



YOUR WELLNESS GUIDE

 AROMATIC / INHALATION

 DILUTION

 PHOTOSENSITIVE

 TOPICAL

HOW TO USE

These cards are designed to work in conjunction with the Product Claims Pages (PCP) to help you share Young Living's complementary medicines compliantly.

When sharing Young Living complementary medicines we must follow the Therapeutic Goods Advertising Code (TGAC), which sets the requirements advertisers must meet to ensure the marketing and advertising of their therapeutic good is conducted in a manner that promotes the quality use of the product, is socially responsible and does not mislead or deceive the consumer.

LEARN MORE

You can find further resources to help you share Young Living complementary medicines in your Virtual Office > Member Resources > YL Central > Products.



Scan this QR code to view the Wellness Essential Oils Sharing Guide to sell these products compliantly.

Or visit: bit.ly/wellness-sharing-guide

BERGAMOT *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To decrease symptoms of indigestion;
- To improve digestive weakness;
- To relieve symptoms of sore throat/pharyngitis;
- To relieve the symptoms and severity of mild upper respiratory tract infections;
- To reduce symptoms of mild throat infections;
- As an antiseptic for minor cuts and abrasions;
- To help the healing of mild skin burns and sunburns;
- To enhance healing of minor skin wounds and scratches;
- To relieve symptoms of stress and mild anxiety;
- To relieve and reduce body temperature and mild fever;
- To induce sleep; and
- To promote healthy sleep patterns.

AROMATIC PROFILE

Light and citrusy aroma

DIRECTIONS FOR USE |   

TOPICAL

Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight or UV rays to the application area for up to 12 hours.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

CEDARWOOD *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To relieve fatigue and feelings of weakness;
- As an expectorant to clear respiratory tract mucous;
- To decrease symptoms of stress;
- To aid the body to cope with environmental stress;
- To support a healthy stress response in the body;
- To relieve mild tissue oedema; and
- As an antiseptic for minor cuts and abrasions.

AROMATIC PROFILE

Warm, woody and earthy aroma

DIRECTIONS FOR USE |

TOPICAL

Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

INHALATION

Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

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CLARY SAGE *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To regulate a healthy menstrual cycle;
- To promote menstrual flow;
- To relieve menstrual cramps and pain;
- To relieve fatigue and feelings of weakness;
- As an antispasmodic;
- To decrease excessive sweating;
- To reduce loss of appetite;
- To maintain a healthy appetite;
- To reduce flatulence;
- To help reduce symptoms and occurrence of indigestion;
- To relieve nasal congestion; and
- As an expectorant to clear the respiratory tract mucous.

AROMATIC PROFILE

Sharp, spicy and grassy aroma

DIRECTIONS FOR USE |

TOPICAL

Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 30 minutes 3 times daily.

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FRANKINCENSE *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To enhance nerve function;
- To relieve bronchial mucous congestion; and
- To decrease mild upper respiratory tract congestion.

AROMATIC PROFILE

Earthy, honey-like and woody aroma

DIRECTIONS FOR USE |

TOPICAL

Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

INHALATION

Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

GINGER *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To relieve nausea;
- To reduce symptoms and occurrence of motion sickness;
- To relieve the symptoms, severity and decrease the duration of the common cold;
- To reduce symptoms of a head cold;
- To promote and maintain a healthy appetite;
- To decrease flatulence;
- To relieve symptoms of indigestion; and
- To promote perspiration.

AROMATIC PROFILE

Exotic, warm and spicy aroma

DIRECTIONS FOR USE |

TOPICAL

Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 30 minutes 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

LAVENDER *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To decrease the symptoms and duration of headaches;
- To decrease colic (wind/gas pain);
- To promote energy levels;
- To relieve toothache;
- As an analgesic to relieve pain;
- To relieve mild nerve pain;
- To relieve mild joint aches and pains;
- To decrease mild rheumatic aches and pains;
- To help reduce mild muscle spasms;
- To help relieve symptoms of muscle strain;
- To reduce abdominal and digestive spasms;
- To reduce occurrence of abdominal spasms;
- As an antispasmodic;
- To reduce the symptoms of stress;
- To reduce the symptoms and occurrence of mild anxiety;
- As a nervous system relaxant;
- To calm nerves; and
- As an antiseptic for minor cuts and abrasions.

AROMATIC PROFILE

Sweet, herbaceous and floral aroma

DIRECTIONS FOR USE |

TOPICAL

Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

INHALATION

Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

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LEMON *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To increase mental stamina;
- To enhance mental alertness;
- To reduce nausea;
- To reduce the occurrence of nausea;
- To stimulate blood flow to skin;
- As an antispasmodic;
- To relieve flatulence; and
- To support healthy emotional balance.

AROMATIC PROFILE

Clean, refreshing and citrus aroma

DIRECTIONS FOR USE |   

TOPICAL

Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight/UV rays to the application area for up to 12 hours.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

LEMONGRASS *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms and duration of headaches;
- As an analgesic to relieve pain;
- As an analgesic to relieve mild rheumatic aches;
- To relieve the symptoms, severity of the common cold and flu;
- To decrease head cold symptoms;
- To reduce body temperature;
- To reduce flatulence;
- To relieve symptoms of indigestion; and
- To promote and maintain healthy digestion.

AROMATIC PROFILE

Strong, grassy, citrus-herb and lemon aroma

DIRECTIONS FOR USE |

TOPICAL

Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 30 minutes 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

ORANGE *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To induce sleep;
- To promote refreshing sleep and healthy sleep patterns;
- To reduce the time to fall asleep;
- To relieve constipation;
- To relieve flatulence;
- To decrease the loss of appetite;
- To maintain and help regulate a healthy appetite;
- To reduce the symptoms and occurrence of mild anxiety;
- To aid in mind relaxation;
- To increase body relaxation; and
- As a nervous system relaxant.

AROMATIC PROFILE

Sweet, fruity and citrus aroma

DIRECTIONS FOR USE |

TOPICAL

Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed. Avoid direct sunlight/UV rays to the application area for up to 12 hours.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

PEPPERMINT *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- As an antipyretic to reduce body temperature;
- As an analgesic to relieve pain;
- To relieve toothache;
- To decrease headache symptoms;
- To decrease the symptoms and duration of mild migraines;
- To decrease mild rheumatic aches and pains;
- As an antispasmodic;
- To reduce occurrence of excess intestinal wind;
- To reduce colic (wind/gas pain);
- To relieve flatulence;
- To relieve loss of appetite;
- To maintain a healthy appetite;
- To help reduce the symptoms and occurrence of indigestion;
- To help increase bile flow;
- To relieve nausea;
- To reduce menstruation pain;
- As a cough suppressant; and
- To relieve coughs.

AROMATIC PROFILE

Refreshing, cool, minty and herbal aroma

DIRECTIONS FOR USE |

TOPICAL

Dilute 5 drops in 10 ml V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 10 minutes 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

TEA TREE *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms of acne blackheads;
- To help reduce occurrence of acne symptoms;
- To relieve minor skin eruptions;
- To cleanse and improve healing of minor skin wounds, cuts and abrasions;
- To reduce symptoms of insect bites and stings;
- To help relieve symptoms of mild nail fungal infection;
- As an expectorant to clear respiratory tract mucous;
- To relieve itchy skin associated with mild eczema;
- To decrease symptoms of mild psoriasis;
- To decrease symptoms of skin peeling;
- To relieve skin burning and itching associated with athlete's foot; and
- To relieve symptoms of athlete's foot.

AROMATIC PROFILE

Sharp, clean and astringent aroma

DIRECTIONS FOR USE |

TOPICAL

Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

INHALATION

Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 30 minutes 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

YLANG YLANG *Wellness Essential Oil*



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms and occurrence of mild anxiety;
- As an aphrodisiac to promote a healthy libido;
- To reduce symptoms and occurrence of occasional episodes of gout;
- To reduce body temperature;
- To relieve mild rheumatic aches and pains;
- As a laxative;
- To improve digestive weakness;
- To promote stomach health;
- To relieve symptoms of stomach upsets;
- To decrease the symptoms and duration of headaches;
- To help relieve symptoms of mild tension headaches; and
- To relieve itchy skin.

AROMATIC PROFILE

Rich, sweet and floral aroma

DIRECTIONS FOR USE |

TOPICAL

Apply 2–4 drops directly to desired area as needed. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

INHALATION

Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

SACRED SANDALWOOD™ Wellness Essential Oil



THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To reduce symptoms and appearance of mild varicose veins;
- As an astringent to tighten skin;
- To reduce skin dryness;
- To reduce body temperature;
- To relieve flatulence;
- To relieve digestive discomfort;
- To help promote healthy digestive system function;
- To help promote healthy gallbladder function;
- To help enhance healthy liver function;
- To help decrease mild muscle spasms;
- To support muscle relaxation;
- As an expectorant to clear respiratory tract mucous; and
- To reduce symptoms and duration of common colds.



ADD TO YOUR
COLLECTION

AROMATIC PROFILE

Sweet, woody and warm aroma

DIRECTIONS FOR USE |

TOPICAL

Dilute 1 drop with 4 drops of V-6™ Vegetable Oil Complex or olive oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

INHALATION

Apply 1-6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

AROMATIC

Diffuse up to 1 hour 3 times daily.

Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.

CONDITION	WELLNESS ESSENTIAL OIL TO USE
Acne (symptoms)	Tea Tree
Analgesic for pain relief	Lavender, Lemongrass, Peppermint
Anodyne for pain relief	Lavender, Lemongrass, Peppermint
Antipyretic	Bergamot, Lemongrass, Peppermint, Sacred Sandalwood, Ylang Ylang
Antispasmodic	Clary Sage, Lavender, Lemon, Peppermint
Aphrodisiac	Ylang Ylang
Astringent (tighten tissues)	Sacred Sandalwood
Anxiety (mild)	Bergamot, Lavender, Orange, Ylang Ylang
Bronchial Mucous Congestion	Frankincense
Colic Wind Pain	Lavender, Peppermint
Carminative	Clary Sage, Ginger, Lemon, Lemongrass, Orange, Peppermint, Sacred Sandalwood
Common Cold (symptoms)	Ginger, Lemongrass, Sacred Sandalwood
Common Cold (severity)	Ginger, Lemongrass
Common Cold (duration)	Ginger, Lemongrass, Sacred Sandalwood
Constipation	Orange
Digestive System Function	Sacred Sandalwood
Expectorant	Cedarwood, Clary Sage, Sacred Sandalwood, Tea Tree
Fatigue and Feelings of Weakness	Cedarwood, Clary Sage

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CONDITION	WELLNESS ESSENTIAL OIL TO USE
Flatulence	Clary Sage, Ginger, Lemon, Lemongrass, Orange, Peppermint, Sacred Sandalwood
Febrifuge	Bergamot, Lemongrass, Peppermint, Sacred Sandalwood, Ylang Ylang
Fever (mild)	Bergamot, Lemongrass, Peppermint, Sacred Sandalwood, Ylang Ylang
Flu (symptoms & severity)	Lemongrass
Gallbladder Function	Sacred Sandalwood
Gout	Ylang Ylang
Headache (symptoms)	Lavender, Lemongrass, Ylang Ylang
Indigestion (symptoms)	Bergamot, Clary Sage, Ginger, Lemongrass, Peppermint
Insect Bites and Stings	Tea Tree
Itchy Skin	Tea Tree, Ylang Ylang
Laxative	Ylang Ylang
Liver Function	Sacred Sandalwood
Menstrual Pain/Dysmenorrhea	Clary Sage, Peppermint
Menstrual Cycle	Clary Sage
Mental Alertness	Lemon
Migraine Symptoms (mild)	Peppermint
Motion Sickness	Ginger
Muscle Spasms; Muscle Relaxation	Sacred Sandalwood
Nail Fungal Infection (mild)	Tea Tree
Nausea	Ginger, Lemon, Peppermint

WELLNESS ESSENTIAL OILS INDEX

CONDITION	WELLNESS ESSENTIAL OIL TO USE
Nerve Function Enhancement	Frankincense
Nervous System Relaxant	Lavender, Orange
Neuralgia/Nerve Pain (mild)	Lavender
Pain	Lemongrass, Peppermint
Pharyngitis (symptoms)	Bergamot
Psoriasis (symptoms)	Tea Tree
Stimulate Blood Flow to Skin	Lemon
Relaxation (mind)	Orange
Relaxation (body)	Orange
Respiratory Tract Mucous	Cedarwood, Clary Sage, Sacred Sandalwood, Tea Tree
Upper Respiratory Tract Congestion (mild)	Bergamot, Frankincense
Rheumatic Aches (mild)	Lavender, Lemongrass, Peppermint, Ylang Ylang
Skin Burns and Sunburn	Bergamot
Skin Dryness	Sacred Sandalwood
Skin Wounds and Cuts (minor)	Bergamot, Cedarwood, Lavender, Tea Tree
Spasmolytic	Clary Sage, Lavender, Lemon, Peppermint
Stress (symptoms)	Bergamot, Cedarwood, Lavender
Varicose Veins (mild)	Sacred Sandalwood (P2 ⁴)

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YOUNG LIVING
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