

GET STARTED TODAY WITH THE PREMIUM STARTER BUNDLE *our best seller!*

WHAT'S INCLUDED



12 OF YOUNG LIVING'S
MOST POPULAR OILS,
YOUR CHOICE OF
DIFFUSER, ROLLER
FITMENT TOPS,
NINGXIA RED
SAMPLES, AND MORE!

- **FRANKINCENSE** - APPLY TO SMOOTH SKIN, DIFFUSE FOR A GROUNDING INFLUENCE, APPLY FOR OVERALL WELLNESS
- **PANAWAY** - APPLY TO JOINTS & MUSCLES FOR ICY/HOT RELIEF
- **LEMON VITALITY** - ADD TO WATER FOR GENTLE CLEANSING & LIVER SUPPORT; USE TO REMOVE STICKY RESIDUE
- **LAVENDER** - DIFFUSE FOR A CALMING EFFECT; APPLY TOPICALLY TO SOOTHE SKIN IRRITATION
- **PEPPERMINT VITALITY** - TAKE IN A CAPSULE OR APPLY TOPICALLY TO SOOTHE STOMACH; DIFFUSE FOR A FOCUS BOOST
- **VALOR** - THE WEIGHTED BLANKET OF ESSENTIAL OILS; APPLY TO WRISTS AND NECK FOR A NERVOUS SYSTEM RESET
- **STRESS AWAY** - DIFFUSE TO ENCOURAGE FEELINGS OF RELAXATION; WEAR AS PERFUME
- **CITRUS FRESH VITALITY** - ADD TO WATER; DIFFUSE FOR AN UPLIFTING MOOD BOOST
- **RAVEN** - APPLY TO CHEST FOR RESPIRATORY COMFORT
- **THIEVES VITALITY** - TAKE IN CAPSULES OR APPLY TOPICALLY TO SUPPORT YOUR IMMUNE SYSTEM
- **PEACE & CALMING** - DIFFUSE OR APPLY TO ENCOURAGE FEELINGS OF CALM, REST, AND PEACE
- **DIGIZE VITALITY** - TAKE IN CAPSULES OR APPLY TOPICALLY TO PROMOTE NORMAL DIGESTIVE FUNCTION

LIFESTYLE REFRESH

Learn more
with the Life
Steps App.



WHAT IS AN ESSENTIAL OIL

Essential oils are the lifeblood of the plant. The essence that protects the plant from disease, helps it recover and heal. And they can work these same ways in our bodies.

Our brains are wired to respond to scents, linking them to emotions and memories. The way the ocean smell reminds you of your honeymoon, or chocolate chip cookies remind you of your grandma's kitchen. This connection happens in the limbic system, which governs emotional responses and memory. Inhaling essential oils can trigger emotional reactions, and while the specifics are complex, it's clear that scents can guide us toward calmness and help release stuffed emotions, and even alleviate anxiety.

OILS & OUR BRAINS: EMOTIONAL WELLNESS

3 WAYS WE USE OILS

topically

- Applying oils to our skin.
- You can use a carrier oil (a fatter oil like coconut or olive, or Young Living's V-6) to dilute if you'd like.
- Diluting slows down the process of the body metabolizing the essential oils.

aromatically

- Inhaling from the bottle, the palms of your hands, or diffusing oils.
- Your nose is linked to your brain via the cranial olfactory nerve, connecting smells to thoughts and emotions. This connection can be utilized to your advantage to help with stress and big emotions.

internally

- Add a few drops to water in a stainless steel or glass cup.
- Drop directly under your tongue - a great way to get quick, effective relief!
- Make your own capsules and take them as needed. This can be even more effective than using dried herbs!

WHAT TO USE WHEN...

YOU WANT TO GET WELL: Lemon, Citrus Fresh, Thieves, and DiGize

YOU WANT TO FOCUS: Frankincense and Peppermint

YOUR STOMACH WON'T SETTLE: Peppermint and DiGize

YOUR HEAD IS TENSE: Peppermint and Frankincense

YOU NEED SOME CALM: Stress Away and Peace & Calming

YOUR MOOD NEEDS A BOOST: Lemon, Citrus Fresh, and Stress Away

YOU NEED TO BREATHE EASIER: Raven and Peppermint

YOUR JOINTS NEED SOME LOVE: PanAway, Frankincense, and Peppermint

CONSISTENCY IS THE KEY TO GETTING
THE RESULTS YOU'RE HOPING FOR!

