# Oils for Special Needs ⅓

# Quality Matters



#### Did you know?

- YL owns their own farms.
- They vet every partner farm vs. buying from Joe Shmoe!
- They use proper techniques for extraction.
- They test every batch to make sure it is the highest quality so it WORKS!
- No pesticide used ever! It's literally better than organic standards.
- They are so transparent that you can visit all their farms, anytime!

# Creative Ways to Use Oils

- Infuse sensory materials like play dough with essential oils.
- Diffuse when they are NOT in the room; the effects will linger.
- Spray their sheets with a calming blend one hour BEFORE bedtime.
- Add oils to everyday-use products like shampoo and lotion.
- Add Vitality oils to their smoothies, drinks, or food.



# Commonly-Used Oils

**▲** Lavender

{can help calm, relax, and balance emotions}

• Frankingense

{can help with focus and reducing negative emotions}

◆ Peppermint

{can calm and soothe restlessness}

◆ Valor

{promotes courage and self-esteem}

◆ Peace & Calming

{promotes relaxation}



### Skin Health

▲ Lavender

{great for all skin types; perfect addition to lotions and creams}

◆Tea Tree

{a very gentle oil that supports your skin's natural healing process}

●Gentle Baby

{helps to rejuvenate the skin; great for soothing and calming}

**♦**Rose Ointment

{great for dry, irritated skin}

### Easing Outbursts



{helps one surrender control}

**♦** Acceptance

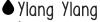
{opens the mind to accepting new things}

Grounding

{promotes feelings of stability and balance}

#### **◆**Common Sense

{helps to support clear thinking}



{boosts confidence and balances emotions}

• Northern Lights Black Spruce {promotes feelings of confidence and calm}

► White Angelica

{repels negative emotions and energies; known as the "tantrum tamer" oil}



## Oils for Special Needs ¥



### Focus & Concentration

▲ Brain Power

{an oil blend that promotes clarity and focus; high in sesquiterpenes}

**♦** Vetiver

{an oil with a grounding aroma that can be very calmina}

**♦**Cedarwood

{an oil high in sesquiterpenes, which makes your brain happy}

● Gene Yus

{a pre-diluted oil blend that can help with focus & concentration}

**◆**Clarity

{an oil blend specifically designed to provide greater mental alertness}

◆Peppermint

{an oil with an energizing aroma that boosts alertness}

# Non-oily tips for increasing focus and concentration in children:

- Prepare an environment free from distractions
- Establish a schedule or a routine
- Allow time for frequent breaks or a power nap
- Break large tasks or goals up into smaller ones
- Add more protein into their diet, which has the ability to raise concentration levels





◆ Pan Awau

{apply after exercise or anytime your muscles need love}

**♦** Copaiba

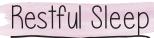
{apply on top of other oils to magnify their effects}

• OmegaGize, BLM, and Sulfurzyme

{supplements infused with YL essential oils; perfect for supporting healthy muscles & bodies}

◆ Cypress, Nutmeg, Juniper, and Idaho Grand Fir

{perfect oils to use during a massage.





◆ SleepEssence

{contains essential oils with sleep-enhancing properties along with melatonin to support a full night's sleep}

**♦**Lemongrass

{soothes, relaxes, and helps promote better sleep}

▲ Lavender & Cedarwood

{a popular combo that can be used together or separately to promote calm and relaxation}

▲ ImmuPro

{contains naturally-occurring melatonin and provides exceptional immune system support}

### Support Your Body

🖢 PanAway or Deep Relief Roll-On

{These are strong oil blends that are perfect for muscles and joints.}

♠ Cool Azul Pain Cream

{Backaches, strains and sprains, stiffness and soreness. just a little dab will do yal}

**♦** BLM

{This supplement was designed to support healthy bones, ligaments, and muscles.}

### Parent & Caregiver Support



#### Support Your Mind

Stress Away

{Melt away the tensions of the day with this beach-in-a-bottle blend.}

◆ Valor

{This blend creates feelings of courage and confidence.}

Forgiveness

{This blend helps release hurt feelings and negative emotions.}

Acceptance

{This blend allows you to overcome feelings of denial and be open to accepting new things.}

● White Angelica

{This blend dispels negativity and creates feelings of peace, calm, and security.}