

# LET'S YL

## 30 DAY Starter Guide

For a Lighter, Brighter  
and HAPPIER You!

YOUNG  LIVING  
ESSENTIAL OILS





# 01

## LET'S GET STARTED!

WELCOME TO THE  
YOUNG LIVING FAMILY!

We are so excited to have you! Your first step toward whole-life wellness begins today. As you experience our pure, authentic products, you will learn about the power of essential oils and the natural alternatives to many commercial products we offer. Each of our products is crafted to help you find whole-life wellness and is made with the highest standards of authenticity and purity. Let's get started as we show you:

“Why YL?”

### YOUR PREMIUM EXPERIENCE KIT PEK

This Premium Experience Kit (PEK) is an introduction to discover wellness in every part of your life, free of harsh chemicals and toxins. If you are serious about transforming your life, this is the most powerful way to get started. Containing some of Young Living's core favorites, this kit is a selection that will give you an immersive experience with the goodness of high-quality essential oils.

# 02

## Let's Answer Your QUESTIONS

### 1. What are essential oils?

Essential oils are aromatic, concentrated plant extracts that are carefully obtained through steam distillation, cold pressing, or resin tapping. We offer essential oils, blends, and oil-infused products with the optimal levels of specific, naturally occurring essential oil constituents to maximize their potency.

### 2. How do I use these oils?

Here we are focusing on two general ways to enjoy the benefits of essential oils.

#### Aromatically

Inhale the aroma directly from the bottle, on the palm of your hand, or diffuse.

#### Topically

Apply directly to skin, often diluted with a carrier oil.

### 3. What is a diffuser?

Your Premium Experience Kit comes with a diffuser. Diffusion is an excellent way to maximize the beneficial properties of essential oils because it effectively distributes a fine mist of essential oil molecules into the air. There are many different ways to diffuse, and we will show you how to find your favorite way. It's important to note that overheating essential oils using aroma lamps or candles can render the oils less beneficial, so we'll focus on different cold-air diffusion methods.







Live it



# 03

## LET'S MEET THE OILS



Lavender



Lemon ☀️



Peppermint



Frankincense



Thieves®



R.C.®



Purification®



V-6® Enhanced  
Vegetable Oil  
Complex



Deep Relief



Digize®



Valor® 💧

All of the above bottles come in 5ml quantity and V-6® in 50ml

## About ☀️ photosensitivity

Applied on the skin, certain oils may have different reactions when exposed to the sun. This is called photosensitivity. Please be mindful of which oils you are using when you intend to spend the day outside or under direct sunlight. For this guide, we have put this photosensitivity icon ☀️ to indicate that a particular oil is highly sensitive to sunlight and must not be used with direct sun exposure.

## About 💧 staining

Valor may stain sheet or clothing, please make sure the oil is fully absorbed.





# 04

## Let's kick off your **30-DAY** Challenge

The key to seeing results is to simply start using essential oils and to use them on a consistent basis. As a new member of the Young Living family, building the habit of using our products is a great way to experience the power of the purest essential oils firsthand. Young Living's products are safe and free of harsh chemicals, making them perfect to integrate into your home and your everyday life. Make the best of your Premium Experience Kit and take on this 30-day challenge to see the results for yourself!



# YOUR 30-DAY *Challenge*

There are many ways to experience the benefits of essential oils with your Premium Experience Kit. We will start with some simple single oil usage ideas for the first week and then venture deeper into blends and other formulas that will work wonders too. Some of these recipes require your Dewdrop Diffuser.





# Day 1-3

Let's de-stress, relax,  
or improve focus

Pick one or two time slots in a day and try  
any of these for the first three days.

## SIX DIFFUSION OPTIONS FOR YOUR DAY

Relaxing	5 - 8 drops Lavender
Refreshing	5 - 8 drops Lemon
Awakening	5 - 8 drops Peppermint
Focusing	5 - 8 drops Frankincense
Respiratory Support	5 - 8 drops R.C.
Unwinding	5 - 8 drops Purification

+

Distilled  
water  
&  
DewDrop  
Diffuser



## Suggestions

Try a Lavender foot rub at the end of your  
day and diffuse Lavender before bedtime.  
If you need to wake up and be refreshed  
for work, try diffusing Lemon, followed by  
a Peppermint foot rub to get you going.

### FOOT RUB:

#### Directions:

1. Start by gently massaging and  
pulling on the toes.
2. Use your thumbs in the sole of the  
foot, with the fingers rested on top  
of the foot.
3. Massage from the ball of the foot  
to the arch and down to the heel.
4. Adding the following choice of oils:



Relaxing	3 drops Lavender
Awakening	3 drops Peppermint
Pampering	3 drops Frankincense

# Day 4-7

## Let's focus on breathing

There are two methods of inhalation. Use one of the following with your choice of essential oil for the next three days.

### Normal Inhalation

Put 2 drops of essential oil on the palm of your hand, rub your palms together, and then cup your hands over your nose and mouth and inhale.

Awakening	2 drops Peppermint
Encouraging	2 drops Valor

### Steam Inhalation

Add essential oil to a bowl of hot (not boiling) water and inhale the vapor.

Relaxing	2 drops Lavender
Refreshing	2 drops Lemon
Calming	2 drops Frankincense

# Day 8-14

## Let's create blends for spas and massages

This week will be an exciting one as we venture into diffusing blends and applying essential oil on different parts of the body.

There are six blend ideas for your diffuser and your body. Every day, try a combination and feel rejuvenated!

## Diffusing with more than one essential oil

You will need distilled water and your Dewdrop Diffuser with one of the following blends:

1. Refreshing: 3 drops Lavender + 3 drops Purification
2. Air refreshing: 3 drops R.C. + 3 drops Purification
3. Room purifying: 3 drops Purification + 3 drops Thieves
4. Air cleansing: 4 drops Thieves + 2 drops Lemon
5. Calming: 3 drops Frankincense + 3 drops White Angelica\*
6. Awakening: 4 drops Stress Away\* + 2 drops Lemon



# Topical uses for essential oils

Foot rub (Relaxing)	Foot rub (Refreshing)	Body serum (Pampering)
<ul style="list-style-type: none"><li>• 2 drops Lavender</li><li>• 1 drop Frankincense</li></ul>	<ul style="list-style-type: none"><li>• 2 drops Lemon</li><li>• 1 drop Peppermint</li></ul>	<ul style="list-style-type: none"><li>• 2 drops Frankincense</li><li>• 1 drop Lavender</li><li>30 drops V-6</li></ul>
<p><u>Directions:</u> Mix well. Apply the oil on the foot, hold and pull each side of the foot outward, and repeat this motion, allowing the foot to spread.</p>		<p><u>Directions:</u> Mix well. Massage gently into muscles to reduce tension.</p>

Sport massage (Invigorating)	Sports massage (Relieving)	Throat and chest massage (Respiratory support)
<ul style="list-style-type: none"><li>• 2 drops Valor</li><li>• 1 drop Peppermint</li><li>• 30 drops V-6</li></ul>	<ul style="list-style-type: none"><li>• 10 drops Deep Relief</li></ul>	<ul style="list-style-type: none"><li>• 3 drops R.C.</li><li>• 30 drops V-6</li></ul>
<p><u>Directions:</u> Mix well. Apply generously on temples, back of the neck, or fatigued muscles for a soothing and cooling sensation.</p>		<p><u>Directions:</u> Rub on throat, chest, or the back of neck to promote the sensation of deeper breathing.</p>





# Day 15-22

## Let's go chemical free for skin care

Have you ever thought of creating your own effective skin care products so you know exactly what is in them? With Young Living essential oils, you can not only create toxic-free serums, face masks, hair care formulas, and much more, but you can also control the ingredients you put in them to make them work for you!

Try creating two products a day from any of the following recipes. You can start with a face serum and a perfume or a face mask with a lip scrub. The possibilities are limitless!

### Oils for the face

Beauty face serum (Normal skin)	Beauty face serum (Dry skin)	Beauty face serum (Dry skin)
<ul style="list-style-type: none"><li>• 1 drop Lavender</li><li>• 1 drop Frankincense</li><li>• 30 drops V-6</li><li>• 5 ml roller bottle</li></ul>	<ul style="list-style-type: none"><li>• 1 drop Lavender</li><li>• 1 drop Frankincense</li><li>• 1 drop Geranium*</li><li>• 30 drops V-6</li><li>• 5 ml roller bottle</li></ul>	<ul style="list-style-type: none"><li>• 1 drop Lavender</li><li>• 1 drop Frankincense</li><li>• 1 drop Rose* or Jasmine*</li><li>• 30 drops V-6</li><li>• 5 ml roller bottle</li></ul>

#### Directions:

Mix well and fill the roller bottle.  
Apply gently to face and neck area.

\*This oil is not included in the PEK



# Simple DIY for face and body

Soothing face mask	Moisturizing face mask
<ul style="list-style-type: none"><li>• 3 drops Lavender</li><li>• 10 g raw honey</li></ul>	<ul style="list-style-type: none"><li>• 1 drop Lavender</li><li>• 2 drops Frankincense</li><li>• 10 g raw honey</li></ul>
<p><u>Directions:</u> Stir well and apply to face; let sit for 10–15 minutes, then rinse with lukewarm water. Should be used in 14 days.</p>	

Awakening face mist	After-sun care
<ul style="list-style-type: none"><li>• 1 drop Lavender</li><li>• 10 ml distilled water</li><li>• Small glass spray bottle</li></ul>	<ul style="list-style-type: none"><li>• 3 drops Lavender</li><li>• 1 drop Frankincense</li><li>• 10 ml food-grade aloe vera gel</li></ul>
<p><u>Directions:</u> Shake well and spritz over face at a 30 cm distance.</p>	<p><u>Directions:</u> Stir well and apply to face; let sit for 10–15 minutes, then rinse with lukewarm water.</p>

Lip scrub	Hair detangler
<ul style="list-style-type: none"><li>• 1 drop Lavender</li><li>• 10 drops V-6</li><li>• 1/6 teaspoon fine brown sugar</li></ul>	<ul style="list-style-type: none"><li>• 2 drops Lavender</li><li>• 2 drops Rosemary*</li><li>• 2 drops Geranium*</li><li>• 30 drops V-6</li></ul>
<p><u>Directions:</u> Mix well. Apply mixture on lips; gently massage, then wash off.</p>	<p><u>Directions:</u> Smooth a small amount on clean, dry hair, avoiding the roots.</p>

Perfume (Romantic)	Itch stick
<ul style="list-style-type: none"><li>• Base Note: 5 drops Frankincense or Geranium*</li><li>• Middle Note: 5 drops Ylang Ylang* or Rose*</li><li>• Top Note: 5 drops Lavender</li><li>• 30 drops V-6</li><li>• 5 ml roller bottle</li></ul>	<ul style="list-style-type: none"><li>• 2 drops Lavender</li><li>• 2 drops Purification</li><li>• 1 drop Peppermint</li><li>• 30 drops V-6</li><li>• 5 ml roller bottle</li></ul>
<p><u>Directions:</u> Fill the roller bottle with oils and shake gently to combine. Roll the mixture on wrists and back of neck.</p>	<p><u>Directions:</u> Fill the roller bottle with oils and shake gently to combine. Roll the mixture on bug bites for instant relief.</p>

\*This oil is not included in the PEK



# Day 23-31

## Let's build home sweet home

Your home is an important sanctuary, and we know that keeping it safe and cared for is one of your top priorities. Make home care easier and more earth-friendly with these ideas.

Try one of the following each day to freshen your home:

### Home use

Washing machine cleaning	Refrigerator deodorant	Mattress cleaning
<ul style="list-style-type: none"><li>• 10 drops Thieves</li></ul>	<ul style="list-style-type: none"><li>• 5 drops Lemon</li><li>• 5 drops Peppermint</li><li>• ½ cup/125 g baking soda</li></ul>	<ul style="list-style-type: none"><li>• 10 drops Thieves</li><li>• 10 drops Lemon</li><li>• 1 cup/250 g baking soda</li></ul>
<p><u>Directions:</u> Put Thieves into your washing machine and run a rinse cycle.</p>	<p><u>Directions:</u> Mix ingredients and place them in an open jar. Place the jar in the refrigerator and replace the contents every 2 weeks.</p>	<p><u>Directions:</u> Mix well and spread the mixture on mattress. Let sit for 1 hour, then vacuum.</p>

Shoe deodorant	Gym bag deodorant	Room-freshening spray
<ul style="list-style-type: none"><li>• 5 drops Purification</li><li>• Organic cotton balls</li></ul>	<ul style="list-style-type: none"><li>• 2 drops Purification</li><li>• 2 drops Peppermint</li><li>• ½ cup/125 g baking soda</li></ul>	<ul style="list-style-type: none"><li>• 6 drops Purification</li><li>• 4 drops Thieves</li><li>• 4 drops Lavender</li><li>• 4 drops Lemon</li><li>• 50 ml distilled water</li><li>• Small glass spray bottle</li></ul>
<p><u>Directions:</u> Drip Purification on cotton balls, put them into shoes, and leave overnight.</p>	<p><u>Directions:</u> Mix well. Spoon the mixture into the bag and shake to disperse. Leave overnight or longer, then shake out thoroughly.</p>	<p><u>Directions:</u> Combine ingredients in the spray bottle and shake to mix before spritzing throughout a room.</p>







share it





## 05 LET'S LEARN MORE

If you love the new you and your new whole-life wellness you've experienced, we have a lot more ideas!

Here are safety guidelines as you continue your journey:

1. **Always read labels.** Each oil has different benefits and usage. To harness the full potential of these products, know their properties and appropriate method of usage.
2. **Use caution.** Avoid putting essential oils in your eyes, ear canals, and other sensitive areas.
3. **Test first.** Individuals can have different reactions to essential oils. When using Young Living essential oils topically, test them on a small area on the side of the neck or the underside of the arm before applying them on the face or body.
4. **Dilute properly.** Stop using the essential oil if skin irritation or discomfort occurs. Do not rinse the area with water. Instead, apply a carrier oil such as V-6 Vegetable Oil Complex to the affected area.
5. **Put safety first.** If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional before using essential oils.
6. **Avoid photosensitivity.** Citrus-based oils and blends may cause temporary photosensitivity. Follow individual label instructions and avoid direct sunlight for 12–48 hours.

## Here are some tips on how to expand your experience:

1. **Customize to fit your preference.** We all have different preferences when it comes to using essential oils. If an oil is too strong for your liking, dilute it with V-6 Vegetable Oil Complex or another carrier oil.
2. **Don't limit yourself.** While we packed your Premium Experience Kit with popular favorites to kick-start your journey to wellness, there is a whole world of other essential oils out there. Each has its own rich benefits and can help transform your overall wellness. Try our wide variety of products and find which ones you love most!
3. **Stick to a schedule.** Much like our first 30-day challenge, having an essential oil usage schedule can help you create wellness-boosting routines, while making it easy to anticipate when your favorites need a refill. A schedule will also help you keep track of your progress and transformation!
4. **Share your journey with others.** Your transformation toward wellness is a journey worthy of sharing. Give your friends some sample oils and products so they can harness the power of a toxin-free life too!
5. **Enjoy!** Above all, enjoy what you're learning and experiencing on your Young Living journey. Remember that your transformation means you're taking big steps toward whole-life wellness.





# 06

## LET'S EXPLORE

Young Living offers a range of product categories that cater to specific needs and use. Our mission is to provide you with authentic, harsh chemical-free alternatives for you, your home, and your loved ones. Check out some of our most popular lines:

### NingXia Red®

For more than 700 years, the northwest region of China known as Ningxia has earned a reputation for producing and cultivating premium wolfberries. Also known as goji berries, wolfberries have a rich nutritional profile. NingXia Red® is our powerful superfruit supplement that harnesses that nutrition to energize, fortify, and revitalize both body and mind. This delicious, proprietary blend features pure essential oils, Ningxia wolfberry puree, and other superfruits to supply the body with vital phytonutrients.







## Thieves®

We've infused our proprietary Thieves® essential oil blend into a range of personal care, dental care, and cleaning products. Our Thieves line provides pure, plant-derived alternatives formulated to work hard without the toxic chemicals and to fill your home with the warm, spicy aroma of our signature blend. Reduce your toxin footprint and fill your life and home with safe, gentle, and effective substitutes.

## Kids Care

In line with our mission to take care of the entire family's well-being, we have specially curated products for the littlest ones. Our Kids Care line features a collection of child-friendly products infused with essential oils and designed to address the most common concerns of childhood. We formulated these proprietary products to provide safe alternatives to the commercial products found on many store shelves.





We sincerely hope you have enjoyed your 30-day journey and that you get a sense of all that our essential oils have to offer.

You can check out Traditional Chinese version of this starter guide by scanning the QR code.







20/F Soundwill Plaza II  
Midtown, 1 Tang Lung Street,  
Causeway Bay, Hong Kong



+852-2897-5600



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