

HEALTHY LIVING WITH ESSENTIAL OILS

WHAT ARE ESSENTIAL OILS?

Essential oils are compounds extracted from plants. The oils capture the plant's scent and flavor, also called its "essence." Young Living produces the purest essential oils, which are far more powerful than the botanicals from which they come.



WHY DO WE USE THEM?

Essential oils enhance your physical performance and spiritual awareness, inspire a positive emotional state, purify your home, and refine your skincare routine. Oils have been enhancing lives for thousands of years and can truly be life-changing.

HOW DO WE GET THEM AND HOW DO WE USE THEM?

Essential oils are extracted through careful steam distillation, resin tapping, and cold pressing.

TOPICALLY

Dilute one to two drops of essential oils with Young Living's V6 vegetable complex or a carrier oil like almond oil. Apply to area desired as often as needed.

*Avoid applying citrus essential oils topically to skin that will be exposed to the sun within 12-24 hours after application.

AROMATICALLY

Use a diffuser to break down essential oils and water into millions of microparticles to release the oils' unique constituents into the air.



INTERNALLY

Use the Vitality line and nutritional supplements to support your body systems.



WHO CAN BENEFIT FROM YOUNG LIVING?

Everyone. With proper dilution, essential oils can be used by everyone, from babies to grandparents, and even for your pets. Young Living offers a variety of individual products lines specifically formulated for babies, kids, men, women, and pets.



PANAWAY

- Panaway soothes muscles and joints.
- Dilute and apply 1-2 drops to desired area.
- Diffuse 4-8 drops for a calming atmosphere.
- Place 3-4 drops onto a hot towel and hold over the abdomen for a cool, refreshing effect.



LAVENDER

- Lavender promotes relaxation and a restful night's sleep.
- Diffuse 4-6 drops before bed.

LAVENDER VITALITY

- Add 1-2 drops to daily NingXia Red or capsule to support your cardiovascular system.



RAVEN

- Raven is a refreshing blend of Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus radiata.
- Diffuse 4-6 drops or dilute and apply 1-2 drops to chest before or after exercise.
- Apply this invigorating oil to the neck and chest on crisp fall mornings.



CITRUS FRESH VITALITY

- This is an uplifting blend of Orange, Tangerine, Grapefruit, Lemon, and Mandarin oils with a hint of Spearmint.
- Add 1-2 drops to your NR or a capsule to support wellness.

CITRUS FRESH

- Diffuse 4-6 drops to fight odors or provide a calming atmosphere.



FRANKINCENSE

- Diffuse 4-8 drops for a grounding atmosphere during meditation.
- Apply 1-2 drops to skin for a youthful appearance.

FRANKINCENSE VITALITY

- Add 1-2 drops to daily NingXia Red or capsule to support your cardiovascular system.



DIGIZE VITALITY

- Add 1-2 drops to daily NingXia Red or to a capsule to support your digestive system.

DIGIZE

- Diffuse 2-4 drops for a rich, calming scent.
- Dilute 1-2 drops and apply topically after meals.



PEPPERMINT VITALITY

- Add 1-2 drops to daily NingXia Red or to a capsule to support your digestive, nervous, and respiratory systems.

PEPPERMINT

- Diffuse 4-6 drops to invigorate the mind and create an atmosphere for focus and concentration.



LEMON VITALITY

- Add 1-2 drops to daily NingXia Red or to a capsule to support your digestive, immune, and respiratory systems.

LEMON

- Diffuse 4-6 drops to create an uplifting and joyful environment.



THIEVES VITALITY

- Add 1-2 drops to daily NingXia Red or to a capsule to support your immune and nervous system.

THIEVES

- This is a blend of Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, and Rosemary.
- Diffuse 4-8 drops for an irresistibly spicy scent.
- Dilute 1-2 drops and apply daily to spine for wellness.



PEACE & CALMING

- Blend of Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy.
- Diffuse 4-8 drops to create a peaceful environment.
- Apply to the bottoms of feet at bedtime to promote restful sleep.



STRESS AWAY

- This is a calming blend of Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender.
- Diffuse 4-6 drops daily at work, home, or in the car to decrease the occasional daily stressors in life.
- Apply 1-2 drops topically to wrists as needed.



VALOR

- Known as the oil of courage.
- Blend of Spruce, Rosewood, Blue Tansy, and Frankincense.
- Diffuse 4-8 drops for a boost in confidence or self-esteem.

ESSENTIAL OILS

VS.

VITALITY OILS

SAME OIL. DIFFERENT LABEL.



For Internal
& dietary use.

For aromatic
and topical use.

← Same Oil →

← Same Quality →

← Same Commitment to Excellence →

