

30-DAY Starter Guide

EXPERIENCE WELLNESS FROM WITHIN



YOUNG  LIVING.
ESSENTIAL OILS



01

LET'S GET STARTED!

歡迎來到YOUNG LIVING大家庭！

歡迎您的加入！您邁向終生健康的第一步，就從今日開始。當您使用我們純淨的天然產品時，將會了解到精油的力量，以及我們與市場上同類型產品比較之下的優勝之處。

我們的每項產品皆採用了最高標準精心製作，確保產品純淨、忠於自然，幫助您達至終生健康。首先，讓我們告訴您：

「為什麼選擇寧夏紅？」

您的寧夏紅高級體驗套裝

寧夏紅高級體驗套裝助您揭開健康生活的序幕，因為真正的健康應從內而生，這個套裝蘊含純淨又強效的精油，可為您提供最佳營養，助您開啟健康之旅。

02 關於寧夏紅

Young Living 直接與寧夏枸杞農場的供應商和蒸餾廠合作，種植枸杞的地區未經開發，並通過農藥、重金屬和潛在污染物的嚴格測試。枸杞收成後，我們會先進行清潔，然後製成果茸。



寧夏枸杞農場
及蒸餾廠



「種子到封密」
的故事



寧夏是枸杞主要種植地區，因為寧夏位於黃河地區，擁有地理優勢，有助灌溉及生產傳統上用於中醫藥的枸杞。

寧夏農場的工人會將新鮮的枸杞在現場製成果茸，然後運往美國進行嚴格測試，只有符合標準的產品才會被選擇製成寧夏紅。

03 寧夏紅獨特配方

除枸杞外，寧夏紅還注入了含多種維生素和抗氧化物的超級水果，能更全面地補充營養並支援健康！



藍莓



石榴



青梅



櫻桃



野櫻莓



04 強效成分帶來的好處

Young Living引以為傲的寧夏紅是市場上唯一結合原粒寧夏枸杞和精油的營養飲品，領先全球，美味之餘更為您帶來多種健康好處。

- 蘊含石榴、青梅、野櫻莓、藍莓、櫻桃、葡萄籽萃取的超級水果配方為您補充能量
- 加入了含豐富 d-檸檬烯的柑橘類精油，與寧夏枸杞產生協同效應
- 蘊含植物營養素、維他命和抗氧化物，為您帶來以下的健康好處
 - 支援身體整體健康
 - 支援腸道健康
 - 支援眼睛健康
 - 支援身體抗氧化功能，抵禦體內自由基
- 蘊含益生元，有助支援消化系統健康



05

享受寧夏紅



第1週 (第1天至第7天)

初嚐寧夏紅

任務：每天喝60毫升寧夏紅

建議飲用前預先冷藏及搖勻

開封後請冷藏保存，並於30天內飲用完畢

您知道嗎？

早上喝

有助保持活力

晚上喝

有助滋養身體



第2週 (第8天至第14天)

探索寧夏紅

任務：在您的寧夏紅中添加精油調味料以增加風味

嘗試以下的食譜吧，享受寧夏紅就是如此簡單！

食譜1: 紅色特飲

- 將寧夏紅加入至瓶身的60毫升標記
- 加入3滴檸檬精油調味料
- 加入1粒Sulfurzyme (打開膠囊)*
- 用清水注滿玻璃瓶

* 本套裝不含此款產品

食譜2: 提神特飲

- 將寧夏紅加入至瓶身的60毫升標記
- 加入1滴檸檬精油調味料
- 加入1滴薄荷精油調味料



食譜3: 最佳拍檔

- 將寧夏紅加入至瓶身的60毫升標記
- 加入1滴薄荷精油調味料
- 將椰子水加入至瓶身的200毫升標記

食譜5: 度假風情

- 將寧夏紅加入至瓶身的60毫升標記
- 加入1滴檸檬精油調味料
- 加入1滴羅勒精油調味料*

食譜7: 紅潤美顏飲

- 將寧夏紅加入至瓶身的60毫升標記
- 加入1瓶BLOOM膠原亮膚飲*
- 用清水注滿玻璃瓶

* 本套裝不含此款產品

食譜4: 輕鬆纖形

- 將寧夏紅加入至瓶身的60毫升標記
- 將冰水加入至瓶身的300毫升標記
- 加入3滴Slique Essence複方精油*

食譜6: 滿分營養

- 將寧夏紅加入至瓶身的60毫升標記
- 加入1包Master Formula Essential綜合維他命飲品*
- 用清水注滿玻璃瓶



06

星級食譜!





寧夏紅冰棒

- 60毫升寧夏紅
- 1 滴檸檬精油調味料
- 100毫升飲用水
- 1 滴薄荷精油調味料

步驟

1. 將所有材料攪拌均勻後，倒入冰棒模具中，預留約0.6cm的高度讓攪拌物凝固。蓋好蓋後，放入冰棒棍。
2. 冷藏一晚或至結冰。然後將模具浸入溫水中，直到冰棒脫離模具。
3. 如果想要保存冰棒，請從模具中取出所有冰棒，放在鋪了蠟紙的托盤上，然後再次冷藏10分鐘。將冰棒放入冷凍袋中以便保存。

ZYNG級特飲！

食譜1: 檸檬ZYNGER

- 將寧夏紅加入至瓶身的60毫升標記
- 加入1滴檸檬精油調味料
- 加入1罐NingXia Zyng*

食譜2: 寧夏仲夏夜梳打

- 將寧夏紅加入至瓶身的60毫升標記
- 將橙汁加入至瓶身的100毫升標記
- 將氣泡水/NingXia Zyng*加入至瓶身的400毫升標記
- 可隨意加入檸檬片或香橙片作裝飾，或龍舌蘭蜜增添額外甜味！

* 本套裝不含此款產品





您知道嗎？

- 很多精油已獲得美國食品藥物管理局 (Food and Drug Administration, FDA) 的食品安全認證 (GRAS)，被FDA認可為口服安全。
- Young Living 精油調味料與市場上的香草和柑橘類水果具有同樣新鮮的風味，但無需切塊、去皮或榨汁，助您節省時間，讓生活更輕鬆。

使用指南：1 滴或更少的精油調味料 = 1 茶匙香草或香料

精油小知識

製作一枝5毫升的
檸檬精油調味料
需要**25個**檸檬



製作一枝5毫升的
薄荷精油調味料
大約需要**500克**
薄荷葉



第3-4週 (第15天至第30天)



寧夏紅啫喱教學影片

成為寧夏紅大師

任務：將寧夏紅添加到您的料理/烘焙/甜品中

食譜1: 寧夏紅啫喱

- 240毫升寧夏紅
- 1.5茶匙大菜粉或魚膠粉
- 矽膠模具
- 3滴檸檬精油調料
- 4茶匙蜜糖
- 3滴西柚精油調料*

步驟

1. 把寧夏紅、大菜粉或魚膠粉及蜜糖加進平底鍋中。以中火加熱，並用鐵匙羹攪勻，直至完全融化。
2. 沸騰後立即離火，然後加入精油調味料。試試味道（您可能會覺得太甜；其後冷卻時味道會稍為轉淡）。
3. 把混合物倒進矽膠模具，然後把模具放進雪櫃，冷卻至少1個小時。
4. 從模具中取出啫喱，即可享用。
5. 未食用的啫喱需放進雪櫃保存。

* 本套裝不含此款產品





食譜2: 寧夏紅乳酪雪條

- 240毫升寧夏紅
- 1杯新鮮或急凍水果
- 240毫升希臘乳酪

步驟

在攪拌機內混合所有材料至幼滑，後倒入雪條模具中冷藏。

食譜3: 寧夏紅香蕉雜莓冰沙

- 60毫升寧夏紅
- ½杯雜莓
- 280毫升希臘乳酪
- 1條大香蕉
- ½杯植物奶
- 冰塊

步驟

在攪拌機內混合所有材料後即可享用。

食譜4: 寧夏紅曲奇 (12至14塊)

- 60毫升寧夏紅
- 1½茶匙泡打粉
- 1茶匙雲呢拿油
- 10滴甜橙精油調味料*
- ⅛ 茶匙鹽
- ⅓杯蜂蜜
- 1杯(100克)即食燕麥片
(建議使用不含麩質的)
- 2湯匙(28克)融化的椰子油
(冷卻使用)
- 6湯匙(53 克)新鮮紅桑莓
(切粒)
- ¾杯(90克)麵粉
- 1個大雞蛋(室溫)

步驟

1. 在一個中等大小的碗中，將燕麥片、麵粉、泡打粉和鹽攪拌在一起。
2. 在另一個碗中，將椰子油、雞蛋、雲呢拿油、蜂蜜、寧夏紅和甜橙精油調味料攪拌均勻。
3. 加入麵粉混合物，攪拌均勻至完全混合。加入紅桑莓。
4. 將麵團冷卻至少30分鐘，再用保鮮紙包著整個麵團。
5. 將焗爐預熱至160°C，並在焗盤上鋪上牛油紙。可用兩隻湯匙交替搓圓麵團幫助定型。
(如果冷藏超過 1.5 小時，請稍微壓扁。)
6. 以160°C焗13-15分鐘。
7. 放在焗盤上冷卻至少15分鐘。

注意：請確保有準確地取出燕麥片和麵粉的分量：建議將麵粉/燕麥片倒入量杯中，直到溢出。然後用餐刀的背面，把麵粉/燕麥片刮平。

* 本套裝不含此款產品



食譜5: 寧夏紅雜莓果碗

- 60毫升寧夏紅
- 1包 MindWise*
- 3滴檸檬精油調味料
- 60毫升堅果奶或燕麥奶
- 適量燕麥
- 1包無糖的巴西莓果茸
- ½杯急凍火龍果
- ½杯急凍草莓
- 2個熱情果

步驟

在攪拌機內混合所有材料後倒入碗中，然後添加您喜愛的配料，如穀麥、水果或堅果。

更多寧夏紅資訊



07

探索更多YOUNG LIVING 營養補充品

養顏美肌組合

- BLOOM 膠原亮膚飲*
- 寧夏紅
- Sulfurzyme*



體型管理組合

- 寧夏紅
- Slique Essence*



能量提升組合

- Super B*
- 寧夏紅
- Master Formula Essential 綜合維他命飲品*



* 本套裝不含此款產品



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 product is crafted to help you find whole life wellness and is made with the highest standard of authenticity and purity. Let's get started as we show you:

“Why NINGXIA RED?”

YOUR PREMIUM EXPERIENCE KIT WITH NINGXIA RED

This Premium Experience Kit is an introduction to discover the wellness journey, as true wellness starts from within, this kit offers optimal nutrition with a boost of pure, potent essential oils to jump-start your journey.

02 All About NINGXIA RED

Young Living works directly with vendors at the NingXia Wolfberry Farm and Distillery to grow wolfberries in a pristine location that is rigorously tested for pesticides, heavy metals, and other potential contaminants. Once the wolfberries are harvested, they're cleaned and sent off to be pureed.



NingXia Wolfberry
farm & Distillery



NingXia Red
Seed to Seal Story



NingXia is the principal region of China where wolfberries are grown because of the significant irrigation from the Yellow River that supports the production of wolfberries used in traditional Chinese medicine.

NingXia farm workers purée the fresh wolfberries on-site and ship them to the United States where the juice undergoes testing, bottling and production into NingXia Red.

03 What makes NingXia Red so unique?

In addition to wolfberries, NingXia Red infuses a variety of superfruits rich in vitamins and antioxidants, providing a more comprehensive nutritional boost and supporting overall health.



Blueberry



Pomegranate



Plum



Cherry



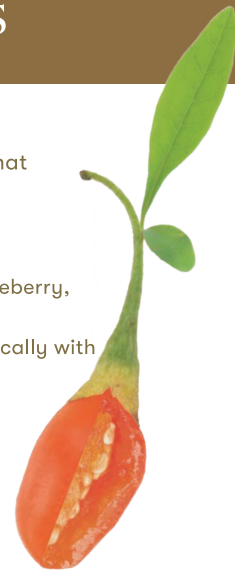
Aronia



04 POWERFUL INGREDIENTS FOR POWERFUL BENEFITS

Young Living is proud to offer the only nutrient drink on the market that combines whole Chinese wolfberries with pure essential oils into the world's foremost functional beverage that tastes as good as it is good for you.

- Stay energized with superfruit such as pomegranate, plum, aronia, blueberry, cherry and grape seed extract
- Contains 4 citrus oils, that are rich in d-limonene, that blend synergistically with wolfberries
- Contains phytonutrients, vitamins & antioxidant that support
 - Whole body health & overall wellness
 - Normal eye health
 - Natural anti-oxidative stress process
- Contains prebiotic that promotes healthy digestion
- Naturally sweetened with Stevia and free from artificial additives



05

ENJOY THE RED



Week 1 (Day 1 – Day 7)

NingXia Red STARTER

TASK: drink 60ml of NingXia Red per day

Best served chilled

Shake well before enjoying

Refrigerate after opening and use within 30 days

DID YOU KNOW?

Take it in the
MORNING

To stay energized

Take it at
NIGHT

To nourish your body



Week 2 (Day 8 – Day 14)

NingXia Red EXPLORER

TASK: add Vitality into your NingXia Red to enhance the flavor

Mix all ingredients below and enjoy it.
It is simple to begin with!

Recipe 1: THE RED DRINK

- Add NingXia Red to 60ml marking
- Add 3 drops Lemon Vitality
- Add 1 capsule of Sulfurzyme*
- Fill up the Glass Bottle with Water

* This product is not included in this kit

Recipe 2: FRESHEN UP

- Add NingXia Red to 60ml marking
- Add 1 drop Lemon Vitality
- Add 1 drop Peppermint Vitality



Recipe 3: BEST COMPANION

- Add NingXia Red to 60ml marking
- Add 1 drop Peppermint Vitality
- Fill coconut water up to 200ml marking

Recipe 5: THAI SURPRISE

- Add NingXia Red to 60ml marking
- Add 1 drop Lemon Vitality
- Add 1 drop Basil Vitality*

Recipe 7: LOVE YOURSELF

- Add NingXia Red to 60ml marking
- 1 bottle of BLOOM Collagen Complete*
- Fill up the glass bottle with water

Recipe 4: FEEL SLIM

- Add NingXia Red to 60ml marking
- Fill chill drinking water up to 300ml marking
- Add 3 drops Slique Essence*

Recipe 6: NUTRI BOOST

- Add NingXia Red to 60ml marking
- Add 1 sachet of Master Formula Essential*
- Fill up the glass bottle with water



* This product is not included in this kit

06 LEVEL UP RECIPE!





NingXia Red Rockets Ice Blocks

- 60ml NingXia Red
- 100ml Drinking Water
- 1 drop Lemon Vitality
- 1 drop Peppermint Vitality

Instructions

1. Combine all ingredients and divide equally between ice block molds, leaving about 0.6cm at the top for expansion. Put lid on and place sticks in.
2. Freeze overnight or until frozen through. To free the ice blocks from their molds, dip the frozen molds in a bowl of warm water until the ice pops loosen.
3. To store, remove all the ice blocks from the molds, place them on a wax paper-lined tray, and refreeze for 10 minutes. Place ice block in freezer bags, separated by strips of waxed paper.

ADD SOME SPARKS!

Recipe 1: LEMON ZYNGER

- Add NingXia Red to 60ml marking
- Add 1 drop Lemon Vitality
- Add 1 can of NingXia Zyng*

Recipe 2: NINGXIA SUMMERTIME SPRITZER

- Add NingXia Red to 60ml marking
- Add orange juice up to 100ml marking
- Fill Sparkling Water/ NingXia Zyng* up to 400ml marking
- (Optional) Lemon or orange slices for Garnish or agave syrup for a touch of sweetness!

* This product is not included in this kit





DID YOU KNOW?

- Many essential oils are Generally Recognized As Safe (GRAS) by U.S. Food & Drug Administration. It is FDA recognized as safe for oral consumption.
- Young Living Vitality oils have same bright, fresh flavour, as herbs and citrus fruits from the market without chopping, mincing, zesting or juicing. Saving your time, making your life easier.

Usage Guideline:

1 drop or less Vitality = 1 teaspoon of herbs or spices

FUN FACT

It takes **25** Lemons to make one bottle of Lemon Vitality 5ml



It takes about **500g** of Peppermint leaves to make one bottle of Peppermint Vitality 5ml



Week 3 & 4 (Day 15 – Day 30)

NINGXIA Red MASTER

TASK: Add NingXia Red into your Cooking/ Baking/ Dessert making



How to make
NingXia Red Jellies

Recipe 1: NingXia Red Jellies

- | | | |
|--------------------------|--|---------------------|
| • 240ml NingXia Red | • 3 drops Grapefruit Vitality* | • 4 teaspoons honey |
| • 3 drops Lemon Vitality | • 1½ teaspoons agar powder (vegan gelatin alternative) | • Silicon molds |

Instructions

1. Combine the NingXia Red, agar powder, and honey in a saucepan. Mix with a metal spoon until fully dissolved and heat on medium-high.
2. Once boiled, remove from heat immediately and stir in the Vitality. Taste for sweetness. The mixture will be sweet since the flavors will mellow during cooling.
3. Pour the mixture into silicon molds. Let the mixture cool in the refrigerator for at least an hour until set.
4. Remove the jelly from the molds, and it's ready to enjoy.
5. Keep leftovers in the fridge.

* This product is not included in this kit





Recipe 2: NingXia Red Berry Creamsicles

- 240ml NingXia Red
- 1 cup of fresh or frozen fruit
- 240ml Greek yogurt

Instructions

Blend all ingredients until smooth, then freeze in popsicle molds.

Recipe 3: NingXia Red Banana Berry Smoothie

- 60ml NingXia Red
- 1 large banana
- ½ cup of mixed berries
- ½ cup of non-dairy milk of your choice
- 280ml Greek yogurt
- Ice cubes

Instructions

Blend all ingredients, ready to serve.

Recipe 4: NingXia Red Cookies

Yields: 12-14 cookies

- 60ml NingXia Red
- 10 drops Orange Vitality*
- 1 cup (100g) instant oats (gluten-free if available)
- ¾ cup (90g) flour
- 1 ½ tsp baking powder
- 1/8 tsp salt
- 2 tbsp (28g) coconut oil, melted (wait until it cools)
- 1 large egg, room temperature
- 1 tsp vanilla extract
- 1/3 cup of honey
- 6 tbsp (53g) fresh raspberries, diced

Instructions

1. In a medium bowl, whisk together the oats, flour, baking powder, and salt.
2. In a separate bowl, whisk together the coconut oil, egg, vanilla, honey, NingXia Red, and Orange Vitality until thoroughly mixed.
3. Add in the flour mixture, stir until combined. Fold in the raspberries.
4. Chill the dough for at least 30 minutes and cover the entire cookies dough roll with plastic wrap.
5. Preheat your oven to 160°C and line a baking sheet. Drop the cookie dough into rounded scoops onto the baking sheet. (If chilled longer than 1.5 hours, flatten slightly.) Bake at 160°C for 13-15 minutes.
6. Cool on the baking sheet for at least 15 minutes before turning out onto a wire rack.

Notes: Make sure to measure both the oats and flour correctly, using the spoon-and-level method: spoon the flour/oats in the measuring cup until it is overflowing. Then take the back of a table knife and level the flour/oats.

* This product is not included in this kit





Recipe 5: NingXia Red Acai Fruit Bowl

- 60ml NingXia Red
- 1 sachet of MindWise*
- 3 drops Lemon Vitality
- 60ml nut milk or oat milk
- Oats
- 1 packet of unsweetened acai puree
- ½ cup of frozen dragon fruit
- ½ cup of frozen strawberries
- 2 passion fruits

Instructions

Blend them all up and pour into a bowl and add any topping like granola, fruits, or nuts of your choice.

More information about NingXia Red



07

EXPLORE MORE YOUNG LIVING SUPPLEMENTS

Discover the synergistic effects by pairing NingXia Red with other Young Living products.

BEAUTY TRIO

- BLOOM Collagen Complete*
- NingXia Red
- Sulfurzyme*



IN-SHAPE TRIO

- NingXia Red
- Slique Essence*



ENERGY TRIO

- Super B*
- NingXia Red
- Master Formula Essential*



* This product is not included in this kit



THANK YOU





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