

Young Living for Yogis

3 Ways To Use Essential Oils

The solid-colored labels include aromatic and topical directions.

Topically

Dilute with a carrier oil like V6 from Young Living, coconut oil, or grapeseed oil. Apply on your skin.

Aromatically

Use in the diffuser, inhale from diffuser jewelry, or put it on your hands.

Internally

The labels that are white are from the Vitality line and have dietary instructions on them indicating they are safe to ingest.



Quality Matters

The better the quality, the better the results. Young Living's Seed to Seal promise:



Young Living owns their own farms.



They never use harmful chemicals on their crops.



They source from the best seeds.



They harvest at peak times to maximize on quality.



They distill and bottle onsite without chemicals.

Before your Practice

- NingXia Nitro
- NingXia Zing
- Peppermint Vitality

Add a drop of Peppermint Vitality to your water or enjoy a Nitro or Zing before your practice.

Also...

- Get a good night's sleep.
- Drink lots of water.
- Fuel up with a healthy snack like Young Living's Slique Bars.

During your Practice...

Oils for your Diffuser:

- Inspiration
- Sacred Frankincense
- Ravintsara
- Highest Potential
- Rose

• _____

• _____

• _____

Oils for Breathwork:

- Raven
- R.C.
- Eucalyptus (any kind)
- Breathe Again roll-on

• _____

• _____

• _____

• _____

Oils for your Mood:

- Frankincense
- Lavender
- Stress Away
- Peace & Calming
- Vetiver

• _____

• _____

• _____

Post-Flow Recovery...

Muscle & Joint Relief:

- Cool Azul Pain Cream
- Cool Azul Sports Gel
- Deep Relief roll-on
- PanAway

“The very heart of yoga practice is ‘abyhasa’ – steady effort in the direction you want to go.”

Yogi D.I.Y.s

Room Spray

In a 2 oz. spray bottle, add:

- 10 drops of your favorite essential oil
- Add water

Shake well before use.



Suggested Room Spray Oils:

- Citrus Fresh
- Stress Away
- Lavender
- Raven
- PanAway

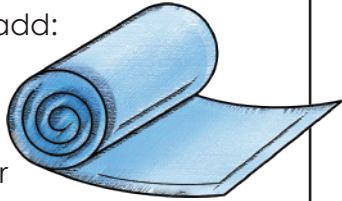
Thoughts, ideas, inspiration:

Mat Cleaner & Freshener

In a 2 oz. spray bottle, add:

- 5 drops Purification
- 5 drops Tea Tree

Fill the bottle with water and shake well before use.



Spritz on your mat after your practice or into your clothing bag to avoid lingering unwanted scents.

Thoughts, ideas, inspiration:

Savasana Roll-on

- Add 10-20 drops into a 10 ml glass roller bottle.
- Add a carrier oil: Young Living V6 oil, fractionated coconut oil, or grapeseed oil

Suggested Oils:

- Lavender
- Frankincense
- Release
- Envision
- Peace & Calming

Apply to chest, temples, or desired area before final savasana.



Thoughts, ideas, inspiration:
