

Welcome to the Young Living Family!

We are so glad you have joined us for this exciting journey.

We call it a Wellness Journey!

We are a Team of enthusiastic Oilers, and there are a few tips we believe are important to share with you to help you get comfortable with essential oils.

What are Essential Oils?

Essential oils are the most powerful part of each plant. They come from the leaf, bark, stem, flower, or root and are not taken from nuts or seeds, which can go rancid. They are carefully distilled to remove proteins that can cause allergies and negative side effects.

How Do Essential Oils Work?

Therapeutic grade essential oils are safe for Kids, Pets, & Adults!

In two minutes they are absorbed by the body and in 2 hours they are metabolized like food. Whatever is needed goes right to the cell to support the body to repair damage caused by stress, poor diet, synthetic chemicals, pollution, and age, to help achieve optimum wellness. By using essential oils frequently, we support our immune system to maintain optimum health.

How Do You Use Essential Oils?

- **Apply directly** to the neck, temples, feet, or spine, or for an all over massage. For your first use, or if you have sensitive skin, dilute with an organic fatty oil like V-6 Mixing Oil Complex or Olive oil.
- **Diffuse Daily:** Diffusing is so easy. Just plug in the unit, add water, and then add a few drops to disperse the oil into the air for countless benefits. Diffusing cleans and freshens the air, eliminates pet odors, mold, helps eliminate airborne bacteria, and set the mood. Try Purification or Lemon.
- **Diffusers replace:** dangerous candles, artificial air fresheners, and chemical cleaners. Choose diffusion to: eliminate airborne toxins; for respiratory support, to promote good study habits through greater focus; and to achieve a great night's sleep.

- Consume one to three drops in a capsule, or put in a beverage. Young Living Vitality Line is FDA approved for ingestion and Earth Kosher Certified.

Application: Oils can be applied directly to the skin or diluted first with V-6 Veg. Oil Complex. This natural oil complex nourishes the skin, and has a long shelf life, doesn't clog pores, and will not stain clothes. We suggest an 8 oz bottle #3031.

Make everyday a good day when you put oils on your feet!

- Your feet have the largest pores in the body and are a great place to apply your oils every morning and evening.
- Oils should not be poured in the ears or eyes. If this occurs, flush with V-6 mixing oil or other fatty oils such as Olive oil. Apply to the skin for cuts and bruises, achy joints and muscles, and for general immune support.
- Drink plenty of water with a drop or two essential oils mixed in. Water will help to bring the essential oil to the parts of your body that need it most.
- Young Living is the originator of bringing oils to you in capsules. Choose to ingest oils to support the bodies many needs. It's easy to prepare your own capsules or try the ones already prepared for you
 - Inner Defense, Longevity, Digest & Cleanse, and Sleep Essence
- In our special packet of information we have included a card for you to fill in with your Young Living member number and password and pin number to keep for your reference. Also, it has Up line Support information. On one side is a recommended 7 Day Program to begin using your Premium Everyday Oils Kit.

Please watch for addition information packets that will help you, with tips and educational information, to start your Young Living Experience with Young Living Essential Oils, Supplements, Chemical Free Household Products and Body Care.

- Recommended: Essential Oil Desk Reference; www.discoverlsp.com

We are honored to have you on our team.

Enjoy the Journey,