

*Welcome to the family!*



# Seed to Seal

Young Living has provided its members with a Seed to Seal quality commitment for over 25 years! This promise consists of three pillars - **Sourcing, Science,** and **Standards.** You can trust that Young Living is providing you with products of the highest quality and purity - from the seed to the sealed bottle. This guarantee is why you don't buy oils anywhere else!

## • Sourcing

- Products are sourced from corporately-owned farms, partner farms, and Seed to Seal certified suppliers to ensure consistency, quality, and conservation.

## • Science

- Between 50 highly-trained scientists, two corporate quality labs, and 12+ independent partner labs, Young Living does meticulous quality testing and retesting to ensure your products are as pure as nature intended.

## • Standards

- Young Living takes the responsibility of stewardship very seriously. From ethically sourcing and producing pure ingredients to going above and beyond to comply with local environmental rules and sustainable growing practices, they have set a high standard that you can trust.



SOURCING

We source from our corporate-owned farms, as well as carefully selected partner farms and Seed to Seal



Young Living  
PEPPERMINT

100% Pure  
Essential Oil  
1.33 FL OZ (38 mL)



SCIENCE

While our product quality starts in the fields, it's proven in the lab. Seed to Seal is a rigorous, multi-step



STANDARDS

As the leader of the industry, we set the standard and a third-party audit firm verifies the quality of our

# Essential Oil Safety & Usage

## Aromatically

Get those oils in the diffuser or directly inhale them from the bottle. Start with a few drops and add more if you want.



## Internally

Get those oils in your food and water! Add a burst of flavor and get all the health benefits from Vitality oils. Start with just a drop (or a toothpick tip) and add more if desired. Enjoy your oil-infused supplements too!



## Topically

Get those oils on your body! Your body is smart and knows what to do with them. When in doubt, dilute with a carrier (coconut, YL's V-6, grapeseed, etc.) and apply to the feet first. Start slow and give your body time to adjust.



# Quick Reference Guide

**LAVENDER**  
promotes healthy skin & encourages relaxation



**PANAWAY**  
provides a refreshing, cooling sensation when applied or inhaled



**FRANKINCENSE**  
helps maintain the appearance of radiant skin; elevates your spiritual & meditative practices



**STRESS AWAY**  
promotes a relaxing, calming environment



**RAVEN**  
promotes deeper breathing with its naturally occurring menthol and eucalyptol



**VALOR**  
promotes a positive attitude & grounded environment; improves the appearance of skin



**LEMON VITALITY**  
supports the digestive, lymphatic, and immune systems



**PEPPERMINT VITALITY**  
aids in digestion; perfect for a breath freshener or food & drink additive



**THIEVES VITALITY**  
supports the immune system, oral health, & whole-body wellness



**CITRUS FRESH VITALITY**  
contains cleansing & antioxidant properties; invigorating citrus flavor



**DIGIZE VITALITY**  
contains antioxidant properties & supports digestion



**PEACE & CALMING**  
promotes a relaxing, calming environment



**SAME OIL, SAME QUALITY - DIFFERENT LABEL**

Dietary/Internal Use



VS



Topical/Aromatic Use



# Diffuser Recipes

Pour water into your diffuser to the fill line and add the indicated number of drops. The owner's manual comes with further instructions if you need them. Enjoy!



## *Great Outdoors*

- ◆ 3 drops Peppermint
- ◆ 3 drops Lavender
- ◆ 3 drops Lemon

## *Relax & Reset*

- ◆ 4 drops Frankincense
- ◆ 3 drops Stress Away
- ◆ 2 drops Valor

## *Seasonal Wellness*

- ◆ 4 drops Thieves
- ◆ 3 drops Lemon
- ◆ 2 drops Frankincense

## *Fresh & Clean*

- ◆ 3 drops Citrus Fresh
- ◆ 3 drops Lemon

## *Breathe Deep*

- ◆ 3 drops Raven
- ◆ 3 drops Lemon
- ◆ 1 drop PanAway

## *Just Sleep*

- ◆ 3 drops Peace & Calming
- ◆ 3 drops Lavender

# Roller Recipes



Add essential oils of your choice to an empty 10 ml roller bottle and top with a liquid carrier oil. It's that easy!

## Breathe Easy

- ◆ 10 drops Raven
- ◆ 10 drops Peppermint
- ◆ 5 drops Lavender

## Well Rested

- ◆ 12 drops Lavender
- ◆ 8 drops Frankincense
- ◆ 6 drops Valor

## Be Well

- ◆ 15 drops Thieves
- ◆ 10 drops Frankincense
- ◆ 5 drops Lemon

## Muscle Love

- ◆ 15 drops PanAway
- ◆ 10 drops Peppermint

## Just Chill

- ◆ 15 drops Peace & Calming
- ◆ 15 drops Stress Away

## Happy Tummy

- ◆ 20 drops DiGize
- ◆ 10 drops Peppermint



# Vitality Recipes

Add essential oils listed to an empty vegetable capsule (sold by YL) or beverage/food item and enjoy!

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## 'Belly Buster' Capsule

- ◆ 3 drops DiGize Vitality
- ◆ 3 drops Peppermint Vitality
- ◆ Carrier oil, if desired

## 'Ucky-Yuckies' Capsule

- ◆ 4 drops Thieves Vitality
- ◆ 3 drops Lemon Vitality
- ◆ Carrier oil, if desired

## 'Keep Calm' Capsule

- ◆ 6 drops Frankincense Vitality
  - ◆ 2 drops Citrus Fresh Vitality
  - ◆ Carrier oil, if desired
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## Peppermint Brownies

Add four drops of Peppermint Vitality to a box mix of brownies while preparing. Bake & enjoy!

## Oil-Infused Water

Add one drop of Lemon Vitality or Citrus Fresh Vitality to a glass or stainless steel cup of water and feel refreshed!

## Wellness Tea

Add one drop of Thieves Vitality and one drop of Lemon Vitality to a spoonful of honey; stir. Add that to a mug of hot water or tea and stay above the wellness line!



# Loyalty Rewards

*Create your wellness lifestyle...  
one box at a time!*

Health, wellness, and oil-infused goodness delivered right to your door each month - and you get to decide what to put in the box! You can also change the processing date from month to month if needed. It's completely customizable!

## THE PERKS

- ◆ Earn 10-25%\* back in Loyalty Rewards points for every 50 PV + loyalty order, which can be used on future one-time order
- ◆ Loyalty gifts at 3, 6, 9, 12 months, & annually thereafter
- ◆ Freebies starting at 100 PV order totals
- ◆ Access to exclusive discounted bundles

*\*percentage increases with  
consecutive monthly ordering*





# More Than Oils

Did you know that Young Living has over 600 products?  
Add these favorites to your wish list!

## PERSONAL CARE

includes oil-infused hair, facial, body, and dental products



## KIDSCENTS

an entire line of kid-friendly supplements, personal care products, and pre-diluted oils



## SUPPLEMENTS

a large variety of oil-infused supplements helping you meet all your nutritional needs



## MEN'S CARE

Shutran-infused products designed with men in mind



## SLIQUE

a powerful line of weight-management products designed to help you achieve your fitness goals



## ANIMAL SCENTS

an entire line of pet-friendly oil blends, body care products, and treats



## SEEDLINGS

an entire line of pure, gentle products infused with baby-safe essential oils



## ROLL-ONS

a variety of customer favorites perfect for on-the-go use



# Sharing Made Simple

Once you fall in love with your Young Living products you'll want to share them with others! Referring your friends to set up their own Young Living account not only makes a difference in their lives, but it can change yours too.\*

- 💧 Use your YL products daily to create personal testimonies.
- 💧 Explore products outside the starter bundles to build on those testimonies.
- 💧 Use your products in front of others.
- 💧 Meet the needs of others with a YL oil or product.
- 💧 Share authentically in person or on social media.

1. Become a Brand Partner & refer others to unlock their 24% discount.
2. Help them set up a loyalty order and earn rewards.
3. Teach them how to refer others & set up their own loyalty orders.



*Note: Customers can refer people to purchase from YL but are not eligible to earn an income unless they choose to become a Brand Partner by purchasing a Business Essentials Kit. Visit [www.youngliving.com/IDS](http://www.youngliving.com/IDS) for more information.*

# Income Potential

according to the 2018 Income Disclosure Statement...

YOUNG LIVING MEMBER RANK	ANNUAL AVERAGE INCOME
Royal Crown Diamond	\$1,645,692
Crown Diamond	\$623,708
Diamond	\$331,623
Platinum	\$121,070
Gold	\$50,706
Silver	\$16,382
Executive	\$3,623
Senior Star	\$1,477
Star	\$251
Distributor	\$3

What  
annual  
income  
would  
change  
the way  
you live  
your life?

Learn more here: [https://www.youngliving.com/en\\_US/opportunity/income-disclosure](https://www.youngliving.com/en_US/opportunity/income-disclosure)



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