

WELCOME TO THE

# Make a Shift Class!



One shift here leads to another shift there, and pretty soon you have tools in your toolbox for your daily wellness needs, for a truly clean home, for handling the bumps in the road, and for having fun and savoring each and every season.

# Are you ready

FOR SOMETHING TO CHANGE?



> **START SMALL**

> **TAKE BABY STEPS**

> **COMMIT TO CONSISTENCY**

A lot of times our brains think in a black and white scenario. If we have natural options we can't use conventional ones. And while our goal is to have as low-tox of a lifestyle as possible, we still live in the real world!

# A HOLISTIC VIEW OF HEALTH



Sometimes it just takes a small shift in our thinking to get us where we want to be.

Essential oils are truly fascinating – they are a way to harness the incredible power of nature! Essential oils are the aromatic compounds naturally found in shrubs, flowers, roots, leaves, stems and other parts of plants.

essential oils



## Make a Shift: Essentials Solution Kit



Make a shift with the Essential Solutions Kit! This is your easy button friend. This curated collection includes some of the most popular products for replacing harsh chemicals, freshening your home, or enhancing your daily wellness routines. It is a great first step towards a more natural, holistic lifestyle.

## The Convenience of Topical Oils



- Deep Relief Roll-On
- Stress Away Roll-On

One thing we love about Young Living is the pre-diluted roll-on options – just open and go! So easy to use and so effective. It doesn't get much better than that!

Not all essential oils are created equally, and we only want the good stuff for our health and our homes! We love having the option to ingest oils because we know that Young Living has the highest standard when it comes to quality.

## The Safety of Ingesting Pure Oils



- Thieves Essential Oil
- Peppermint Essential Oil

Ingesting essential oils is like having herbal remedies right at our fingertips – but without the huge capsules that herbs tend to come in! This is because herbs are dried plant matter, so it takes a lot of it to get the response we need.

I think just about everyone loves the feeling of a cozy candle in the fall or the fresh, crisp scent of an air freshener in the spring. It makes us feel comfortable in our spaces and cleanses the air around us. Scent is also a huge part of feeling safe, calm, focused, and relaxed, and we are able to achieve both those things with diffusing!

## The Power of Diffusing Oils



- Lavender Essential Oil
- Purification Essential Oil

Diffusing is a wonderful health habit! Not only does it give your entire space the feeling you desire, you get all the benefits of inhaling the pure essential oils you are diffusing – immune support, respiratory soothing, calming and relaxing, focus and attention – win win!



THE PROBLEM WITH THAT

# Grocery Store Essential Oil



Essential oils are everywhere these days (they are finally getting the hype they deserve!) – but that doesn't mean that all the oils you see around are created equally.

In fact, if you have tried oils before but didn't get the results you wanted, it was likely because you were using poor quality oils. (And if it was a Young Living oil, you just likely just needed to use it more frequently and consistently!)

# Make a Shift: Daily Wellness Kit



If you are feeling the stress of life, are dragging when it comes to energy, need some solid nutrition as a wellness foundation, or are wanting to flood your body with good things, then this is for you!

# The Difference in a Well-Nourished Body

➤ NingXia Red

Oh, NingXia Red. This supplement does so much for our bodies that it's hard to know where to start!

Besides helping with natural energy, NingXia Red has some amazing health benefits! It supports glowing skin, healthy hair, immune and hormone health, and is the highest known protection against the dangerous superoxide free radicals. It's an antioxidant powerhouse.



# Making Nutrition Fun

- Lime Essential Oil
- Orange Essential Oil
- NingXia Recipes

You put the Lime in the coconut and add some NingXia Red...

That's how the song goes right?! Either way, we believe that wellness can be fun - and tasty! So we love adding in Lime and Orange Vitality oils into our routines.



# Brain Power and Energy

## ➤ NingXia Nitro

Say goodbye to brain fog with NingXia Nitro! We're not kidding when we say that this little wellness shot is clarity in a bottle. Alertness, physical fitness, energy.

Who doesn't want (and need!!) those things?!

NingXia Nitro is a delicious, energizing wolfberry drink infused with essential oils, botanical extracts, D-ribose, Korean ginseng, and green tea extract. These incredible ingredients work together to support alertness and cognitive and physical fitness.



## Make a Shift: Happy Healthy Home Kit



Did you know that cleaning products are a common cause of issues like eczema, asthma, migraine headaches, decreased immunity and more? None of us want these things for ourselves or for our household, and making a shift to a happy, healthy home can be so so easy.

# WHAT'S LURKING in Your Cabinets?



Have you heard the term 'greenwashing'? It is when companies throw catch phrases or use certain packaging to trick consumers into thinking they are purchasing a natural product, when in reality, what they are buying isn't natural at all. Unfortunately those 'natural' cleaning brands on the store shelves do this.

We've already mentioned how companies greenwash their products and make us think they have natural ingredients when they still contain fragrance, dyes, triclosan or other endocrine disruptors, and synthetic ingredients. This is true for dish and laundry soap too!

*Reducing the Toxins We're Absorbing*



- Thieves Dish Soap
- Thieves Laundry Soap

Since these two products are ones that we come in contact with every single day, making a shift to a natural, low-tox product can have a huge impact when it comes to reducing your overall toxic load!



## A Clean Home



- Thieves Household Cleaner
- Thieves Kitchen & Bath Scrub

How would it feel to only have 2 or 3 bottles of cleaner under your kitchen sink? How calming would it be to only have to grab one bottle of cleaner for your whole home? Wouldn't it feel so great to open those cabinets and see a tidy, organized set of just a few items you can grab and clean anything and everything??

## The DIY Dream



- Thieves Essential Oil
- Lemon Essential Oil

(ALL THE POSSIBILITIES FOR  
CREATING DIY HOME, HEALTH,  
AND SKIN PRODUCTS WITH OILS)

Whether you are an avid DIYer or more of a DI-buyer, you will love the versatility and ease of having Thieves and Lemon essential oils in your arsenal – for your home, your health, your skincare routine, and more!

ORDER TODAY

and I'll gift  
you this!

