

What if?

...you could stay up late studying with friends and still feel rested, focused, and chill enough to handle tests, projects, and more?



Arm yourself with these college 'must-haves'...

...so you can feel less stressed, more focused, healthier, and happier as you hit the books and prepare to step into life as a college student.

Quality Matters

Do you want products that are filled with JUNK and HARMFUL CHEMICALS? Of course not. How about products that are completely safe and clean?

Don't just grab any ol' store-bought oil. Young Living gives you oils and products that are CLEAN, SAFE, and EFFECTIVE.

Keep It Clean

Thieves Household Cleaner is a must-have for college students! It is cost-effective, space-saving, and perfect for wiping down desks and keeping your space smelling and looking fresh all year long.

Add just one capful of Thieves Household Cleaner to a 16-20 ounce spray bottle and fill with water. Use this for cleaning all of the things. You can even spray it around the room to freshen the air!



Get the Best Deal!

Who wants to pay full price when you can get the same thing at a discount?!

Young Living has several options to help you get started and snag the best deal possible. Even if you already have your own Young Living account, there are still some money-saving tricks you need to know.



Use my member number, _____, when you place your order.. Visit www.youngliving.com to get started.

Earn \$\$\$ when you share with your friends and classmates...

Check out these careers and their average annual incomes...

- Psychologist: \$82,386/yr
- Social Worker: \$49,573/yr
- Business Administrator: \$43,022/yr
- Garbage Man: \$35,575/yr
- Soil Relocation Engineer (Ditch Digger): \$24,000/yr
- **Young Living Royal Crown Diamond: \$1,645,692/yr**

(www.youngliving.com/ids)

You didn't misread that. Those are REAL numbers!

Ask me how to make money with YL:

Email: _____

Phone: _____

grow  workspace

Student Life

SURVIVAL KIT



DIFFUSER RECIPES



Rest is Best

Diffuse and/or apply any of these essential oils regularly before bed to help improve your quality of sleep.

- Lavender
- Stress Away
- Peace & Calming



Motivation

Diffuse 3-5 drops Peppermint & 3-5 drops Lemon in the mornings to gain extra get-up-and-go energy and focus. This is your perfect study buddy.



Focus

Diffuse 4-6 drops GeneYus or Motivation during homework time for a boost of concentration, focus, and productivity.



TOOLS FOR YOUR BOOKBAG



Calm & Collected

Keep these close by to help you feel more relaxed and confident!

- **Peace & Calming:** the name says it all
- **Valor:** encourages feelings of courage and confidence
- **Stress Away:** exactly what you think
- **Lavender:** calming and relaxing



DIY Soothing Muscle Rub

Sore muscles and joints after a long study session? Sitting at a computer all day? Horrible head tension? Make a Soothing Muscle Rub.

Combine:

- 6 drops Panaway
- 6 drops Peppermint
- ¼ cup of coconut oil

Store in a glass container. Apply topically as needed.

For a more intense cooling sensation add more Peppermint oil.



HEALTH & FITNESS HACKS

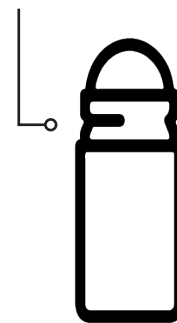


Breathe Easy

Apply Raven and/or R.C. to your chest before workouts to increase performance or use them to freshen up musty-smelling dorm rooms!



Listen to Your Gut Roller Recipe



Combine in a 10ml roller bottle:

- 6 drops Peppermint
- 6 drops Digize
- Carrier oil (grapeseed, almond, avocado, or fractionated coconut oil, etc.)

Apply to belly after meals.

NingXia Red Energy

Because sleeping in class is frowned upon, you'll want this around to keep you alert and attentive without any harmful ingredients.

Immune Support:

The antioxidants found in NingXia Red will strengthen your first line of defense - your immune system.

