

# LET'S YL

## 30 DAY Starter Guide

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30天新手指南

For a Lighter, Brighter  
and HAPPIER You!

YOUNG  LIVING  
ESSENTIAL OILS





# 01

## LET'S GET STARTED!

歡迎來到  
YOUNG LIVING 大家庭！

歡迎您加入！您邁向終生健康的第一步，就從今日開始。當您使用我們純淨原始的產品時，將會了解到精油的力量以及我們更多的天然產品，以取代市面上的清潔產品或護膚品等。我們的每項產品都是使用最高等級純淨標準，精心製作而成，幫助您獲得終身健康。首先，讓我們告訴您，

### 為何選擇YOUNG LIVING？

您的高級體驗套裝  
(PREMIUM EXPERIENCE KIT)

高級體驗套裝是揭開您生活各方面健康的序幕，本套裝不含刺激性化學物質與毒素。如果您非常想改變您的生活，這絕對是最好的開始。本套裝包括Young Living最受歡迎的精油，讓您陶醉於享受優質精油。

# 02

## 常見問題：

### 1. 精油是甚麼？

精油匯聚具芳香的植物精髓，透過細心的蒸餾、冷壓或採集樹脂而取得。我們提供單方精油、複方精油與精油產品，每一款產品都含有最佳的天然成份，將精油功效發揮得淋漓盡致。

### 2. 我該如何使用精油？

這裡我們主要介紹三種享受精油好處的方式：

#### 擴香

直接嗅吸精油、滴入掌心嗅吸、使用擴香機擴香。

#### 局部使用

依指示先以基礎油稀釋，再塗抹於肌膚。

#### 飲食

添加至食物中享受美味。

### 3. 擴香機是甚麼？

它能有效將精油分子擴散至空氣中。

擴香的方式有很多，讓我們告訴您如何找到您最愛的方式。請注意，使用香薰燈或蠟燭會導致精油過熱，降低精油的功效，因此我們介紹的是冷空氣的擴香方式。





Live it

享受精油

# 03

## 認識套裝中的精油



薰衣草精油



檸檬精油調味料



薄荷精油調味料



乳香精油



Thieves 複方精油



R.C.™複方精油



Purification™ 複方精油



Deep Relief™ 複方精油



DiGize™ 複方精油



Valor®複方精油



V-6®綜合純植物油

以上精油皆為5毫升，V-6®綜合純植物油為 58毫升。  
產品標籤依市場變動。

## 關於 光敏性

某些精油塗抹於肌膚並在陽光下照射之後，可能產生不同反應，此稱為光敏性。如您會身處戶外或會受到陽光直射，請注意您使用的精油。我們在這本指南中會以☀️標示光敏性精油，以提醒您該精油對陽光高度敏感，切勿在陽光直射下使用。

## 關於 染色

Valor 複方精油可能使床單或衣物染色；請確保皮膚完全吸收精油。





## 04

### 開始您的 30天挑戰

獲得成效的關鍵就是開始使用精油，並持續使用。

作為Young Living大家庭的新成員，培養使用我們產品的習慣，是親自感受最純淨精油威力的最佳方式。Young Living 產品安全且不含刺激性化學物質，可完美融入您的家居與日常生活。好好運用您的高級體驗套裝，開始這項30天挑戰，看看您會獲得甚麼成果！

# 您的 30天挑戰

您可透過多種方式利用您的  
高級體驗套裝，體會精油的好處。  
第一週我們先從使用單方精油開始，  
接下來再慢慢深入探索複方精油  
與其它配方，也同樣會有很好的  
效果。某些配方中需用到您的  
Young Living擴香機。



# 第1-3天

## 放鬆、紓壓 或提升專注力

首3天先試以下任何一種方式，  
一天進行2-3次。

### 6種擴香配方， 創造美好的一天

紓壓	5 - 8滴 薰衣草精油
消除疲勞	5 - 8滴 檸檬精油調味料
醒神	5 - 8滴 薄荷精油調味料
專注	5 - 8滴 乳香精油
幫助呼吸暢通	5 - 8滴 R.C. 複方精油
放鬆	5 - 8滴 Purification 複方精油

+

室溫水  
&  
YL擴香機



## 建議

在您結束忙碌的一天後，試試用薰衣草精油按摩足部，並在睡前擴香薰衣草精油。如您想神清氣爽地開始新一天，請試試擴香檸檬精油調味料，然後用薄荷精油調味料按摩足部。

### 按摩足部：

#### 做法：

1. 請先輕輕按摩並輕拉腳趾。
2. 將拇指放在腳底，其它手指放在腳背上。
3. 從前腳掌開始按摩，然後到足弓，再到腳後跟。
4. 加入以下您想要的精油：



紓壓	3滴薰衣草精油
醒神	3滴薄荷精油調味料
呵護	3滴乳香精油

# 第4-7天

## 專注呼吸

有2種嗅吸的方式。在接下來的3天之中，選擇以下任何一種方式進行。

### 一般嗅吸

在掌心滴入2滴精油，雙手搓熱後用手掌包覆口鼻嗅吸。

醒神	2滴薄荷精油調味料
鼓舞	2滴Valor複方精油

### 蒸氣嗅吸

將精油加入熱水（非滾水）中，嗅吸水蒸氣。

紓壓	2滴薰衣草精油
清爽	2滴檸檬精油調味料
平靜	2滴乳香精油

## 飲品

隨時隨地運用各式美味可口的精油調味料，製作不同的飲品！

檸檬水	在一瓶冷水中加入1滴檸檬精油調味料。
薄荷蜂蜜水	用牙籤稍為沾上薄荷精油調味料，再與生蜂蜜、一杯熱水混合。飲用前請徹底拌勻。



# 第8-14天

## Spa與按摩

本週內容非常有趣，因為我們要進入擴香複方精油，以及將精油應用於身體不同部位的環節。

以下有6種配方，讓您擴香及應用於身體局部。每天嘗試一種組合，感受活力再現！

## 擴香一種以上的精油

您需要使用室溫水與水滴型擴香機，搭配以下任何一款配方：

1. **清爽**：3滴薰衣草精油 + 3滴Purification複方精油
2. **清新空氣**：3滴R.C.複方精油 + 3滴Purification複方精油
3. **淨化房間**：3滴Purification複方精油 + 3滴Thieves複方精油
4. **淨化空氣**：4滴Thieves複方精油 + 2滴檸檬精油調味料
5. **平靜**：3滴乳香精油 + 3滴White Angelica複方精油\*
6. **醒神**：4滴Stress Away複方精油\* + 2滴檸檬精油調味料

\*本套裝中不含此款精油。

## 身體局部應用

按摩足部 (放鬆)	按摩足部 (清爽)	身體精華液 (呵護)
<ul style="list-style-type: none"><li>• 2滴薰衣草精油</li><li>• 1滴乳香精油</li></ul>	<ul style="list-style-type: none"><li>• 2滴檸檬精油調味料</li><li>• 1滴薄荷精油調味料</li></ul>	<ul style="list-style-type: none"><li>• 2滴乳香精油</li><li>• 1滴薰衣草精油</li><li>• 30滴V-6 綜合純植物油</li></ul>
<u>做法：</u> 徹底混合。 將混合好的精油塗抹在腳上， 握住並將腳的每個側邊向外拉動， 重複此動作讓足部伸展。		<u>做法：</u> 徹底混合。 在身體各部位按摩，為肌肉舒壓。
運動按摩 (煥發精神)	運動按摩 (舒緩)	喉嚨與胸前按摩 (幫助呼吸)
<ul style="list-style-type: none"><li>• 2滴Valor複方精油</li><li>• 1滴薄荷精油調味料</li><li>• 30滴V-6 綜合純植物油</li></ul>	<ul style="list-style-type: none"><li>• 10滴Deep Relief複方精油</li></ul>	<ul style="list-style-type: none"><li>• 3滴R.C. 複方精油</li><li>• 30滴V-6 綜合純植物油</li></ul>
<u>做法：</u> 徹底混合。 大量塗抹於太陽穴、頸後或肌肉， 享受舒緩與清涼快感。		<u>做法：</u> 塗抹於喉嚨、胸前或頸後，幫助促進呼吸暢通。

# 第15-21天

## 調製無化學成分的護膚品

您是否曾想過自己動手製作好用的護膚品，如此一來就可以清楚知道產品的成分？有了 Young Living 精油，您不僅能調配出無毒精華液、面膜、護髮配方及眾多保養品，更可以決定要用甚麼成分，以達最佳功效！

試試看運用以下配方，一天做出2種產品。您可以從臉部精華液、香水、唇部磨砂或面膜開始。一切都有無限可能！

### 臉部使用的精油

臉部精華液 (一般肌膚)	臉部精華液 (乾性肌膚)	臉部精華液 (乾性肌膚)
<ul style="list-style-type: none"><li>• 1滴薰衣草精油</li><li>• 1滴乳香精油</li><li>• 30滴V-6綜合純植物油</li><li>• 5毫升滾珠精油瓶</li></ul>	<ul style="list-style-type: none"><li>• 1滴薰衣草精油</li><li>• 1滴乳香精油</li><li>• 1滴天竺葵精油*</li><li>• 30滴V-6綜合純植物油</li><li>• 5毫升滾珠精油瓶</li></ul>	<ul style="list-style-type: none"><li>• 1滴薰衣草精油</li><li>• 1滴乳香精油</li><li>• 1滴玫瑰精油*或茉莉精油*</li><li>• 30滴V-6綜合純植物油</li><li>• 5毫升滾珠精油瓶</li></ul>

#### 做法：

徹底混合後，裝入滾珠精油瓶中。輕輕塗抹於臉部與頸部。

\*本套裝中不含此款精油。



## 簡易DIY — 臉部與身體保養品

### 舒緩面膜

- 3滴薰衣草精油
- 10克生蜂蜜

做法： 徹底拌勻後塗抹於臉上，靜置10-15分鐘後以溫水洗淨。  
需在14天內使用。

### 滋養面膜

- 1滴薰衣草精油
- 2滴乳香精油
- 10克生蜂蜜

### 臉部醒神噴霧

- 1滴薰衣草精油
- 10毫升室溫水
- 小玻璃噴瓶

做法：  
搖勻後，於距離臉部約30厘米處，均勻噴灑肌膚。

### 曬後護理

- 3滴薰衣草精油
- 1滴乳香精油
- 10毫升食用級蘆薈膠

做法：  
徹底拌勻後塗抹於臉上，靜置10-15分鐘後以溫水洗淨。

### 唇部磨砂

- 1滴薰衣草精油
- 10滴V-6綜合純植物油
- 1/6茶匙細紅糖

做法：  
徹底混合。  
將混合均勻的材料塗抹於唇部；  
輕輕按摩後洗淨。

### 頭髮打結

- 2滴薰衣草精油
- 2滴迷迭香精油\*
- 2滴天竺葵精油\*
- 30滴V-6綜合純植物油

做法：  
取少量用於乾淨的乾頭髮上，  
並避免接觸髮根。

### 香水（浪漫香氣）

- 基調：5滴  
乳香精油或天竺葵精油\*
- 中調：5滴依蘭依蘭精油\*  
或玫瑰精油\*
- 前調：5滴薰衣草精油
- 30滴V-6綜合純植物油
- 5毫升滾珠精油瓶

做法：  
將精油滴入滾珠精油瓶中，  
輕輕搖動以充分混合。  
將調合均勻的精油塗抹於  
手腕與頸後。

\*本套裝中不含此款精油。

### 止癢

- 2滴薰衣草精油
- 2滴Purification複方精油
- 1滴薄荷精油調味料
- 30滴V-6綜合純植物油
- 5毫升滾珠精油瓶

做法：  
將精油滴入滾珠精油瓶中，  
輕輕搖動以充分混合。  
將混合均勻的精油塗抹於蚊蟲  
叮咬部位。



# 第22-30天

## 營造溫馨舒適的家居

您的家是重要的避風港，我們知道維護家居安全與舒適，是您最重要的事。利用我們的建議，讓打理家居變得更容易。每天嘗試一種方式，讓您的家清新有活力：

### 家居生活

鞋子除臭	冰箱除臭	室內空氣清新劑
<ul style="list-style-type: none"><li>• 5滴Purification複方精油</li><li>• 有機棉球</li></ul>	<ul style="list-style-type: none"><li>• 5滴檸檬精油調味料</li><li>• 5滴薄荷精油調味料</li><li>• 125克梳打粉</li></ul>	<ul style="list-style-type: none"><li>• 6滴Purification複方精油</li><li>• 4滴Thieves配方精油</li><li>• 4滴薰衣草精油</li><li>• 4滴檸檬精油調味料</li><li>• 50毫升室溫水</li><li>• 小玻璃噴瓶</li></ul>
<p><u>做法：</u> 將Purification複方精油滴在棉球上後，放入鞋中靜置一晚。</p>	<p><u>做法：</u> 將所有材料均勻混合，裝入打開口的瓶中。將瓶子放入雪櫃，每2週更換一次。</p>	<p><u>做法：</u> 將材料倒入玻璃噴瓶中，搖晃使其充分混合後，噴灑於室內。</p>

### 菜式

保持自己內在滿足，與保持外在環境怡人一樣重要。試試利用精油調味料，做出健康美味的菜式。

牛油果檸檬醬
<ul style="list-style-type: none"><li>• 2滴檸檬精油調味料</li><li>• 1茶匙特級初榨橄欖油</li><li>• 2個牛油果</li><li>• 鹽和胡椒</li></ul>
<p><u>做法：</u>將牛油果切成小塊，置於玻璃碗中。在碗中先加入檸檬精油調味料與橄欖油，再加入鹽和胡椒。輕輕攪拌均勻。搭配墨西哥玉米餅或梳打餅。</p>
寧夏紅雪葩
<ul style="list-style-type: none"><li>• 1滴薄荷精油調味料</li><li>• 2條香蕉</li><li>• 1杯/ 250克冷藏紅莓</li><li>• 60毫升寧夏紅*</li><li>• 1杯/ 250毫升椰奶</li></ul>
<p><u>做法：</u>混合所有材料。倒入玻璃或金屬容器中，然後放入雪櫃。從雪櫃取出後，待雪葩稍微溶化再享用。</p>
檸檬藍莓乳酪
<ul style="list-style-type: none"><li>• 2滴檸檬精油調味料</li><li>• 10顆藍莓</li><li>• 1份普通乳酪</li></ul>
<p><u>做法：</u>將材料混合均勻，即可享用。</p>

\*本套裝中不含此款產品。



## 05

### 學習更多精油知識

如果您喜歡這一個新的自己，也喜歡新的健康生活，我們還有更多建議！

當您繼續這趟精油旅程時，以下是使用精油的安全指南：

1. 務必詳閱產品標籤。每款精油都有自己不同的優點與用法。為了充分利用這些產品，請了解它們的特性與正確使用方法。
2. 謹慎使用。避免讓精油接觸眼睛、耳道與其它敏感部位。
3. 先做測試。每個人對精油產生的反應都不同。將Young Living精油用於身體局部時，先在頸部側邊或手臂內側小面積肌膚上做測試，再塗抹於臉部或身體。
4. 正確稀釋。如出現肌膚痕癢或不適，請立即停止使用精油。請勿使用清水沖洗患處，請以V-6綜合純植物油等基礎油塗抹於不適部位，不要使用清水沖洗。
5. 安全第一。如你正在懷孕、哺乳、需要服用藥物或為長期病患者，使用前請諮詢專業醫務人員。
6. 避免引起光敏反應。柑橘類精油可能暫時引起光敏性。請遵照產品標籤使用，並請於使用產品48小時內，避免直接照射陽光或紫外線。

## 以下是進一步體驗精油的建議：

1. **調製您的個人化配方。** 我們每個人對精油都有自己的喜好。如您覺得某精油味道太濃，可用V-6綜合純植物油或其它基礎油稀釋。
2. **盡情探索各款精油。** 我們雖然在高級體驗套裝中為您挑選了最受歡迎的精油，來展開您邁向健康的旅程，但還是有許多不同的精油等您發掘。每款精油都有各自的優點，能幫助您改善整體健康。請嘗試我們的眾多產品，找到您的最愛！
3. **遵守時間表。** 就像我們的30天挑戰一樣，使用精油的時間表能幫助您培養提升健康的習慣，令您也能輕鬆掌握何時需要補充您最愛的產品。時間表還能幫助您追蹤自己的進度與變化！
4. **與其他人士分享您的旅程。** 您邁向健康的改變，值得與人分享。將精油與產品樣品送給您的朋友，讓他們也能擁有無毒生活！
5. **享受！** 最重要的是，享受您所學到的知識，體驗您的Young Living 旅程。別忘了，您的改變代表您正邁開大步，朝終身健康前進。



## 06 探索更多

Young Living 提供眾多產品，滿足特定需求與用途。我們的使命是為您、您的家與您所愛的人，提供純淨、無化學物的產品。以下是我們一些最受歡迎的產品系列：

### 寧夏紅®

超過700年來，位於中國西北部的寧夏，以它生產與種植的優質杞子遠近馳名。杞子中含有營養豐富的成分。寧夏紅是我們的超級水果營養補充品，它有助補充能量、增強體魄、激發身心活力。這款美味的營養補充品是由純精油、寧夏枸杞果泥與其它超級水果配製而成，為人體提供重要的植物營養素。





## Thieves 盜賊系列®

我們已將專利的Thieves複方精油，應用在多款個人護理、口腔保健與清潔產品之中。我們的Thieves 盜賊系列產品提供純淨、植物萃取成分的產品，有效配方中不含有毒化學物質，讓您的家飄散著它獨特的溫暖辛香氣息。減少接觸毒素，並在您的生活中與家居環境裡，使用安全、溫和及有效的產品。

## 兒童護理

為達成我們照顧全家健康的使命，我們也推出了精心為孩子們準備的產品。我們的兒童護理系列產品，有適合兒童使用的精油產品，幫助解決兒童最常見的問題而設計。我們配製出這些專利產品，是為了在市面出售的產品以外，提供成份安全的選擇。



我們衷心期盼您享受這個30天挑戰，讓您感受到  
我們精油的好處。

掃描此二維碼，瀏覽此新手指南的網上版。





# 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

This Premium Experience Kit 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 3 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.

**Dietary** | Add to food for a delicious kick.

### 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.



A close-up photograph of a person's arm and hand. The person is holding a small, dark glass bottle of essential oil with a pink label. They are applying the oil to their forearm. The person has long, wavy brown hair and is wearing a white shirt. They are also wearing several beaded bracelets on their wrist, including a turquoise one and a multi-colored one. The background is blurred, showing other people's hair and clothing.

Live it

# 03

## LET'S MEET THE OILS



Lavender



Lemon Vitality



Peppermint Vitality



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 58ml  
Product label varies according to market.

### 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 Young Living 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 Vitality
Awakening	5 - 8 drops Peppermint Vitality
Focusing	5 - 8 drops Frankincense
Comforting	5 - 8 drops R.C.
Unwinding	5 - 8 drops Purification

+  
Room  
temperature  
water  
&  
YL 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 Vitality, followed by a Peppermint Vitality 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 Vitality
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 Vitality
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 Vitality
Calming	2 drops Frankincense

## Drinks

Quench your thirst anytime and anywhere with a variety of great tasting Vitality oil!

Lemon Water	Add 1 drop of Lemon Vitality to a bottle of cold water. Shake it to combine for a fresh, cooling drink
Peppermint Honey Water	Use toothpick to dip Peppermint Vitality, mix it with Raw Honey and a cup of hot water. Stir well before drinking.



# 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 Room temperature 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 Vitality
5. **Calming:** 3 drops Frankincense + 3 drops White Angelica\*
6. **Awakening:** 4 drops Stress Away\* + 2 drops Lemon Vitality

\*This oil is not included in this kit

## 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 Vitality</li><li>• 1 drop Peppermint Vitality</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>
<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.		<u>Directions:</u> Mix well. Massage gently into muscles to reduce tension.
Sports massage (Invigorating)	Sports massage (Relieving)	Throat and chest massage (Comforting)
<ul style="list-style-type: none"><li>• 2 drops Valor</li><li>• 1 drop Peppermint Vitality</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>
<u>Directions:</u> Mix well. Apply generously on temples, back of the neck, or muscles for a soothing and cooling sensation.		<u>Directions:</u> Rub on throat, chest, or the back of neck to promote the sensation of deeper breathing.

# Day 15-21

## 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 this kit



## Simple DIY for face and body

### Soothing face mask

- 3 drops Lavender
- 10 g raw honey

**Directions:** Stir well and apply to face; let sit for 10–15 minutes, then rinse with lukewarm water. Should be used in 14 days.

### Moisturizing face mask

- 1 drop Lavender
- 2 drops Frankincense
- 10 g raw honey

### Awakening face mist

- 1 drop Lavender
- 10 ml water
- Small glass spray bottle

**Directions:**

Shake well and spritz over face at a 30 cm distance.

### After-sun care

- 3 drops Lavender
- 1 drop Frankincense
- 10 ml food-grade aloe vera gel

**Directions:**

Stir well and apply to face; let sit for 10–15 minutes, then rinse with lukewarm water.

### Lip scrub

- 1 drop Lavender
- 10 drops V-6
- 1/6 teaspoon fine brown sugar

**Directions:**

Mix well. Apply mixture on lips; gently massage, then wash off.

### Hair detangler

- 2 drops Lavender
- 2 drops Rosemary\*
- 2 drops Geranium\*
- 30 drops V-6

**Directions:**

Smooth a small amount on clean, dry hair, avoiding the roots.

### Perfume (Romantic)

- Base Note: 5 drops Frankincense or Geranium\*
- Middle Note: 5 drops Ylang Ylang\* or Rose\*
- Top Note: 5 drops Lavender
- 30 drops V-6
- 5 ml roller bottle

**Directions:**

Fill the roller bottle with oils and shake gently to combine. Roll the mixture on wrists and back of neck.

### Itch stick

- 2 drops Lavender
- 2 drops Purification
- 1 drop Peppermint Vitality
- 30 drops V-6
- 5 ml roller bottle

**Directions:**

Fill the roller bottle with oils and shake gently to combine. Roll the mixture on bug bites for instant relief.

\*This oil is not included in this kit



# Day 22-30

## 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

Shoe deodorant	Refrigerator 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>• 5 drops Lemon Vitality</li><li>• 5 drops Peppermint Vitality</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 Vitality</li><li>• 50 ml 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 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> Combine ingredients in the spray bottle and shake to mix before spritzing throughout a room.</p>

### Meals

Keeping yourselves internally contented is as important as maintaining the external environment pleasant. Try creating these healthy, yummy treats with our Vitality oils:

#### Avocado Lemon Dip

- 2 drops Lemon Vitality
- 2 Avocados
- 1 tbsp Extra Virgin Olive Oil
- Salt and Pepper

Directions: Cut up avocados into cubes and put into a glass bowl. Add Lemon Vitality Essential Oil and Olive Oil to the bowl, then add salt and pepper. Mix it all together gently. Serve with tortilla chips or crackers.

#### Ningxia Red Sorbet

- 1 drop Peppermint Vitality
- 1 cup/250 g frozen raspberries
- 1 cup/250 ml coconut milk
- 2 bananas
- 60ml Ningxia Red\*

Directions: Blend all ingredients together. Pour into a glass or metal container & pop into the freezer. Allow to thaw slightly before serving in individual bowl.

#### Lemon Blueberry Yogurt

- 2 drops Lemon Vitality
- 1 serving regular yogurt
- 10 pcs blueberries

Directions: Mix well before enjoying.

\*This oil is not included in this kit



## 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 Enhanced 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:

**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 Enhanced Vegetable Oil Complex or another carrier oil.

**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!

**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!

**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!

**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.





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