

ESSENTIAL OILS *at a Glance*

As the world leader in essential oils, we offer hundreds of essential oils and oil-infused products, each containing the optimal levels of specific, naturally occurring constituents to maximize their benefits. Whether you use the oils for aromatherapy, personal care, or household solutions, every aspect of daily life can benefit from the incorporation of essential oils!

Follow label instructions and this guide to discover additional practical uses for some of our most popular single essential oils and blends.



Coriander

Northern Lights Black Spruce



Northern Lights Black Spruce essential oil comes from Young Living's new Northern Lights farm in British Columbia, Canada.

- Diffuse this rich, woody, and invigorating scent during meditation to create a fresh aromatic atmosphere.
- Add it to skin care products or apply topically to help improve the appearance of dry skin or to help maintain the appearance of healthy-looking skin.
- This oil can also be applied anywhere, including to the bottoms of feet, along the spine, back of neck, or used for massage.

Lavender



Lavender is universally regarded as one of the most powerful and versatile essential oils, and the uses for this plant are almost endless. Lavender essential oil is one of the main Young Living products because it offers a host of benefits and a sweet, floral aroma.

- Add 8–12 drops to water and spray under beds and in closets for a fresh, pleasing aroma.
- Apply 2–4 drops to skin to moisturize and enhance skin radiance.
- Diffuse at night for a calming aroma during sleep.

Peppermint



One of the oldest and most highly regarded herbs, peppermint essential oil has a fresh aroma that is energizing to give you a renewed feeling of vigor.

- Diffuse during the day for an uplifting scent while at home.

Frankincense



Frankincense essential oil has an earthy, balsamic aroma that is highly revered for its ability to increase feelings of spirituality and inner strength. Known for a broad range of uses, Frankincense features prominently in our skin care line of products.

- Apply 1–2 drops to the face and neck to minimize visual blemishes and add a healthy-looking glow.
- Diffuse to enrich prayer, yoga, or meditation for a deeper spiritual connection.
- Apply 2–4 drops to moisturize dry skin.

Lemon



Lemon's many applications make it one of the most useful essential oils to have on hand. The fresh, zesty aroma is cold pressed from the fruit peel of lemons grown in Argentina and the United States. Lemon oil has refreshing and cooling properties making it an instant pick-me-up.

- Keep Lemon in a purse, backpack, or car so that it is always in reach when you need it.
- Diffuse daily for a clean citrus scent.

Copaiba



Unlike other essential oils, Copaiba is tapped directly from the tree rather than distilled. The main ingredient in many Young Living essential oil blends, Copaiba has a rich and complex aroma.

- Inhale or diffuse to help create a positive, calm atmosphere.
- Mix 2–4 drops into a moisturizer and apply to face, neck, hips, stomach, arms, and thighs to nourish the skin and promote a youthful appearance.

Thieves®



Thieves owes its pleasant, spicy aroma and flavor to a balanced blend of Cinnamon Bark, Clove, Eucalyptus Radiata, Rosemary, and Lemon essential oils. This one-of-a-kind blend can be found in many of Young Living's most popular products. Diffuse throughout the home to neutralize unwanted odours or apply to the bottoms of the feet.

ESSENTIAL OILS: Clove, Cinnamon Bark, Rosemary, Lemon, Eucalyptus Radiata

- Incorporate Thieves into your regular at-home routines.
- Diffuse Thieves for a cleansing scent throughout the day.

PanAway



PanAway, an essential oil blend of Wintergreen, Helichrysum, Clove, and Peppermint, is great to use following physical activity.

ESSENTIAL OILS: Wintergreen, Clove, Helichrysum, Peppermint

- Apply topically after a strenuous workout for a refreshing cooldown.
- Apply several drops onto the bottoms of feet for a soothing, relaxing foot massage.
- Place 3–4 drops onto a hot towel and hold over the abdomen for a cool, refreshing effect.

R.C.



Combining the essential oils of three unique varieties of eucalyptus with other aromatics, R.C. is an aromatic must-have.

- Diffuse or add R.C. to a bowl of hot, steaming water. Place a towel over your head and inhale the soothing steam.
- Dilute and apply to chest, neck, and throat areas as needed.

Purification



Neutralize odours and enhance the air in your home with the crisp, refreshing aroma of Purification. When diffused, Purification helps purify and cleanse the air from stubborn and lingering odours. This uplifting blend is also an excellent choice for moisturizing dry skin.

ESSENTIAL OILS: Lemongrass, Rosemary, Melaleuca Alternifolia, Myrtle, Citronella, Lavandin

- Massage 1–2 drops where needed to moisturize dry skin.
- Combine several drops with water in a spray bottle and spray to eliminate unpleasant smells such as smoke, mildew, and stale food odours.
- Diffuse to clean the air of foul or stale odours.

DiGize



DiGize contains a blend of sweetly aromatic essential oils that are pleasant to smell. This oil blends pure tarragon, ginger, peppermint, and other essential oils that may bring about calming feelings.

ESSENTIAL OILS: Tarragon, Juniper, Anise, Ginger, Fennel, Patchouli, Peppermint, Lemongrass

- Diffuse DiGize at home for a pleasant and calming addition to your day.

Tea Tree



Tea Tree essential oil, also known as Melaleuca Alternifolia, can be found in a wide spectrum of skin care and spa products. It possesses powerful properties that have made it a skin care mainstay in many cultures. Tea Tree oil can moisturize and beautify the appearance of the skin.

- Moisturize the skin by rubbing 1–3 drops of Tea Tree oil into the palms of your hands and gently massaging over areas of concern.
- Add Tea Tree oil to your favourite Young Living massage oil to elevate your massage experience.
- Diffuse Tea Tree oil to create an aromatic, spa-like environment.



Idaho Tansy

Note: Always consult individual product labels for usage directions.

AromaEase™



The powerful blend of Ginger, Cardamom, Peppermint, Fennel, and Spearmint essential oils in AromaEase can help calm and relax.

- Diffuse or inhale to enjoy AromaEase's relaxing aroma.
- Apply topically to feet and abdomen to help support energy flow.

Lemongrass



Lemongrass has a fresh, citrus-herb aroma with earthy undertones that has made it popular in Southeast Asian cultures and home fragrances. Refreshing, rejuvenating, stimulating, and balancing, it is an inspiring oil.

- Use Lemongrass at home, in your kitchen, bathrooms, or other rooms for a crisp, clean citrus scent.

Citrus Fresh



Citrus Fresh is a sweet, refreshing blend of Spearmint and favourite citrus essential oils. This popular blend is loved for its delicious flavour and pleasant scent that help bring about a sense of calm.

ESSENTIAL OILS: Orange, Grapefruit, Mandarin, Tangerine, Lemon, Spearmint

- Diffuse daily to help promote feelings of joy and creativity.
- Purify the air with this fresh, cleansing aroma.

Orange



Orange essential oil has a sweet, citrusy aroma and flavour. Like other citrus essential oils, it is high in the beneficial compound d-limonene.

- Add 1–2 drops to water in a glass bottle as an alternative to sweetened or diet beverages.



Peppermint



Aromatically

Use essential oils aromatically to uplift the spirit.

- Rub 2–3 drops of essential oil between your palms and inhale deeply.
- Add a few drops of essential oil to a bowl of hot water. Cover your head and bowl with a towel. Breathe deeply and slowly.
- Use your favourite essential oils in your diffuser.



Topically

Many essential oils are safe and beneficial to use directly on the skin.

- Place 2–3 drops of essential oil directly on the desired area and massage in. Repeat as desired. Always follow the label's dilution instructions.

Caution: Essential oils are very potent and may be irritating to the skin. If irritation occurs, apply Young Living's V-6™ Vegetable Oil Complex or any pure vegetable oil to the area to dilute.



Dilute

Some essential oils require dilution. See label for use.



NingXia Red®

Your kit includes a sample of our top-selling superfruit supplement, NingXia Red. NingXia Red blends puree from selectively sourced Ningxia wolfberries with powerful superfruit extracts and pure essential oils that offers a balanced blend of nutrition for a delicious, whole-body superfruit infusion. Like what you taste? Find our full NingXia Red product line in your Product Guide.



Note: Always consult individual product labels for usage directions.