

# Share Scents News

Essential Oils for Every Day and Every Body

## Super Mom to the Rescue!

It's often said that it takes a community to raise a child. Yes, many people do help shape the character and personalities of our children. But MOM is most often the central influence and gatekeeper of the family unit. In our society today, mom usually wears many hats, while also holding a job outside the home in addition to her parenting duties.

One report listed the salary value of a stay-at-home mom at \$162,000. I'm sure most moms would agree that they should be considered superheroes and worth that or more! I agree!

Once Gary Young understood the priceless value of essential oils, he dedicated his life to bringing essential oils to every home in the world. He often said, "I won't sell you a product that I wouldn't give to my own wife or children." He only accepted perfection and made sure every product was scientifically researched and 100% safe with the best research and technology currently available.

We think that this is the perfect time for you to be given tools that will assist you with your job just before the school year kicks into full gear.

It's not easy being MOM! With all the demands our families make on our time and energy, it's easy to feel like we need a superhero cape to get the job of "MOM" done right!

In this newsletter, we'll look at some amazing products that every supermom needs to have at her disposal to keep the family healthy, happy and operating at peak performance!

Let's get started!



### Young Living's Guarantee to Families

Young Living farms stand apart in the essential oils industry and set the standard worldwide for planting, growing, harvesting, distilling, and producing essential oils. That's why YL's farms play such an integral role in the Seed to Seal® quality commitment to provide pure, potent essential oils to homes across the world.

The company has invested unprecedented time and resources to ensure that its quality standards are prioritized at EVERY corporate-owned farm, partner farm, and Seed to Seal-certified suppliers, so **your** home and family get the very best nature has to offer.

As the world leader in essential oils, YL is constantly expanding and improving their farms and global partnerships while staying committed to the Seed to Seal quality commitment. With locations on six continents and more than 25 open markets, Young Living's global presence is undisputed. With unprecedented global growth, YL is committed to creating pure, potent essential oils and products through environmentally conscious methods while it continues to grow.

## What Is An Essential Oil?

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.



Essential oils can help support our physical, mental and emotional well-being by triggering and strengthening our bodies' own natural processes.

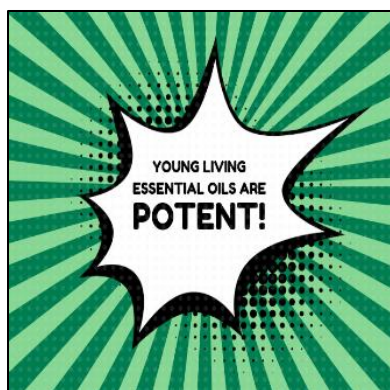
They are made up of tiny molecules that can deliver restorative

properties to the systems that control our physiological state. The molecules of essential oils are so small and so efficient, they have the ability to affect every cell in your body in 20 minutes, and then be metabolized like other nutrients.

## How Powerful Are Essential Oils?

Let's make it simple. **LESS IS MORE!**

Essential oils are highly concentrated. For example, one drop of peppermint essential oil packs the same punch as 28 cups of tea made from the dried leaves of a peppermint plant! Now that's potent! POW!!!



Because oils are so powerful, the little bottles of liquid gold last a very long time and go a long way. Often a drop is enough to notice immediate benefits in the body. For example, one time I put a single drop of peppermint on my big toe and within three seconds I could taste it in my mouth. And I did not lick my finger!!!

The molecules of essential oils are so tiny that they can cross the cell barrier and penetrate right down to the DNA level in the cells. So on a side note, that's why it is so very important to have 100% pure, unadulterated essential oils from a company you can trust 100%, because if the oil has any impurities at all, they could be carried into your cells and body along with the essential oil, and that certainly would not bode well for your wellness!

## Should I Dilute?

Because pure essential oils are so potent, it is often recommended that you dilute them with what is called a carrier oil. Essential oil molecules are very tiny. But there is another type of oil you are probably more familiar with. That's what is commonly called a "fatty oil" – think olive oil, coconut oil, or avocado oil are examples! They are not absorbed as quickly or easily into your skin. So, they will slow down how fast an essential oil is carried into your cells.

Something about oils you should know... Never try to dilute an essential oil with water.

Remember, oil and water don't mix. So for example, if you were to accidentally get some peppermint oil in your eye, it's going to sting like the crazy! Keep calm! You're not going to die or go blind! But do not (and I repeat do not) flush your eye out with water. Why, because your body is lipid and the essential oil is lipid. Lipid seeks lipid. So, adding water will drive the oil deeper into your body. OUCH! Instead, grab some olive oil or any other fatty oil and slather that on. The essential oil will be drawn out toward the fatty oil and voila, you'll be soothed and comforted after your little oops!



## Skin Support

Probably one of the most common uses of essential oils is for skin support. Let's face it, kids are constantly needing something soothed on their delicate skin! Some of my favorites include Lavender, Purification, and Melrose. Every mom needs these. I also want to mention the prediluted KidScents oil called OWIE! The name says it all!

Now I'm not going to go into specifics of why I love these four oils in my first aid kit. But Dr. Google will

surely be able to give you some good information for why I picked them.

Here's the deal, I suggest you get access to some of the reference materials readily available and read up on these oils and others we will be talking about next. That knowledge will serve you well when you need to put on your SUPERMOM cape!





## Attitude Support

When it comes to “attitudes,” the three oils listed here will be your besties! Peace & Calming, Joy and Vetiver.



Let me tell you a quick story. One time we were on a plane trip and there was this crying baby. Yep, we've all been there, right! He just wouldn't stop crying.

Poor mom and dad. I felt so bad for them and the entire plane was getting weary of the feverish screaming. Finally, I got up enough nerve to get out my bottle of Peace and Calming and walk back to the parents. I said I had an essential oil that might help calm the little one down. Mom was reluctant but dad enthusiastically agreed! One drop on his hand and he rubbed it on baby's tootsies. Within SECONDS, baby stopped screaming and fell fast asleep! The lady behind them mouthed to me "THANK YOU" as I returned to my seat, and the mood on the plane was much better after that!

Now there's another oil I highly recommend. It's called Gentle Baby. Again, the name says it all!

## Healthy Immune Support

We always want everyone in the family feeling their best. But the reality is, it just doesn't happen that way! From time to time someone isn't going to be at the top of their game. Once I discovered the power of essential oils to help me and the family feel our best on a consistent basis, I never looked back at the things I used to turn to for help!

I love the natural life-giving support available from essential oils, and the wide variety of scientifically researched supplements available from Young Living.

NingXia Red is my number one go-to and has been my trusty assistant for many years. I know many a mom who



swears by it as one of the “best things that has happened to help keep the family healthy. It tastes great and kids love it! We can keep it a secret that it's good for them!

## Sleep Support

What mom hasn't had the challenge of getting little ones to fall asleep on HER schedule when they have THEIR OWN agenda in mind?! I think I've heard every excuse in the book for delaying bedtime! Unfortunately, I didn't know about how great essential oils work at bedtime until I became a grandma. Well, let me tell you, Peace & Calming is the bomb when it comes to settling things down in the evening or at naptime. Lavender and Cedarwood and Rutavala are also very powerful. And let's remember the special KidScents oil called Sleepyize!

Any of these with a little foot rub will help call in the sandman pronto! Honest! I wouldn't kid around about something like that! Another great way to set the evening mood is by diffusing some calming oils! I'm so thankful for the unlimited options to call into action at bedtime! How about you?



## Digestive Support

Tummy aches are another time when SUPERMOM must come to the rescue. Kids often have more sensitive tummies and sometimes we forget that.

Spearmint Vitality, Copaiba Vitality and DiGize Vitality to the rescue! And hey, these are great for moms and dads too! Just sayin'!

But there is also another KidScents Oil called TummyGize that is prediluted, and you're going to want to keep it on hand! It's even safe to let the kiddos rub it on their tummies themselves and when they participate in the wellness process, that makes them feel better even faster!



## Enjoying the Outdoors



No matter what the season, getting out in the fresh air is one of the best ways to stay healthy. When we get moving, our bodies just work better. But sometimes we need a little

extra support outdoors too. Maybe we need to cool down, or soothe tired muscles, or breathe easier. I've found Lemon, Lavender, and Peppermint to be great friends to me and my family. A KidScents oil you also may want to check out is Snifflease. It's made just for kids and like all the other KidScents oils, it's pre-diluted!

## Healthy Ears, Nose & Throat

Right along with breathing better and moving better, are three more oils that you'll appreciate for healthy ears, nose and throat: Tea Tree, Lavender, and Melrose. And of course, **Snifflease** is another great companion for those littles! All of these really are great for keeping those tiny little openings – well... open! Sure is worth a try, right?

On a side note, did you know that your sense of smell is unique to all the other senses? That's because it has a **DIRECT** connection to the control center for your body without having to pass through the brain and any thought process. It's a direct chemical reaction from the olfactory bulb above your sinuses to the amygdala (the emotional center of the brain). This area of the brain sends out chemical messages to the rest of the body without thought

being involved. So that's why aromatherapy is so amazing, and fast and effective! Is it time retrain yourself to think of oils **FIRST?**



## Odor Control

Sometimes kids just stink! What? Yes, it's true. So how can a **SUPERMOM** keep the house, herself and her littles smelling sweet? Hey, you guessed it! Essential oils save the day! No more of those harmful chemicals in my house!

I love to diffuse oils and it's so much fun to switch up the oils I put in my diffuser. When it comes to getting rid of nasty, fishy smells, you can't beat Purification or Citrus Fresh in my book! And if you prefer a floral scent, Lavender combined with Lime is a great go-to. And there are a lot of other options. Just experiment and have fun with your oils! It won't be long until you discover your family's favorites.



## Supermom Support

Have you started to discover just how versatile these precious essential oils are? I hope so.



At the end of the day, do you just want to crash and shed your cape and superpowers and recharge? Of course!

Check this list for ideas to help keep your stamina,

courage, and body strong and ready for whatever comes next. We've had other classes that focus on various aspects of women's health. You can check them out in our Classroom Units. But this list will give you some quick ideas.

And remember, that nutritional support I mentioned with NingXia Red? I love to mix my NingXia with Pure Protein Complete to start my day off right! It's a tip you'll thank me for later! Every **SUPERMOM** needs these two friends pulsing through her body every day!





I really believe every mom is a SUPERMOM! I'm so glad I discovered the secret weapons of essential oils. Check out my personal list! Maybe they will be some of your favorites too. Or maybe you have your own list of favorites!

MUST HAVES	HELPFUL OILS	FOR SUPERMOM
<ul style="list-style-type: none"> <li>• Lemon</li> <li>• Lavender</li> <li>• Peppermint</li> <li>• Thieves Vitality</li> <li>• Purification</li> <li>• Copaiba Vitality</li> <li>• Raven</li> </ul>	<ul style="list-style-type: none"> <li>• Peace &amp; Calming</li> <li>• Joy</li> <li>• Frankincense Vitality</li> <li>• Digize Vitality</li> <li>• Spearmint Vitality</li> <li>• Melrose</li> <li>• Tea Tree</li> <li>• Vetiver</li> </ul>	<ul style="list-style-type: none"> <li>• Valor/Valor II</li> <li>• Cedarwood</li> <li>• En-R-Gee</li> <li>• EndoFlex</li> <li>• Ningxia Red</li> <li>• Pure Protein</li> </ul>

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## Getting You Started . . . Today

**WHOLESALE MEMBERSHIP**

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When I started checking out essential oils, I wasn't really sure about it. Do they work? Are they a fad? Are they safe? Can I afford them? Why would I even want to change what I am currently doing?

Well, one of the things I discovered is that you can't just expect one oil used occasionally to transform you into SUPERMOM. It's a lifestyle. A healthy one. If you want to be SUPERMOM, you have to eat right, move right, live right and start the process of eliminating the things from your life that are unhealthy. I started by purchasing a couple of oils at the retail price. I wanted to test them out. It took a while, but I did finally figure out that the best option is to purchase these products at wholesale pricing. That's what I recommend for everyone now.

Let me put it to you this way: Now that you can see how Young Living can change your family's future, why wouldn't you want to get the products at wholesale pricing? And the one of the amazing Starter Bundles that fits your need. Don't over think this! Let's look at what's in one of the kits...

Here are some great resources I recommend for every SUPERMOM

**SOURCES**

- Youngliving.com
- Gentle Babies - Debra Raybern, ND
- Essential Oils Desk Reference by Life Science Publishing
- Personal Experience



## Super Mom Quick Reference Guide

### POWERFUL

Essential Oils are highly concentrated; Dilute when starting out and based on child's size and age.

### DILUTE WHEN

- Using an oil for the first time
- Sensitive skin
- Applying on infants and children
- When it is a "spicy" or "hot" oil (peppermint)
- When the oil recommends dilution
- When you KNOW best

### DILUTE WITH

- Young Living's V6 – *recommended*
- Organic Coconut Oil
- Organic Almond Oil
- Organic Avocado Oil
- Organic Olive Oil

### SWEET DREAMS

How to Use: Rub 1 – 2 drops to bottom of feet. Mix with Epsom salts in bath water. Diffuse 15 – 20 minutes before bedtime.

Supporting Oils:

- Lavender
- Cedarwood
- Rutavala
- Peace & Calming

### ENJOY THE OUTDOORS

How to Use: Blend all & place 1 - 2 drops on wrist, behind ears, & bottoms of feet. Diffuse/inhale as needed to enjoy the outdoors.

Supporting Oils:

- Lemon
- Lavender
- Peppermint ( not for children under age 5)

### SKIN SUPPORT

How to Use: Apply 1 - 2 drops as needed on location.

Supporting Oils:

- Lavender
- Purification
- Melrose

### HEALTHY IMMUNE SUPPORT

How to Use: Add 1 drop of each to water, juice or your daily shot of NingXia Red. Or mix with a spoonful of honey or warm water.

Supporting Oils:

- Thieves Vitality
- Frankincense Vitality
- NingXia Red

### HEALTHY EARS, NOSE & THROAT

How to Use: Add 1 drop to earlobes, around outside of the ears, & neck. Add 1 drop to cotton ball & place in opening of ear. Diffuse as needed.

Supporting Oils:

- Tea Tree
- Lavender
- Melrose

### ATTITUDE SUPPORT

How to Use: Rub 1 – 2 drops on bottom of feet, along spine and /or back of neck. Diffuse as needed.

Supporting Oils:

- Peace & Calming
- Joy
- Vetiver

### DIGESTIVE SUPPORT

How to Use: Add 1 drop to water or juice in the morning for all-day support. Use as needed.

Supporting Oils:

- Spearmint Vitality
- Copiaba Vitality
- DiGize Vitality

### ODOR CONTROL

How to Use: Drop onto cotton balls and toss them anywhere prone to stale odors, like shoes, closets, cabinets, basements and vents, gym bags, sports equipment.

Supporting Oils:

- Citrus Fresh
- Purification
- Lavender

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