

Self-Care with Essential Oils

Self-Care At-A-Glance with the Premium Starter Bundle

Mental & Emotional

Diffuse to feel balanced and stress-free.

Exercise:

Apply topically after workout.

Diffuse before your workout.



↑
Sleep, Calming, & Relaxation

Diffuse while reading a book or sleeping.

Support body systems with the Vitality line.

Daily Nutrition

Add a drop of each to your NingXia Red.



↑
Exercise:
Add to your glass water bottle.

So many ways to use your oils...

Aromatic

- Diffuse your favorite oils
- Inhale directly from the bottle
- Add to your laundry to enjoy all day long



Topical

- Dilute with a carrier oil and apply to skin
- Make a roll-on for easy application



Internal

- Add a drop of oil to a vegetable capsule for a daily supplement
- Add a drop to sparkling water
- Add to your favorite food dish

Subscribe to Save All-Star Wish List

Make a list of Young Living oils & products you want to try next:

Sleep, Calming, & Relaxation:

Daily Nutrition:

Exercise:

Mental & Emotional:
