



Everything You Need to Know

*A complete guide to getting
started with essential oils*



Essential Oil Basics

What Are They?

Essential oils are the lifeblood of the plant. They are the plant's immune system protecting them from viruses and bacteria. They work the same way in our bodies, because we share a majority of our DNA with plants.

Essential oils are made up of tiny molecules which penetrate the skin and cell walls, bringing with them oxygen and other therapeutic benefits. In fact, essential oils can affect every cell of the body within 20 minutes! Amazing!

Essential oils contain oxygen and are very powerful antioxidants and help to detoxify the body. Essential Oils were mankind's first medicine! They have been around since Biblical days, in fact, they are mentioned 188 times throughout Scripture.

Today, they are still used to bring emotional, physical, and spiritual health and healing to the body. Correctly harvested and distilled oils will maintain those benefits, rather than damaging them.

Why Choose YL?

Most of the oils found on the shelves of grocery stores are not pure oils and have synthetic ingredients like propylene glycol (found in anti-freeze) and other fillers in them. You can not ingest them and, in fact, you need to call poison control if you do.

Young Living was started over 25 years ago and is the only company in the world that's NOT an oil broker. YL owns its own farms and distilleries, uses non-gmo seeds, and beyond organic farming practices. Their oils are so pure, that you can ingest them safely, and in fact there are many benefits to doing so!

Young Living is trusted in hospitals and research centers around the world. They are the first company to pioneer combining pure essential oils into supplements. This is significant because when you take a supplement with oil, it helps increase the absorption rate by over 50%.

Click the link to learn more about [**SEED TO SEAL**](#)

Topical Use



Topically means adding a couple of drops on the skin. Remember that awesome fact that was shared above?

Essential oils are made up of tiny molecules which penetrate the skin and cell walls, bringing oxygen and therapeutic benefits. In fact, essential oils can affect every cell of the body within 20 minutes!

You can apply it directly to the skin by dropping a few drops on. It is recommended to dilute with a carrier oil like V-6 or coconut oil for spicy oils, as well as for little ones.

Another way to use topically is by adding oils + a carrier oil into a roller bottle. These are some quick, easy blends that you can try:

ROLLER BLENDS

add oils to a 10ml roller + fill to the top with a carrier oil

Pick Me Up

10 drops Peppermint
10 drops Citrus Fresh

Sleep

10 drops Frankincense
10 drops Lavender

Yo Chill

10 drops Peace + Calming
10 drops Valor

Fresh Morning

5 drops Peppermint
10 drops Lemon

Breathe Deep

10 drops Raven
10 drops Lemon

Beach Dreams

8 drops Thieves
10 drops Stress Away

Happy + Calm

10 drops Valor
10 drops Lemon

Immune

10 drops Thieves
10 drops Frankincense

CARRIER OILS + ROLLER BOTTLES

The best place to purchase roller bottles to start is from Etsy, or Amazon. Recommended carrier oils are Young Living's V-6, Avocado oil, or Fractionated Coconut Oil.

Aromatic Use

To use aromatically, put a few drops in your hands. Then put your hands up to your nose and inhale deeply for a minute, letting those little molecules travel to the limbic system of the brain where memories and emotions are processed, and pay attention to the feelings that accompany each oil.

Another way to use your oils aromatically is by using a diffuser. A cold-air diffuser is designed to atomize a microfine mist of essential oils into the air, where they can remain suspended for several hours. Cool huh?

Diffused oils alter the structure of molecules that create odors, rather than just masking them. That's why diffusing is one of my favorite ways to use oils!

DIFFUSER RECIPES

Refresh

3 drops Stress Away
2 drops Lemon

Immunity

4 drops Thieves
2 drops Frankincense

Wake Up

3 drops Lemon
2 drops Peppermint

Sweet Dreams

3 drops Frankincense
2 drops Lavender

Chill Out

3 drops Valor
3 drops Frankincense

Breathe

4 drops Raven
2 drops Peppermint

Unwind

3 drops Peace + Calming
2 drops Lavender

Fresh + Clean

3 drops Citrus Fresh
2 drops Thieves

Seasonal

2 drops Lavender
2 drops Peppermint
2 drops Lemon



Internal Use

Using Essential Oils internally is one of the best ways to use them. Before we share how, **please note:** that the *only* Essential Oils we recommend ingesting are Seed to Seal® Premium Essential Oils from Young Living. Remember that Seed to Seal video? That is why we trust these oils, and only these oils, to use internally.

Add a couple of drops to a glass of water and drink for health benefits. **Make sure** you use a glass or stainless steel cup when adding oils to drinks. (ask me how I know...)

You can also add a few drops in vegetable capsules for added benefit. Or grab some supplements. YL offers a HUGE Essential Oil infused Supplement Line. Bioavailable? The BEST Ingredients? **YES PLEASE!**

Some of our favorite capsule recipes -

Seasonal

2 drops Lavender
2 drops Peppermint
2 drops Lemon

Tummy

2 drops Digize
1 drop Peppermint

Boost

6 drops Thieves
3 drops Frankincense
2 drops Lemon



Premium Starter Bundle Oils

Let me introduce you to my best friends, and I know they're going to be your new best friends, too! The oils that I'm about to tell you about are all included in the Premium Starter Bundle, and there's a reason for that. These are fantastic all-around powerhouses. These 12 oils are amazing at so many things, and that's why they're the perfect place to get started.

So, let me highlight just a few of my favorite things about each of these oils!



STRESS AWAY

Relaxing- Apply to wrists or back of the neck for a vacation in a bottle!

Bath- Add 3 drops to 1/4c. Epsom salt and soak away your troubles

Sleep- Diffuse with lavender before bed to promote a calming atmosphere



PEPPERMINT

Helps alleviate nausea

Promotes healthy bowel function

Increases alertness, concentration, and focus - Very helpful for memory retention!

Great for muscles and relieves fatigue

Opens up sinuses- Go ahead and lick a drop off of your hand or put it on the back of the neck or temples



VALOR

Courage- Valor helps aligns the spine, helps to give courage, confidence, and self-esteem.

Stress- In daily life, put roller tops on all of your bottles. Use Valor every morning on your wrists and the back of your neck.

Sleep- Diffused at night with Lavender and/or Northern Lights Black Spruce.

Relief- Roll down your spine after a chiropractic visit



THIEVES

Thieves blend supports immune & respiratory systems: *POWERHOUSE BLEND OF OILS*

It got its name from a group of men who were grave robbing during the plague in the 15th century. They soaked their handkerchiefs in this blend and didn't contract the plague.

Gargle a couple of drops hourly to soothe sore throats. Take a few drops in a capsule, add a drop in tea with honey, or rub on the bottoms of feet

Premium Starter Bundle Oils



LEMON

Comes from the rind where all the medicinal properties are.
Great to drink in water, creates an alkaline condition where yeast and candida can't thrive.- Always use glass or stainless steel!
Diffusing lemon purifies the air and is good for the mood
Great for getting off sharpie marker, stickers, oil and tar!



LAVENDER

Lavender is so versatile, that it's referred to it as *"The Swiss Army Knife of Oils"*
Soothes skin irritations, bruising, and mild sunburns.
Supports restful sleep and has a very calming effect
Diffuse for a calming night's rest combined (great with citrus fresh), or add to bath salts for a relaxing bath, or can apply directly to the skin



DIGIZE

Blend of oils that are great for upset stomachs, helping to get rid of acid in the chest
Can take in a capsule and is great for helping to properly digest food
A must-have when traveling and traveling abroad and drinking unknown water sources
Smells earthy, but is AMAZING



RAVEN

Awesome respiratory and lung support, alleviating breathing issues
Rub a few drops over the chest and lungs and inhale deeply
Use in a diffuser to open up airways, breathe easily and minimize coughing

Premium Starter Bundle Oils



FRANKINCENSE

Skin-soothing. Add 1 drop to your moisturizer to support aging skin

Unwind- Great to diffuse while praying

Sleep- Diffuse with lavender at night to promote relaxation.

Focus- Rub 1 drop on the back of the neck to increase concentration

Mood- Diffuse to help with occasional sadness.



CITRUS FRESH

Uplifting and fresh

Also comes in a vitality version, super yummy in your water, ionic, or smoothies!
freshens laundry, stinky trash cans, or diaper pails!



PANAWAY

A potent blend of oils very effective for bones, muscles, and joints

Great for a back rub, legs, and neck when sore Rub a few drops with Ortho ease
massage oil or another carrier oil to spread over a large region



PEACE + CALMING

Mamas, you NEED this one. Helps with a restful night's sleep.

Will help to calm you down when feeling stressed. Inhale, add to a diffuser, to
promote a relaxed atmosphere

Wear as a perfume

By now you may have seen full-colored labels + white-colored labels. So what is the difference? The full-colored bottles are labeled for aromatic or topical use, while the white bottles are labeled for ingestion. The Essential Oils with white labels are considered **GRAS** - *Generally Recognized As Safe* (for consumption). Here is the kicker, you can have a full colored label of Thieves and a white label bottle of Thieves, BOTH are the same oil, just labeled differently.

Essential Oils & Safety



Ages 0-2

8 drops Carrier Oil to 1 drop Essential Oil if no adverse reaction try
7 drops Carrier Oil to 1 drop Essential Oil

Ages 2-6

3 drops Carrier Oil to 1 drop Essential Oil or
neat (undiluted) on the bottoms of feet if desired



Ages 7-11

1 drop Carrier Oil to 1 drop Essential Oil

AGES 12+ Full Labeled Concentration



Loyalty Rewards

Loyalty Rewards is Young Living's perks program for loyal customers. Once you sign up, you'll unlock an exclusive 24% discount, and receive your monthly loyalty order while earning free gifts and loyalty points to spend on future product purchases.

What flexibility do I have with my loyalty orders?

Every month you place a loyalty order of 50+ PV; you earn loyalty points to redeem for product purchases. You'll also earn a free loyalty gift after your first 3, 6, 9, and 12 months of consecutive orders, plus an additional gift every 12 consecutive months thereafter.

Earn a 24 percent discount on all loyalty orders and one-time purchases you place.

Individually add or remove items in your loyalty order at any time or switch them out to try new products.

Place items in your Save for Later section to easily swap out items from month to month.

Easily manage your loyalty order at any time! You can swap products, change quantities, cancel, or change your process date.

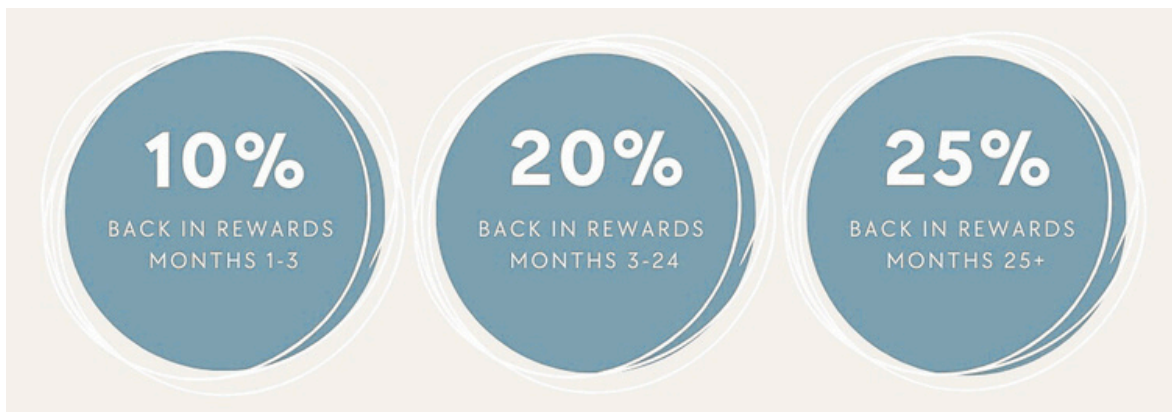
How Do I Qualify?

How do I qualify for discounts with Loyalty Rewards?

If you have at least one item set to process each month on your loyalty order, regardless of PV (point value) amount, you'll unlock a 24 percent discount on your loyalty order, as well as on any future one-time orders!

How do I earn loyalty points?

For all loyalty orders that are 50+ PV (point value), you earn loyalty points that can be redeemed for product purchases. Plus, as your number of consecutive months **with a 50+ PV loyalty order** increases, so does the number of loyalty points you earn.





How to Order

[Click here to order my favorite bundle!](#)

www.backroadmomma.com