



## Say This

## Not That



Young Living wants people to enjoy lives filled with wellness, health and happiness—which includes the safe use of our products. That’s why we carefully label Young Living products with their intended use. When you share your favourite Young Living products with your friends and family, make sure to discuss essential oils according to their labels and designations.

With a drop of Thieves® Plus, my tea gets a spicy and festive flavour boost.	I diffuse Thieves in my home to prevent my family from getting sick during cold and flu season.
I wind down in the evenings with a good book and apply Lavender on my pulse points to enjoy the calming aroma.	I diffuse Lavender every night to help my insomnia.
I don't leave the house without an icy water bottle filled with 2 drops of Peppermint Plus for a refreshing and minty boost.	I rub Peppermint on my abdomen to help with constipation.
I've received so many compliments since I added Frankincense to my nightly moisturiser; it really makes my skin look healthier.	I apply Frankincense to a suspicious mole on my arm.
Before getting dressed for the day, I add Helichrysum to my body lotion because of its skin-cleansing properties.	I use Helichrysum topically to support my circulatory system.
I start my 6 am workout class with lots of water, a stretch and by applying Young Living R.C.® to my chest and back.	I diffuse R.C. whenever my kids have a cold.
When my family is together, we love the aromatic energy of Joy that brings warmth and comfort to the heart, mind, and soul.	I diffuse Joy to treat my depression.
After an intense cycling class, I apply Deep Relief® Roll-On to my temples, forehead and the back of my neck.	I use my Deep Relief Roll-On to manage pain and inflammation.
Young Living Purification® is my go-to for a freshening experience in muggy or stale areas of the home.	I use Purification for its antibacterial and anti-fungal properties.
I love relaxing in the bath after a long day with 5 drops of Peace & Calming® and 1 cup of Epsom salt.	Peace & Calming has really helped me with my anxiety.
Each morning I drink a hot mug of water with honey and 3 drops of Lemongrass Plus as part of my daily morning routine.	Lemongrass is my go-to whenever I have a urinary tract infection.
After a day by the pool, I mix Lavender with a scent-free lotion and massage it into my back and shoulders.	I always use Lavender after I get a sunburn.
I drink NingXia Red® once a day for its tangy flavour and because it is a refreshing drink.	Drinking NingXia Red once a day helps me manage my diabetes.
YL products are not intended to diagnose, treat, cure, or prevent any disease. Food supplements are not a substitute for a varied diet and should be consumed as part of a balanced diet and healthy lifestyle.	YL products are not intended to diagnose, treat, cure, or prevent any disease. YL products are an alternative to conventional medicine.