



## The Oily Home Makeover

Our homes should be a place where we feel safe, a place where we can go to take refuge from the world around us. The products we bring into our homes should not threaten that safety, but sadly, some of them do. Let's walk through each room in our homes, discovering what needs to go and what can be used as a safe replacement.



## Why does it matter?

So why should we care about the products in our home? They say “ignorance is bliss” but I assure you - if you ignore what’s coming into your home, you could be unknowingly welcoming in intruders.

Second to “falls”, poisoning is a leading cause of fatalities in homes in the US - 5,000 deaths a year to be exact ([Source](#)). And it’s not just household cleaners that are to blame for chemical exposure. Did you know that MANY personal care products we allow in our homes contain known carcinogenic and endocrine disrupting chemicals? That means an increased risk for cancer, developmental malformations, interference with reproduction, and disturbances in the immune and nervous system function. That doesn’t sound good at all.

I want to see your home be the safe place it should be. I want to share the things I’ve learned and the info I’ve gathered so we can take this journey together to a happier, healthier home. You with me?



## Why choose YL?

Young Living is the **ONLY** company to back their items with a Seed to Seal quality commitment. You can rest assured that you're getting a quality product made with the highest quality essentials oils and other naturally-derived ingredients.

Check out some of the strict guidelines they abide by to fulfill their promise in sending only the best products to your home.

- plant material that is grown on corporately-owned farms or carefully vetted partner farms (that you CAN visit!)
- sustainable farming and sourcing practices, providing the purest oil
- great care taken to preserve and protect natural resources
- hand-weeded fields and ZERO use of pesticides
- oils that retain all their natural constituents and beneficial properties
- use of food-grade distillers with state-of-the-art design and distillation methods
- low pressure and low temperature distillation, without the use of solvents or synthetic chemicals
- rigorous testing on each batch by internal labs and third-party facilities

- oils that are carefully reviewed through every step of production in order to meet or exceed industry safety and purity standards (beyond organic!)

And the best part... if the oils do not meet these high standards they are rejected and will not be bottled as a Young Living product. Check out more info on their Seed to Seal promise at [www.seedtoseal.com](http://www.seedtoseal.com).



## Living Room

First up is the living room. Now, you may be thinking to yourself - what could possibly be dangerous in a living room? Glad you asked! ;)

A living room is where your family gathers so we typically want it to smell nice and have a sense of comfort and coziness present. Most people seek to achieve that by using candles, air fresheners, plug-ins, and fabric sprays. As easy as those sound to use, they can be potentially harmful to our health.

Synthetically-fragranced products emit a range of volatile organic compounds (VOCs). Breathing VOCs can cause eye, nose and throat irritation as well as difficulty breathing and nausea, even damage to the central nervous system and other organs. Some VOCs can even cause cancer. Yikes! ([Source](#))

So what can you use to replace ALL those? A diffuser, high-quality essential oils, and a spray bottle will do the trick!

Diffusing vaporizes essential oils and gets them into the air so that we can breathe them in. Young Living provides us with cool mist ultrasonic diffusers so that the oils are protected from heat and retain their incredible properties!

Diffusing also purifies the air, makes your home smell good without harsh chemicals, and helps get those awesome oils into your lungs and to your brains. Simply add your essential oil drops to your diffuser, add water to the fill line, and start diffusing. Some of my favorite oils to use in my home are Thieves, Lem on, Peppermint, Purification, Stress away, and Lime! Try some of these recipes in your Young Living diffuser or use them to create an easy “Room Spray” using a small spray bottle, distilled water, and a splash of witch hazel. Adjust the amount of essential oils to your liking and get creative with it.

### **Fresh Air**

- 4 drops Tangerine
- 2 drops Tea Tree
- 2 drops Lemon

### **Cozy Home**

- 4 drops Lemon
- 4 drops Orange
- 4 drops Peppermint
- 4 drops Rosemary

### **Happy Room**

- 3 drops Citrus Fresh
- 3 drops Peppermint
- 3 drops Thieves



## Kitchen

Next up is the kitchen - another place where the family gathers. You can use your oils and diffuser in here as well so create a special place just for them. The kitchen is also a place where a lot of people store household cleaners, soaps, and potentially dangerous chemicals. Have you ever looked at what ingredients are lurking on those labels? Sadly many of them - even the “green” products - contain ingredients you do NOT want in your house or anywhere near your family. Let’s take a look at a few...

- **Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)** - These are surfactants commonly used as an emulsifying cleaning agent in household cleaning products (laundry detergents, spray cleaners, and dishwasher detergents). In other words they keep things mixed up and help them create lather. Oftentimes they are synthetically derived and have the potential to cause skin irritation.
- **Triclosan** - This is found in many antibacterial soaps, hand sanitizers, and detergents as well as some toothpastes, deodorants, cosmetics, plastics, and more. It can affect the thyroid and endocrine system and was recently banned by the FDA to be used in “antiseptic washes” but can still be found in some other products like toothpaste, cosmetics, and even clothing, kitchenware, furniture, and toys.

- **Fragrance** - The word “fragrance” can appear on a label and contain an enormous list of ingredients that a company is not required to disclose, as it is considered a ‘trade secret.’ That means a product could contain some awful ingredients and the consumer wouldn’t even know! These chemicals could be linked to cancer, reproductive and developmental toxicity, allergies and sensitivities. Why take the risk?

So instead of risking your family’s health with the typical products available at the local store, grab yourself these incredible products from Young Living.

**Thieves Household Cleaner** is a plant-based, ultra-concentrated cleaner that can be used on virtually every surface of your home... bathrooms, kitchens, cabinets, counters, floors, furniture, toys, carpets, mirrors, glass, wood, walls, and more! It’s created with naturally occurring surfactants derived from coconut and sugars, so you get a powerful clean without harmful, abrasive chemicals. It’s pet-safe, kid-safe, and even septic-safe!

**Thieves Dish Soap** is a plant-based solution, infused with Jade Lemon and Bergamot essential oils as well as the Thieves blend. It contains no sulfates, dyes, formaldehyde, phosphates, or synthetic perfumes and uses natural grease-cutting agents, leaving dishes sparkling clean with no residue. Your hands will also thank you for using such a gentle formula. Pro Tip: I love to dilute the concentrated bottle into three bottles of the same size, add a teaspoon of baking soda to enhance the sudsing action and fill the bottles with hot distilled water. Shake and you have stretched your dollars by three times with very little effort.

**Thieves Automatic Dishwasher Powder** combines the power of natural enzymes, essential oils, citric acid, and saponins derived from soapberries for a superior cleaning system without the use of harsh chemicals. It’s also infused with essential oils for extra effectiveness and a great, fresh scent. It removes dried-on food, grease, oil, and other contaminants so you can enjoy sparkling clean dishes without compromising your health.

**Thieves Fruit & Veggie Soak** and **Thieves Fruit & Veggie Spray** - both have the same base benefits and come packed with essential oils that get the job done. The soak comes in a small jug; you simply add a little to a basin of water, soak, rinse, and enjoy eating your fruits and vegetables as nature intended. The spray can be used to give your produce a quick spritz before rinsing and enjoying!





Now let's move on to another area of your kitchen that may need some addressing - the pantry. Besides things getting a little disorganized from time to time, we need to be checking the labels and making sure our pantry helps bring our family nutrition and not create unwanted health issues.

According to the CDC, "Most Americans... do not have a healthy diet. Fewer than 1 in 10 adults and adolescents eat enough fruits and vegetables, and 9 in 10 Americans aged 2 years or older consume more than the recommended amount of sodium. In addition, 6 in 10 young people aged 2 to 19 years and 5 in 10 adults consume a sugary drink on a given day. Processed foods and sugary drinks add unneeded sodium, saturated fats, and sugar to many diets, increasing the risk of chronic diseases." Ahh! We definitely don't want that. ([Source](#))

#### **So what should you be considering when you look at labels?**

- types of fats
- added sugars
- length of ingredient list
- sodium level

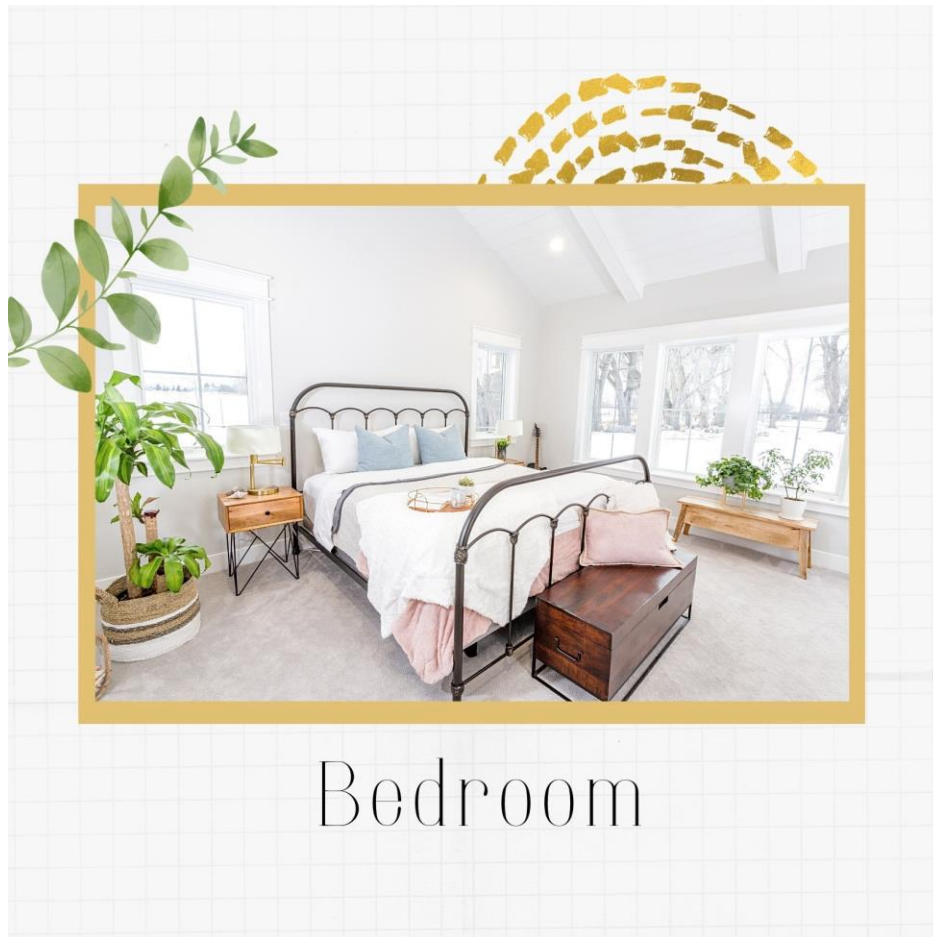


- added dyes
- calories per serving

A much easier way to do this is to grab items from a trusted source like Young Living. Did you know they carry several items that would be GREAT additions to your pantry? Take a look...

- **Einkorn Flakes Cereal** - made with whole ancient grain einkorn and oat bran; crispy and lightly sweetened with coconut sugar. It also has higher levels of protein, trace minerals, and lower gluten levels than hybridized, modern wheat.
- **Einkorn Granola** - can be served hot or cold. It's naturally sweetened by the combination of wolfberries, cranberries, cacao nibs, and coconut sugar - not overly processed ingredients like refined sugars, high-fructose corn syrup, artificial colors, and artificial flavors.
- **Einkorn Pancake and Waffle Mix** - combines ancient einkorn flour with other wholesome grains and legumes into an easy-to-use mix that can be substituted in a 1:1 ratio for all-purpose or whole-wheat flours. The addition of legume flour into this mix adds three grams of protein and two grams of fiber, contributing even more nutrition to the already-bountiful benefits of einkorn!
- **Einkorn Rotini & Spaghetti** - made of highly nutritious, unhybridized einkorn flour. The einkorn flour used to make these contains less gluten and is more abundant in many vitamins and minerals than modern whole wheat.
- **Einkorn Flour & Berries** - made from einkorn grown by artisan farmers who use traditional methods; free from artificial flavors, colors, and preservatives. The berries can be enjoyed whole by preparing it similar to rice or milled into fresh einkorn flour.

These are just a FEW of the many items Young Living has for your pantry. They have syrup, snack bars, essential oils that can be used in cooking (Vitality line), weight management products called Slique, protein and shake mixes, delicious teas, an antioxidant drink called NingXia Red, a tasty energy drink called Zyng, and MORE!!



## Bedroom

Now on to another room in the house where we spend a lot of time - our bedrooms! Just like the living room and kitchen, this room should stay fresh and relaxing. Keep a diffuser on the dresser or nightstand so you can infuse your room with pure essential oils. When you wake up in the morning, diffuse some refreshing oils like Orange, Lemon, Peppermint, Citrus Fresh, Awaken, or Motivation. When you go to bed at night, diffuse some relaxing oils like Stress Away, Peace & Calming, Frankincense, Lavender, Calm, Sleepylze, or Gentle Baby.

If you need a little more help in the sleep department be sure to check out Young Living's two supplements that were created just for bedtime - SleepEssence and ImmuPro.

**SleepEssence** contains four powerful essential oils that have unique sleep-enhancing properties in a softgel vegetarian capsule for easy ingestion. Combining Lavender, Vetiver, Valerian, and Ruta essential oils with the hormone melatonin - a well-known sleep aid - SleepEssence is a natural way to enable a full night's rest.

**ImmuPro** is a chewable tablet that provides zinc and selenium for proper immune function, along with other chelated minerals that emerging science suggests are more easily absorbed by the body. It also delivers melatonin, which encourages restful sleep by promoting the body's natural sleep rhythm.

One other area of the bedroom that isn't discussed much is the romance department. Use oils like Ylang Ylang, Joy, Sensation, or Geranium to diffuse or apply to get you in the mood. For him, you're going to want to apply Goldenrod, Idaho Blue Spruce, Shu-tran, or Nutmeg - diluted of course. You can mix up your own DIY Massage Oil using your favorite oils and Young Living's V-6 Vegetable Oil Complex OR grab one of their pre-made massage oils - Sensation, Relaxation, Ortho Ease, etc. They're amazing!



## Bathroom

Next up - the bathroom, another room we spend daily time in. This room is a BIG one - loaded with TONS of potentially harmful ingredients. For that reason, we will discuss personal care products first and then move onto the supplement cabinet.

Remember our discussion earlier about ingredients you want to avoid in the kitchen? Well you're going to want to avoid them here, too, especially that word "fragrance." It's in everything! Here are a few more to watch out for...

- **Formaldehyde** - This is a preservative that is often seen in lotions, cosmetics, and baby wipes. It's a known carcinogen and can cause skin and respiratory irritations.
- **Phthalates** - These are a group of chemicals found in personal care products and many plastics and vinyls. They can affect your endocrine system, reproductive health, and even potentially cause cancer.

- **Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)** - These are surfactants commonly used as an emulsifying cleaning agent in household cleaning products (laundry detergents, spray cleaners, and dishwasher detergents). In other words they keep things mixed up and help them create lather. Oftentimes they are synthetically derived and have the potential to cause skin irritation.
- **Ethanolamines (MEA, DEA, and TEA)** - These are found in many household and personal care products and have been linked to organ system toxicity, bioaccumulation, and even cancer.

Good thing Young Living has some safe alternatives! From facial care to hair care to dental and body care - they've got you covered. Let's take a look at some of my favorites...

- **Facial Care:** Young Living has three main skincare systems to choose from - ART, BLOOM, and BALANCE. The ART Skin Care System uses naturally derived ingredients to safely and effectively cleanse, tone, and moisturize your skin to enhance your natural beauty. The BLOOM by Young Living Brightening Skin Care Collection is infused with the most advanced natural ingredients available to brighten the skin's appearance and add natural radiance. The BALANCE line was created to be simple and effective enough that it will stop being a nightly chore and become a treasured moment of clarity.
- **Hair Care:** Young Living has several options to choose from - Lavender Mint Clarifying Shampoo and Conditioner, Lavender Volume Shampoo and Conditioner, Copaiba Vanilla Moisturizing Shampoo and Conditioner, and KidScents Shampoo. They are all made with plant-based ingredients and are infused with Young Living essentials oils, giving it a safe, natural fragrance.
- **Dental Care:** Young Living has several options to choose from - Thieves AromaBright Toothpaste, Thieves Dentarome Plus Toothpaste, Thieves Dentarome Ultra Toothpaste, Thieves Whitening Toothpaste, and KidScents Toothpaste. They are all fluoride free and free of other harsh ingredients, making them safe for the whole family. Young Living even has Thieves Mouthwash and floss made with ingredients you can trust!
- **Body Care:** Young Living has many more personal body care items to choose from - face and foot scrubs, eye cream, acne treatment, wrinkle cream, cleansing oils, shave oil, lotions and moisturizers, soaps and bath gels, body butters, bath bombs, lip balms, deodorants, and MORE! Before you know it you will have an entire bathroom full of products you will love and use with confidence.



## Supplement Cabinet

In your house you may or may not have one of these cabinets but most people have an area where they keep medicines, homeopathic products, vitamins, or something of this nature. If you don't, consider making one! Young Living has a wide array of incredible, oil-infused supplements that you are sure to fall in love with. But why choose Young Living supplements over other vitamins from the store or online? Well, sadly, many of those companies fill their vitamins with things like aspartame, sorbitol, Ferrous Fumarate, Titanium Dioxide, artificial colors and flavor, etc. Thankfully Young Living's supplements contain NONE of those - just plant-based ingredients and essential oils.

D. Gary Young was actually the *first* to formulate nutritional supplements with essential oils. Essential oils infused into a supplement make the nutrients and vitamins more bioavailable in the body. This means the body can absorb them and use them as nutrients. Essential oils help increase the assimilation (absorption) of other nutrients on a cellular level and they help remove waste from the cells, which helps detoxify them, in turn causing the cells to function at a higher level! Yes please! Let's take a look at some of their core supplements.

- **Master Formula:** a full-spectrum, multinutrient complex, providing premium vitamins, minerals, and food-based nutriment to support general health and well-being. By utilizing a Synergistic Suspension Isolation process (SSI technology), ingredients are delivered in three distinct delivery forms. Collectively, these ingredients provide a premium, synergistic complex to support your body.

- **Life 9:** a proprietary, high-potency probiotic that combines 17 billion live cultures from nine beneficial bacteria strains and helps promote healthy digestion, supports gut health, as well as maintains normal intestinal function for the overall support of a healthy immune system (perfect for older children that can swallow capsules)
- **NingXia Red:** a powerful, whole-body supplement loaded with superfoods that support normal eye health, energy levels, and the immune system. It contains whole Ningxia wolfberry puree plus aronia, cherry, blueberry, plum, and pomegranate juices and extracts as well as Lemon, Orange, Yuzu, and Tangerine essential oils.
- **Super C:** plays a role in normal immune and circulatory functions, helps to strengthen connective tissues, and promotes overall health, vitality, and longevity.
- **Super Vitamin D:** plant-based, highly absorbable, vegan friendly, and completely synthetic free. This source of vitamin D helps support bone growth, healthy muscle, mood and hormone regulation. It also plays a key function in respiratory health, and through its innate and adaptive defense mechanisms, supports the body's respiratory immune system.

This list doesn't even touch the surface with the amount of supplements Young Living carries. They have supplements to support nearly every part of your body. Start with a few and build from there! And of course, just to remind you, I am not a doctor. I am not here to treat or diagnose you. Gather your research and discuss these options with your healthcare provider.





## Laundry Room

Just like the kitchen and the bathroom, the laundry room has the potential to hold a LOT of dangerous chemicals in laundry soaps, detergents, softeners, dryer sheets, stain removers and more. We breathe in those chemicals as the laundry is being washed and dried AND we can even be absorbing them as we wear our clothes and snuggle into our blankets and towels. Ahhh! Why risk things like skin, nose, throat, and lung irritation or long-term effects to our organs and hormones? Some of these dangerous chemicals have even been linked to cancer yet they're still readily available to us and marketed as "safe" and "normal."

Thankfully, Young Living wants nothing to do with those chemicals and has given you a legitimately SAFE solution with **Thieves Laundry Soap**. It is made of plant-based ingredients and leaves no chemical or synthetic residue so you can snuggle up with NO worries! It contains natural enzymes and cleaning agents and of course, the most powerful essential oils on the planet. Your clothes will be fresh and clean and left with a light citrus scent, not a heavy perfume. The best part about this soap is that it's concentrated so a little goes a long way! You can get 64 loads with just one 32-ounce bottle, making it economic AND a safe alternative for your family.

What about those dryer sheets? Toss them... **in the trash!** You can replace them with dryer balls and essential oils. It's such an easy switch! Add 3-5 drops of your choice of essential oil to each dryer ball and freshen up that laundry. **Tip:** add the oils to the balls at the *end* of the cycle and let them toss for 5 minutes for best results.

What about stains? Try this recipe using a couple Thieves products and Lemon essential oil.

### **DIY Stain Spray**

- ¼ c Thieves Laundry Soap
- 2 TBSP Thieves Household Cleaner
- 10 drops Lemon
- Distilled water

Add ingredients to 8 oz. spray bottle. Mix well and use on stains as needed.

Want a little extra fragrance in your laundry? Don't do it with synthetic ingredients. Let's use the real deal. Check out this easy recipe!

### **Laundry Scent Booster**

- 1 ½ c epsom or sea salt
- ½ c baking soda
- 20-30 drops essential oil(s) of choice

Combine ingredients and stir well. Let air dry and transfer to a glass jar with a lid. Add 2-3 TBSP to the washer before adding clothes. Add in laundry detergent as usual. Enjoy!



## Get the Best Deal

Make sure you are getting the best deal on all these items I mentioned by setting up a personalized account with Young Living. Better yet - shop on Loyalty Rewards and save on all these!!

**If you're unsure if you have an active Young Living account, please reach out - I would LOVE to help!**



Before we wrap this class up, I think it's really important to mention that when you set up a personalized account with Young Living, you not only get a quality product you get a quality community. That community is made up of people like you and me - people who want to be living their best life and create a happy, healthy home for their family to reside in.

That community exists for support, education, ideas, recipes, and friendships - so take advantage of it and plug into it. Bring your findings and connect to others on this journey! You might be surprised what relationships form. Some of my best friends have come from that community and have been such a blessing for my family. Get connected - it's worth it!



Thank You

Thank you so much for jumping in here with me and taking a look at what Young Living has to offer. I truly believe these oils and products need to be in every home, starting with yours and mine. This is a journey; we all have our own road to wellness. Where will you start?

### 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.
- In compliance with FDA regulations, Young Living is no longer using 100% Pure or Therapeutic Grade coined phrases when speaking about their oils or products; however, you will still find the same premium essential oils you expect from Young Living backed by their Seed to Seal® quality commitment.
- When you are ready to purchase, click [here](#) to sign in and order.

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