

ESSENTIAL OILS *at a Glance*

As the world leader in essential oils, we offer hundreds of essential oils and oil-infused products. Whether you use the oils for, 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

Stress Away™



Stress Away is our first product to contain the unique combination of Lime and Vanilla pure, essential oils. Stress Away also includes Copaiba and Lavender.*

ESSENTIAL OILS: Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender

- Incorporate Stress Away into your daily routine.

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.

- Apply 2–4 drops to skin to moisturize and enhance skin radiance.

Peppermint



Peppermint essential oil is one of our most versatile single oils.

- Apply as desired for a refreshing aroma

Frankincense



Frankincense essential oil has an earthy, balsamic aroma that is highly revered. 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.
- 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 refreshing.

- Keep Lemon in a purse, backpack, or car so that it is always in reach when you need it.

Copaiba



Unlike other essential oils, Copaiba is tapped directly from the tree rather than distilled. The main ingredient in our signature Stress Away essential oil blend.

- 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.
- Dilute and apply

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.

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

- Apply 1-2 drops onto the base of your feet

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 relaxing foot massage.

R.C.™



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

- Dilute and apply as needed.

Purification®



This blend is also an excellent choice for moisturizing dry skin.

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

- Massage 1–2 drops to moisturize dry skin.
- Combine several drops with water in a spray bottle and spray to eliminate unpleasant smells

DiGize™



DiGize contains a blend of sweetly aromatic essential oils that are both pleasant to smell.

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

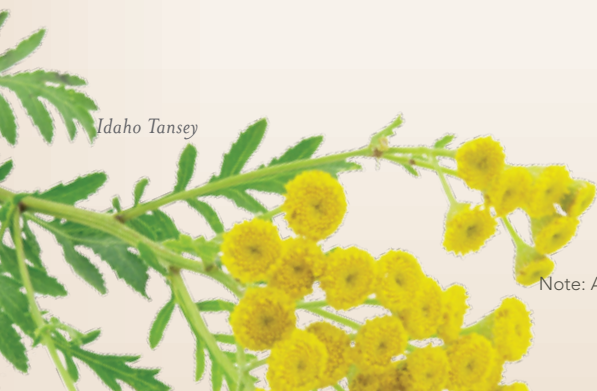
Tea Tree



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 favorite Young Living massage oil to elevate your massage experience.

Idaho Tansey



Note: Always consult individual product labels for usage directions.

AromaEase™



The powerful blend of Ginger, Cardamom, Peppermint, Fennel, and Spearmint essential oils.

- Diffuse to enjoy AromaEase's relaxing aroma.

Lemongrass



Lemongrass has a fresh, citrus-herb aroma that has made it popular in both home fragrances.

Citrus Fresh™



Citrus Fresh is a sweet, refreshing blend of Spearmint and favorite citrus essential oils. This popular blend is loved for its pleasant scent.

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

Orange



Orange essential oil has a sweet, citrusy aroma.



Peppermint

Aromatically

Use essential oils aromatically

- Rub 2–3 drops of essential oil between your palms and inhale deeply.

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.

Photosensitivity

Avoid direct sunlight and UV rays for at least 12 hours after application to skin.

