

# STRONGER TOGETHER:

**Power of Essential Oil Protocols**

30-min Zoom • Aug 13th • 6:30 pm CDT (Winnipeg Time)

SEIZE THE DAY

WITH

*Gary's Great Day*

PROTOCOL



# STRONGER TOGETHER: Power of EO Protocols

## *Agenda*

Welcome

STRONGER TOGETHER: Power of EO Protocols

Questions?

Get Oiling today (aka How to Order)

Thank You

## **AMPLIFY** *the power of your EOs*



- **Amplify your intentions**
- **Enhance your feelings**
- **Incorporate essential oils in easy Daily Routines**
- **Cultivate the right mindset**
  - **Focus your intentions**
  - **Seize the day!**



# EO Protocol Power

**Gary's Great Day**  
**Thick Healthy Hair Spritzer**  
**Eye Care**  
**Morphine Bomb**  
**Headache Blend**  
**plus...**  
**Acne • Hives • and more**

## Gary's Great Day Protocol

*Great Day Protocol*

The BEST way to start your day!

OIL UP



## Valor



**Valor is one of the original blends formulated by D. Gary Young.**

**BENEFITS:** Balance energy, instill courage, confidence and self-esteem; helps body self-correct its balance and alignment

**Each essential oil in the blend was carefully selected for its unique aromatic and topical benefits:**

- Frankincense - uplifting, earthy aroma, skin-smoothing
- Black Spruce - grounded, woody fragrance;
- Blue Tansy - inspiring aromatic profile;
- Geranium - sweet, floral fragrance; and
- Camphor Wood - skin-benefiting properties, strong, herbaceous scent.

**A key part of Young Living's proprietary Raindrop Technique®.**

## Harmony



**Harmony blend promotes physical and emotional healing by creating a harmonic balance in body's energy centres; reduces stress; dissipates feelings of discord; uplifts and elevates the mind; creates positive attitude!**

### **INGREDIENTS (contains 17 EOs):**

- Royal Hawaiian Sandalwood
- Ylang Ylang
- Orange
- Geranium
- Spanish Sage
- Coriander
- Lemon
- Roman chamomile
- Rose
- Lavender
- Frankincense
- Angelica
- Hyssop
- Black Spruce
- Bergamot
- Jasmine
- Palmarosa



## Joy



**Joy blend produces a magnetic energy that brings joy to the heart, mind and soul; inspires romance; helps overcome deep-seated grief and depression.**

### **INGREDIENTS (10 EOs):**

- Bergamot
- Geranium
- Coriander
- Jasmine
- Palmarosa
- Ylang ylang
- Lemon
- Tangerine
- Roman chamomile
- Rose



## White Angelica



White Angelica essential oil blend aroma creates a positive atmosphere, inspires feelings of security and optimism—no matter what life throws at you. People also love White Angelica for its skin-beautifying benefits. Add a couple drops to your favourite lotion to give your skin the TLC it needs.

Lovingly harvested from plants native to exotic destinations around the world, the 10 essential oils in White Angelica come together to create a one-of-a-kind blend.

- Geranium, Ylang Ylang, Melissa and Rose provide sweet, floral notes
- Bergamot and Melissa offer a boost of bright citrus; and
- Myrrh, Northern Lights Black Spruce, Hyssop and Sacred Sandalwood balance the blend with a warm, woody base.

# Gary's Great Day Protocol — STEP BY STEP GUIDE

*Great Day Protocol*  
The BEST way to start your day!

OIL UP



**VALOR —**  
1 drop on left wrist;  
the hold both wrists  
together a few  
seconds



**JOY —**  
1 drop  
over  
the  
heart



**HARMONY —**  
1 drop on the  
solar plexus  
(below the  
diaphragm)



**WHITE ANGELICA—**  
1 drop on your palm, rub  
together, brush over body  
and through energy field  
like an angelic shield



# Thick Healthy Hair Spritzer

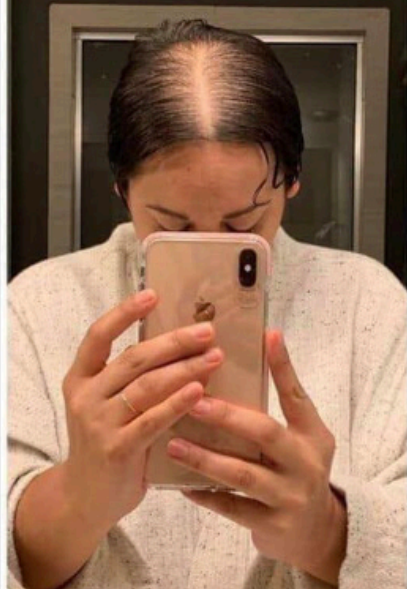


Heather Doll

January 12, 2020 · 🌱

I think this is pretty incredible!

May 14th



July 7th



**BEFORE CEDARWOOD...**



Michelle Giblin  
YL Distributor #18229566  
Michelle@Giblin.net

Add 1 drop of  
Cedarwood to every  
ounce of shampoo to  
use in the morning.

Then apply 2-3 drops  
directly onto the scalp  
at night.

**... AND  
AFTER  
ONLY 4  
WEEKS!**



That's it.  
Simple.  
Pure.  
No chemicals,  
real results!

This is a true testimony. No alterations have been made to these photographs.



# Cedarwood



**AROMA: woody, warm, balsamic**

- **Creates a relaxing, calming, and comforting atmosphere when diffused to help support a relaxing nighttime routine**
- **Cleansing and moisturizing properties**
- **Apply topically to help maintain the appearance of healthy, youthful skin**
- **Massage Cedarwood oil into your scalp to enhance the appearance of healthy-looking hair**

## Lavender



- Promotes feelings of calm and fights occasional nervous tension
- Helps to support digestive discomfort
- Reduces the symptoms of cough and cold
- Can be soothing to the skin after a day in the sun
- Reduces the appearance of blemishes
- Helps to relieve headaches
- Supports aging skin
- Helps to relieve joint or muscle pain associated with sprains, strains, and rheumatoid arthritis



## Lavender — Did you know?



- Part of the mint family and is one of YL's most popular oils
- Young Living has three farms that grow lavender, located in Utah, Idaho, and France
- Steam distilled from the flowering tops of the plant. It takes 27 square feet of lavender plants to make one 15-ml bottle of Lavender essential oil!
- Part of many YL EO blends, including Stress Away™, Tranquil™, RutaVaLa™, Forgiveness™, and Harmony™



## Rosemary



**AROMA:** fresh, herbaceous, sweet, slightly medicinal

- Energizing oil, popular ingredient in skin and hair care products

**Use topically:**

- To relieve minor skin irritation, cuts, bruises & burns
- To relieve joint or muscle pain associated with sprains, strains & rheumatoid arthritis
- When experiencing digestive discomfort can act as a carminative (expels gas), antispasmodic
- To reduce the symptoms of cold & cough

# *His Testimonial — Cedarwood*

**BEFORE CEDARWOOD...**



Michelle Giblin  
YL Distributor # 1822966  
Michelle@Giblin.net

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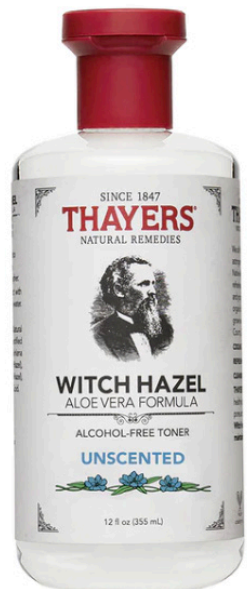


# *Thick Healthy Hair More Spritzer*

## THICK HEALTHY HAIR SPRITZER

Add 10 drops each of  
lavender, cedarwood  
and rosemary to a  
glass spray bottle and  
fill with witch hazel.

*simply spritz on roots 2 times daily  
to promote healthy hair and regrowth*



# *Gary Young's Amazing Eye Protocol*





# *Must haves* for DIY Protocols & Blends





# V-6 Enhanced Vegetable Oil Complex



- Comprised of nourishing, antioxidant vegetable oils
- Colourless and odourless
- Used to create custom massage oils or to dilute essential oils for sensitive skin
- Has a long shelf-life
- Does not clog pores
- Will not stain clothes

# Frankincense — *Holy Anointing Oil*



**AROMA:** sweet, warm, balsamic

- Can promote younger, fresher looking skin
- Its tranquil properties can help increase spirituality and inner strength
- In ancient times valued more than gold
- “Used to treat every conceivable ill known to man”

# Cypress



**AROMA:** fresh, herbaceous, slightly evergreen

- Steam distilled from freshly cut branches of cypress trees in Spain
- Refreshes, restores and promotes a sense of security and grounding
- Can improve circulation & promotes liver health

**In Aromatherapy can be used topically:**

- to help relieve joint or muscle pain associated with sprains, strains & rheumatoid arthritis
- or inhaled to reduce the symptoms of cold & cough



# Eye Protocol — Eye Dropper or Roller Ball

## GARY YOUNG'S AMAZING EYE PROTOCOL



Gary Young has used this blend for his patients at the Ecuador Clinic for macular degeneration, health issues, cataracts, and improving sight.

He blends 5 drops each of Frankincense, Rosemary and Cypress with 1 tablespoon of V6 (an organic blend of 6 vegetable oils). Patients put 1-2 drops in each eye 1-2 times daily.

For those with cataract lens implants, it's recommended the oil be put around the eye. You can also put a drop of Frankincense in your hand and hold over your eyes while keeping your eyes open.

Kristy West: "I have found that putting the oils and V6 in a roll-on is easy and effective - just roll the oils around the eyes."

### Eye Recipe:

5 drops each of Frankincense, Rosemary and Cypress with 1 Tablespoon of V6 Mixing Oil.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Healing Lifestyles Aromatherapy 2013 ©

# Eye Cupping with Frankincense



**NEVER** let oils touch the eyes.

SHARE THE LOVE- LIKE IT, SHARE IT, PIN IT, TWEET IT!

## Eye Protocol

Dr. Gary Young's eye protocol  
for patients at his Ecuador Clinic

- Macular Degeneration
- Cataracts\*
- Eye health issues
- Improving Eyesight

\*For those with implants from cataract removal surgery, rub oils around the eyes, on the lids and below the eyes.



Place a drop of frankincense essential oil in palm of hand, rub 3 times clockwise, cup hands and keeping eyes open, hold over eyes.

### EYE RECIPE:

Blend together...

5 drops ea- frankincense, cypress,  
and rosemary  
1 Tbsp V-6 carrier oil

Place 1-2 drops in each eye  
1-2 x's daily.

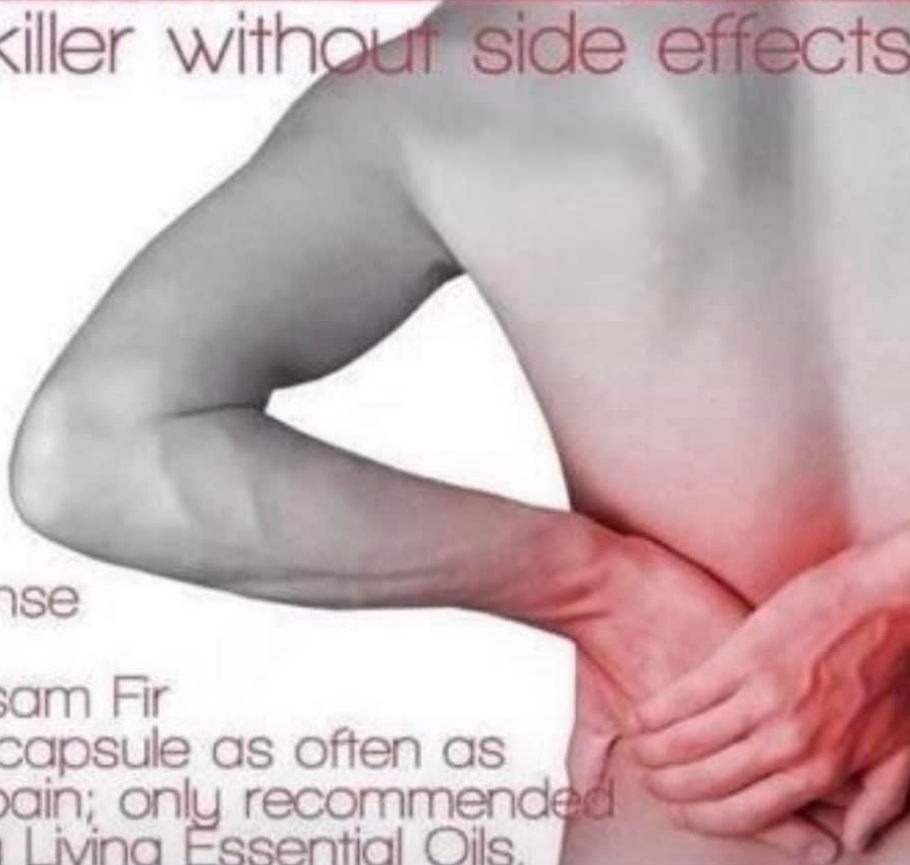
Beveth Hall - HeavensCandle.com Copyright © 2013



# *Pain free with* The Morphine Bomb!

## MORPHINE BOMB

natural pain killer without side effects



5 drops Frankincense  
5 drops Copaiba  
5 drops Idaho Balsam Fir  
Take in vegetable capsule as often as  
needed to relieve pain; only recommended  
for use with Young Living Essential Oils.



# Copaiba



- AROMA:** calming, warm, inviting environment
- Reduces the appearance of blemishes
  - Massage into fatigued areas after activity
  - Distilled from gum resin that is wild harvested from Brazilian copaiba, copaiba contains the highest amounts of beta caryophyllene (55 percent) of any known essential oil which balances important bodily processes like:  
Inflammation, Pain, Mood & Brain function


# Idaho Grand (Balsam) Fir



**AROMA:** woody, refreshing, reminiscent of a freshly cut evergreen tree, relaxing, grounding

- Sourced from the YL Highland Flats Tree Farm in Naples, Idaho where YL members participate in the annual Winter Harvest, allowing them to experience YL's Seed to Seal® quality commitment firsthand
- Increases spirituality during meditation
- Apply or diffuse during yoga or breathwork practices

# The Morphine Bomb Recipe



5 drops Frankincense  
5 drops Copaiba  
5 drops Idaho Balsam Fir  
Take in vegetable capsule as often as  
needed to relieve pain; only recommended  
for use with Young Living Essential Oils.



# Frozen Shoulder



# Other Protocols — Feelings Collection

## *Feelings Kit Protocol*

### *Valor*

"I am courageous and grounded in everything I do.  
I am ready to transform my life." -Apply Valor to both feet.

### *Harmony*

"I am in harmony with myself and those around me"  
- Apply one drop of Harmony to each of your energy centres.

### *Forgiveness*

"I forgive myself & those who have hurt me. I am at peace"  
- Apply Forgiveness in a circular motion around your navel.

### *Release*

"I let go of emotions that no longer serve my highest good"  
- Apply Release in a circular motion over liver.

### *Present Time*

"I'm here grounded in the present moment.  
-Apply to inner wrists and rub together. Apply behind ears.

### *Inner Child*

"I allow myself to connect with my inner child and regain  
my true essence back." - Apply between nose and lip.

### *Valor*

"I am courageous and grounded in everything I do.  
I am ready to transform my life." -Apply Valor to both feet.



# The Goal Digger Protocol





# Hives • Acne Healer

## HIVES

Affects About 25% Of People At Least Once In Their Lives

Time of Day	Suggested Oil
Morning	2 Drops <b>Helichrysum</b>
Afternoon	2 Drops <b>Basil</b>
Evening	2 Drops <b>Frankincense</b>

Combine essential oils with a 1/2 tablespoon of Carrier oil and apply topically to the affected area.

Continue Application for two days after hives are gone

[facebook.com/DailyEssentialOilTips](https://facebook.com/DailyEssentialOilTips)

## Acne Healer

Apply directly to affected area.



- + 10 drops Lavender
- + 3 drops Lemon
- + 10 drops Tea Tree
- + 5 drops Rosemary

fill the rest of the 10 mL roller with oil

# The Headache Blend



**x10 drops**  
**Lavender**



**x10 drops**  
**Peppermint**



**x5 drops**  
**Panaway**

*Questions?*  
*Merci • Thank you*



**STRONGER  
TOGETHER:**  
Power of Essential Oil Protocols