia Red for an even bigger boost!

Need a quick and easy immune support solution? Grab *Inner Defense* softgels in your next Essential Rewards order!

## Clean Spaces



Many students often underestimate the need for a fresh, clean space to come home to, study in, and relax in! There are a lot of cliché sayings about 'clean space, clean mind' and they may be truer than you think.

This one product is a must-have for college students: *Thieves Household Cleaner*. It is cost-effective and space-saving, and all you need for wiping down desks and binders as well as keeping your space smelling and looking fresh all year long.

Simply add one capful of Thieves Cleaner to a 16-20 ounce spray bottle and fill with water. Use this for cleaning #allthethings. You can even spray it around the room to freshen the air!

**PRO TIPS:** *Thieves Spray* & *Thieves Hand Purifier* are both the perfect size to keep in your backpack. You'll definitely want them during fall and winter to keep the nasties away! Grab some *Thieves Foaming Hand Soap* & *Thieves Wipes* in one of your Essential Rewards boxes too - they're super convenient and smell amazing!! Your friends will love it!

Get the best deal



When you are living on a college student budget, you are always looking for ways to save money. So I've got the perfect solution for you... become a Young Living member! You will get 24% off all your purchases and have access to the best subscription box around - Essential Rewards!! How do you become a member? Just pick out your favorite starter kit and the membership comes totally **FREE!**

The *Premium Starter Bundle* is hands down the best way to go! This one is packed full of oils and a diffuser and a bunch of other goodies... valued at over \$400! But you only pay \$165! #steal

***Ready to get started? Here's the [link](#) to join! Then, shoot me a message and I'll get you connected to our team and send you a special gift!***

## 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.

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