

The image is a top-down view of a white surface decorated with various natural elements and Young Living essential oil bottles. At the top center, a wooden bowl contains water with a green leaf. Surrounding it are slices of lemons and oranges, lavender flowers, and several small white daisies. Scattered around the scene are several essential oil bottles of different colors and sizes, including Rosemary, Ylang Ylang, Orange, Peppermint, Lavender, and others. The overall aesthetic is clean, fresh, and natural.

YOUNG LIVING™
ESSENTIAL OILS

PREMIUM STARTER KIT 101

Presented by: Michelle Lau

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PREMIUM STARTER KIT WITH DEWDROP DIFFUSER

RM 750.00

PV 100.0

Dew Drop Diffuser

Product Guide

Essential Oil (5ml) x 10

Member Resource Material

Spearmint (5ml)

Lavender (5ml) x 1

AromaGlide Roller Fitment

Lemon (5ml) x 1

Love it? Share it! Business card x 10

Love it? Share it! Oil Bottles x 10

NingXia Red Singles (60ml) x 2

Citrus Fresh (5ml) / Ginger (5ml) /
Thieves Waterless Hand Purifier
(29ml)



PREMIUM STARTER KIT WITH DESERT MIST DIFFUSER

RM 750.00

PV 100.0

Desert Mist Diffuser

Product Guide

Essential Oil (5ml) x 10

Member Resource Material

Spearmint (5ml)

AromaGlide Roller Fitment

Love it? Share it! Business card x 10

Love it? Share it! Oil Bottles x 10

NingXia Red Singles (60ml) x 2

Citrus Fresh (5ml) / Ginger (5ml) /
Thieves Waterless Hand Purifier
(29ml)



PREMIUM STARTER KIT WITH ARIA DIFFUSER

RM 1260.00

PV 100.0

Aria Diffuser

Product Guide

Essential Oil (5ml) x 10

Member Resource Material

Spearmint (5ml)

AromaGlide Roller Fitment

Love it? Share it! Business card x 10

Love it? Share it! Oil Bottles x 10

NingXia Red Singles (60ml) x 2

Citrus Fresh (5ml) / Ginger (5ml) /
Thieves Waterless Hand Purifier
(29ml)



PREMIUM STARTER KIT WITH NINGXIA

RM 800.00

PV 100.0

Spearmint (5ml)

NingXia Red Singles (60ml) x 2

AromaGlide Roller Fitment

NingXia Red 2-Pack (750ml)

Citrus Fresh (5ml) / Ginger (5ml)
/ Thieves Waterless Hand
Purifier (29ml)

NingXia Red Singles(60ml) 30ct x 1

NingXia Nitro 14-pack x 1

Love it? Share it! Business card x 10

Love it? Share it! Oil Bottles x 10

Product Guide

Member Resource Material



PREMIUM STARTER KIT WITH THIEVES

RM 715.00
PV 100.0

Spearmint (5ml)

Thieves (15ml)

AromaGlide Roller Fitment

Thieves AromaBright Toothpaste

Thieves Spray x2

Citrus Fresh (5ml) / Ginger (5ml)
/ Thieves Waterless Hand
Purifier (29ml)

Thieves Fresh Essence Plus Mouthwash

Thieves Waterless Hand Purifier x2

Thieves Household Cleaner x2

Love it? Share it! Business card x 10

Thieves Foaming Hand Soap x2

Love it? Share it! Oil Bottles x 10

NingXia Red Singles (60ml) x 2

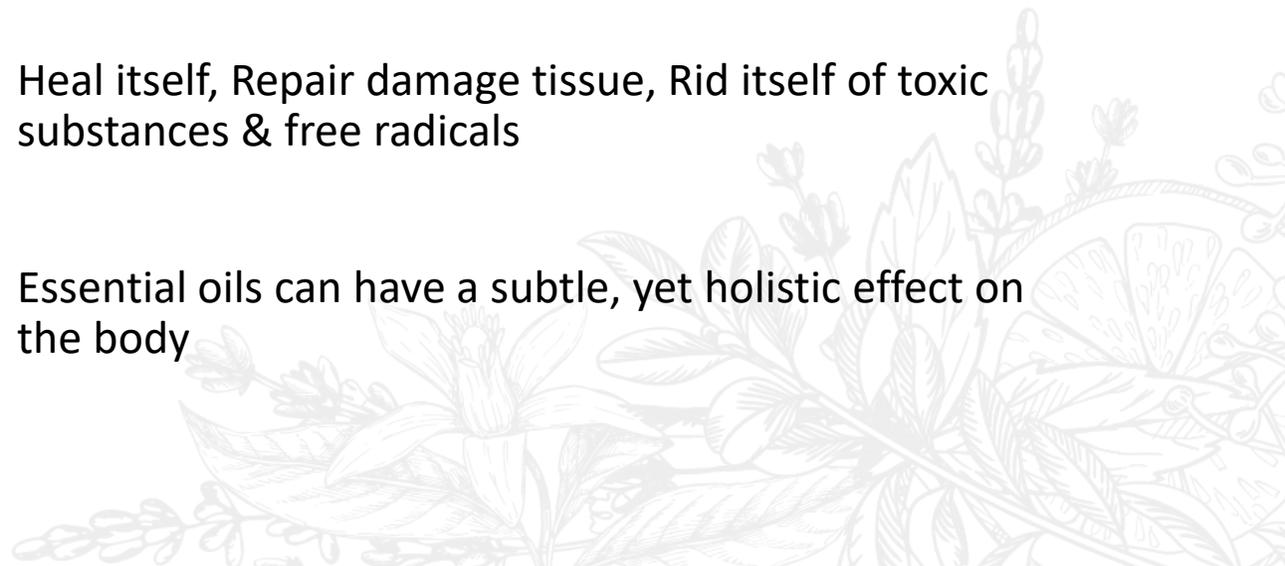
Product Guide

Member Resource Material

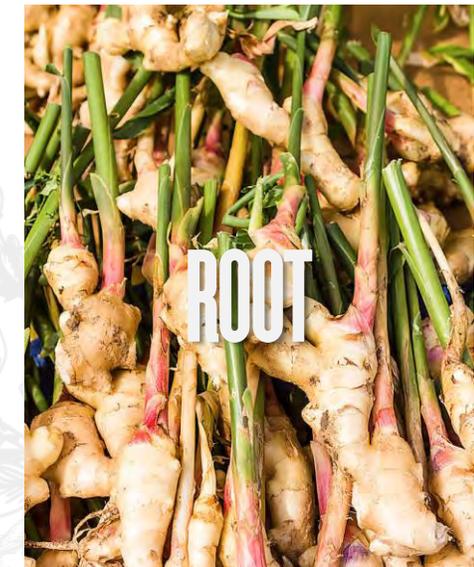


ESSENTIAL OILS

- Essential oils are volatile fluid extracted from plants.
- Unique aromatic compounds give each essential oil its characteristic essence and gives plants their fragrances
- Significant support in the health of plant
- Heal itself, Repair damage tissue, Rid itself of toxic substances & free radicals
- Essential oils can have a subtle, yet holistic effect on the body



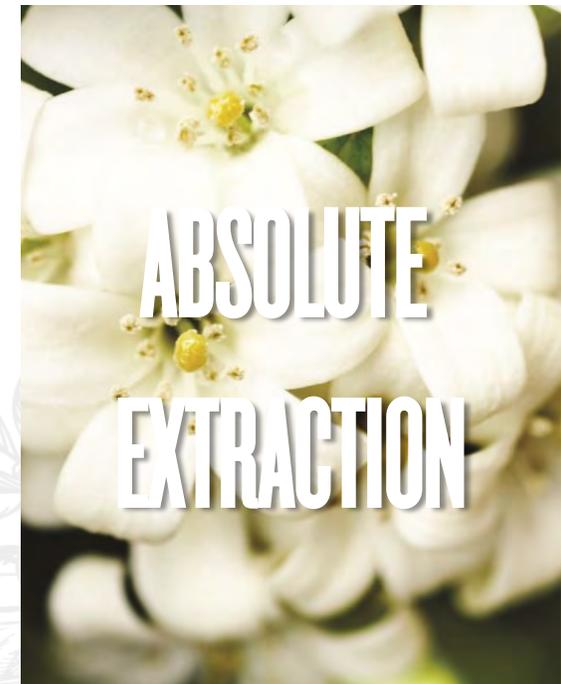
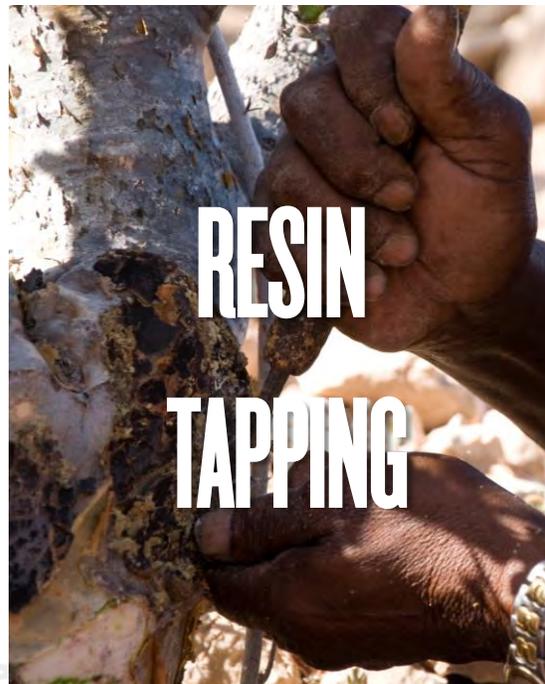
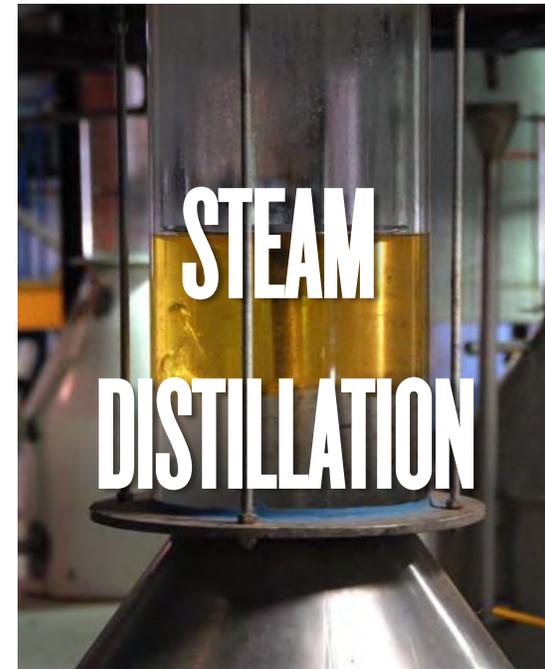
WHERE DID THEY KEEP IT



WHY PLANT CARRIES THESE COMPOUND



HOW TO EXTRACT



WHO ARE WE





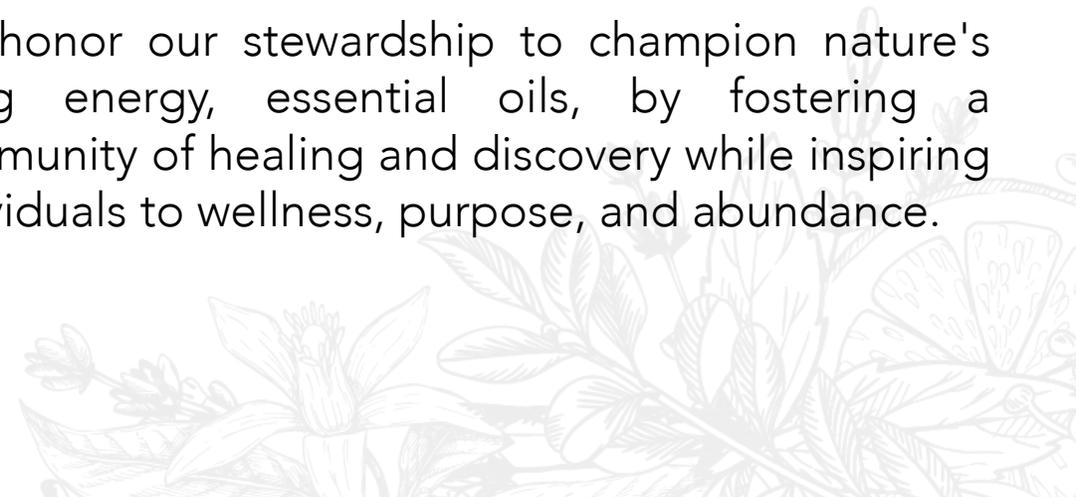
WHO ARE WE

OUR VISION

To bring Young Living Essential Oils to every home in the world.

OUR MISSION

We honor our stewardship to champion nature's living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose, and abundance.





YOUNG LIVING[®]
ESSENTIAL OILS

SEED TO SEAL[®]

STANDARDS FAR BEYOND THE STANDARD





SOURCING

- More than 21 corporate farms and partner farms

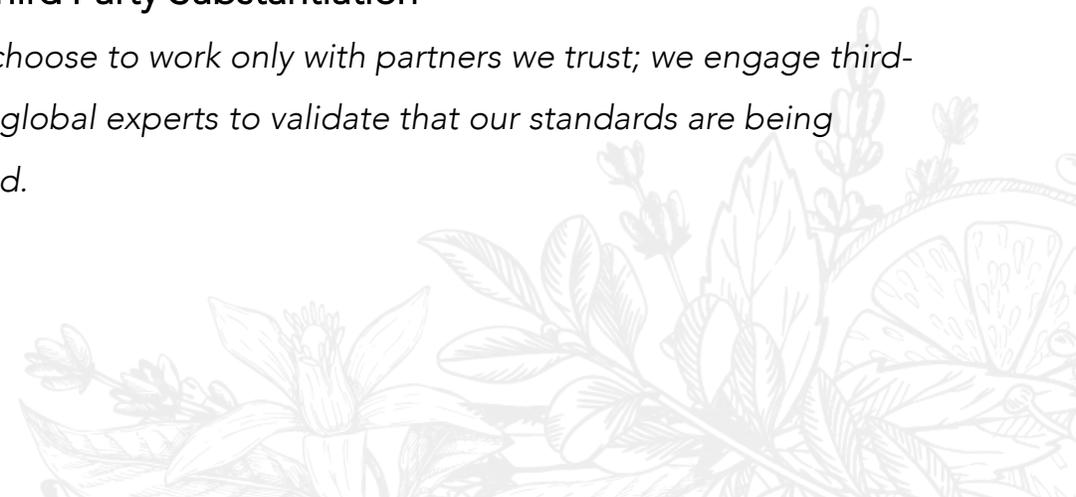
- Partnership Principle

**We vet and select our like-minded suppliers according to five principles: Established Relationships, Seed to Seal Specifications, Binding Agreements, Stringent Testing, and Ongoing Audits.*

- Formulation & Production

- Third Party Substantiation

**We choose to work only with partners we trust; we engage third-party global experts to validate that our standards are being upheld.*





SCIENCE

- **Industry-Leading Research**

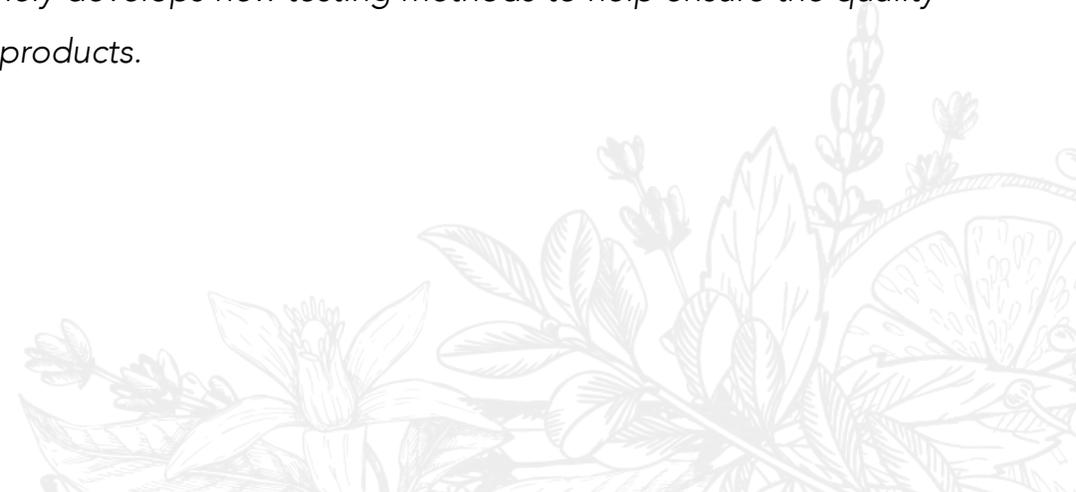
**More than 50 highly trained, highly skilled scientists who use advanced testing methods to help ensure that products meet our lofty standards.*

- **Third-Party Testing**

**To supplement our internal testing.*

- **Innovative Product Development**

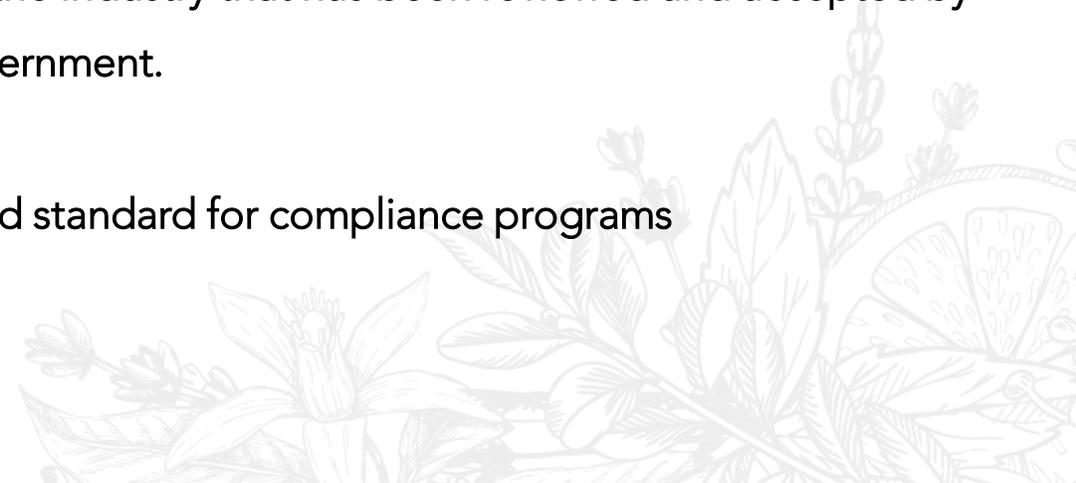
**Routinely develops new testing methods to help ensure the quality of our products.*





STANDARDS

- Sustainably sourcing plants
- Uplifting local communities
- Complying with environmental and other laws
 - *Comprehensive Lacey Act Compliance Program*
 - *5 essential steps: Supplier Education, Supplier Evaluation, Supplier Certification, Risk Assessment, Auditing/Monitoring*
- First in the industry that has been reviewed and accepted by the government.
- The gold standard for compliance programs



OUR PRECIOUS OILS





*Real
Lavender*

LAVENDER

Plant Part: Flower & Leaf
Extraction: Steam Distillation

Diffuse for comfort and calm fragrance

- Add a few drops of **relaxation** in bath at night
- Drop on pillow / diffuse

Add to skincare products

- Suitable for all skin types with soothing effect
- **Hydrates and balances oil**
- Mix with aloe vera to soothe skin after a fun day in the sun

Add to hair care products

- **Nourishes hair** and balances scalp oils

15ml = 27 square feet of Lavender



15 ml = 1 pound of mint leaves

PEPPERMINT

Plant Part: Leaf & Stem
Extraction: Steam Distillation

- Fresh minty aroma
- **Energizing and rejuvenating**
- Apply on skin for a cooling touch
- Massage into muscles after exercise to **relieve fatigue muscle**
- Add to shampoo for stimulating sensation
- Add to mouth rinse for **fresh breath**
- Apply to temple and neck to stimulate **focus and concentration**



Natural
Limonene

15ml = 75 Lemon Peel

LEMON

Plant Part: Peel
Extraction: Cold Press

- Refreshing and invigorating aroma
- Energizing and rejuvenating
- Found in NingXia Red, Thieves
- Helps **remove stains and sticky residue** and can be used for cleaning
- Add to **night skin care routine** for brighter and youthful complexion



FRANKINCENSE

Plant Part : Resin
Extraction: Resin Tapping

- Frankincense tree takes 8 to 10 years to mature and produce Frankincense essential oil
- Aids in meditation, soothe and relax. Contains compounds that help to **refresh the mind, enhance internal strength**
- Effectively **improve fine lines and blemishes**
- Add to unscented creams, lotions or cleansers for healthy supple skin



Magnifying
Oil



COPAIBA

Plant Part: Resin
Extraction: Resin Tapping

- Copaiba tree in Brazil
- Improve facial blemishes for clearer skin
- Enhance **skin elasticity**
- **Sooth minor discomforts**
- Massage into tired areas after exercise
- Make your own natural moisturizing oil with refreshing base oil, Northern Lights Black Spruce or Peppermint essential oil



DIGIZE

Tarragon, Juniper, Anise, Ginger,
Fennel, Patchouli, Peppermint,
Lemongrass

- Herbaceous with spicy aroma
- Gives **soothing effect to stomach activities**
- Great for diffusing **after large meal**
- Apply to abdomen with V6 dilution after heavy meal
- Add to V6 oil for soothing abdominal massage



THIEVES

Clove, Cinnamon Bark, Rosemary, Lemon,
Eucalyptus Radiata

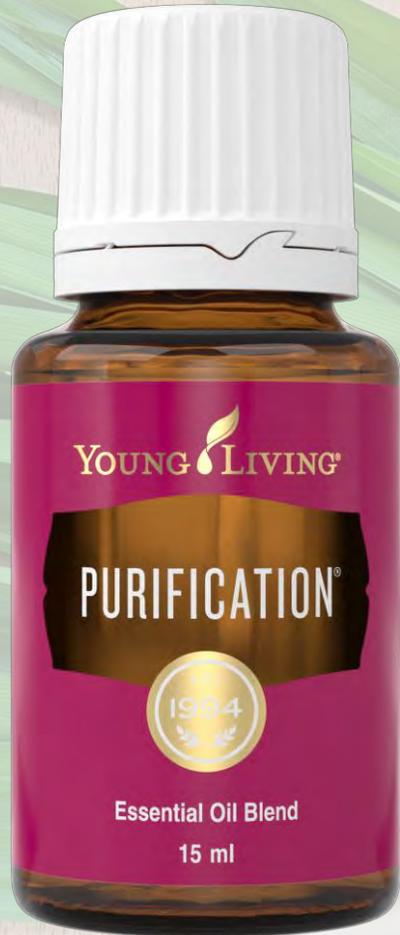
- Supports a healthy physique
- **Provides protection** to home
- Diffuse to create a fresh and clean fragrance
- Powerful chemical-free cleaner
- Add to mouthwash for boost of freshness



R.C.

Cypress, Black Spruce, E.Radiata, E. Globulus,
E.Citriodora, Myrtle, Marjoram, Peppermint,
Lavender, Pine

- Apply on soles or chest after exercise
- Diffuse for a soothing environment
- Apply 3 drops to soles before bed for deep relaxation
- Supports **clear breathing** with refreshing scent
- Apply on chest for refreshing respiratory experience
- Add to bath or shower for invigorating feel



PURIFICATION

Citronella, Rosemary, Lemongrass, Tea Tree,
Lavandin, Myrtle

- **Freshen air and eliminate odor**
- Enjoy the outdoors free from mosquitoes
- **Cleansing and soothing**
- Add to distilled water in small spray bottle and use when travelling
- Put few drops on cotton balls and place in car, closet or shoe rack to freshen air

Child
Safety Cap



PANAWAY

Wintergreen, Helichrysum, Clove,
Peppermint

- Methyl salicylate in Wintergreen is the main ingredient in sports massage cream
- Stimulating aroma
- Soothes **muscle discomfort** after exercise with V6 dilution
- Cools down shoulders, neck and scalp



SPEARMINT

Plant Part: Leaf

Extraction: Steam Distillation

- **Fresh minty aroma**
- More gentle compare to peppermint
- Invigorating yet calming
- Diffuse 4 drops of Spearmint with 4 drops of Lemon for refreshing aroma



1oz = 14g Ningxia Wolfberries

NINGXIA RED

Primary: Ningxia Wolfberry
Essential Oil: Orange, Yuzu, Tangerine,
Lemon

- Energize, fortify, replenish
- **Rich in antioxidants** – Phenols, Anthocyanins, Tocopherols, D-Limonene
- Rich in eye's nutrients
- Supports overall wellbeing
- Improves overall body wellbeing
- Best served chilled

HOW TO USE ESSENTIAL OILS



AROMATICALLY



TOPICALLY



INTERNALLY



DIFFUSER RECIPE

MORNING & DAYTIME

MORNING ENERGY

3 Drops Lemon
3 Drops Peppermint
2 Drops Frankincense

AFTERNOON BOOST

4 Drops Peppermint
4 Drops Lemon

SMELLING CLEAN

3 Drops Purification
4 Drops Frankincense
1 Drop Lemon

RISE & SHINE

3 Drops Citrus Fresh
3 Drops Lemon
4 Drops Peppermint

SUNDAY BLISS

4 Drops Lemon
3 Drops Peppermint
2 Drops Lavender
2 Drops Frankincense

HAPPY HOME

4 Drops Citrus Fresh
2 Drops Frankincense



DIFFUSER RECIPE

OFFICE & WORK

AFTERNOON BOOST

4 Drops Peppermint
4 Drops Lemon

EVERYDAY TRIO

3 Drops Peppermint
3 Drops Lemon
3 Drops Lavender

ODOR BE GONE

4 Drops Thieves
4 Drops Lemon

THE THINKER

3 Drops Peppermint
2 Drops Frankincense



DIFFUSER RECIPE NIGHT & REST

SWEET DREAMS

4 Drops Lavender
3 Drops Copaiba

BREATHE DEEP

4 Drops Raven
3 Drops Peppermint

REST WELL

4 Drops Lavender
4 Drops Lemon

RELAXATION HAVEN

4 Drops Lavender
4 Drops Frankincense

SWEET SLUMBER

4 Drops Lavender
4 Drops Orange
2 Drops Frankincense
2 Drops Peppermint



DIFFUSER RECIPE LITTLE ONES

LULLABY

1 Drop Lavender
1 Drop Lemon

BABY FRESH

1 Drop Orange
1 Drop Tea Tree

CLEAN NURSERY

1 Drop Lemon
1 Drop Tea Tree

SWEET & BUBBLY

1 Drop Frankincense
1 Drop Lemon



Nestle Down

DIFFUSER BLEND



FRANKINCENSE



LAVENDER



RAVEN



THIEVES

Cozy Living Room

DIFFUSER BLEND



ORANGE



THIEVES



COPAIBA



PEPPERMINT

Fireworks

DIFFUSER BLEND



LEMON



CITRUS FRESH



LAVENDER



PEPPERMINT

NAMASTE

DIFFUSER BLEND



LAVENDER



FRANKINCENSE



SANDALWOOD



HOW TO USE ESSENTIAL OILS



AROMATICALLY



TOPICALLY

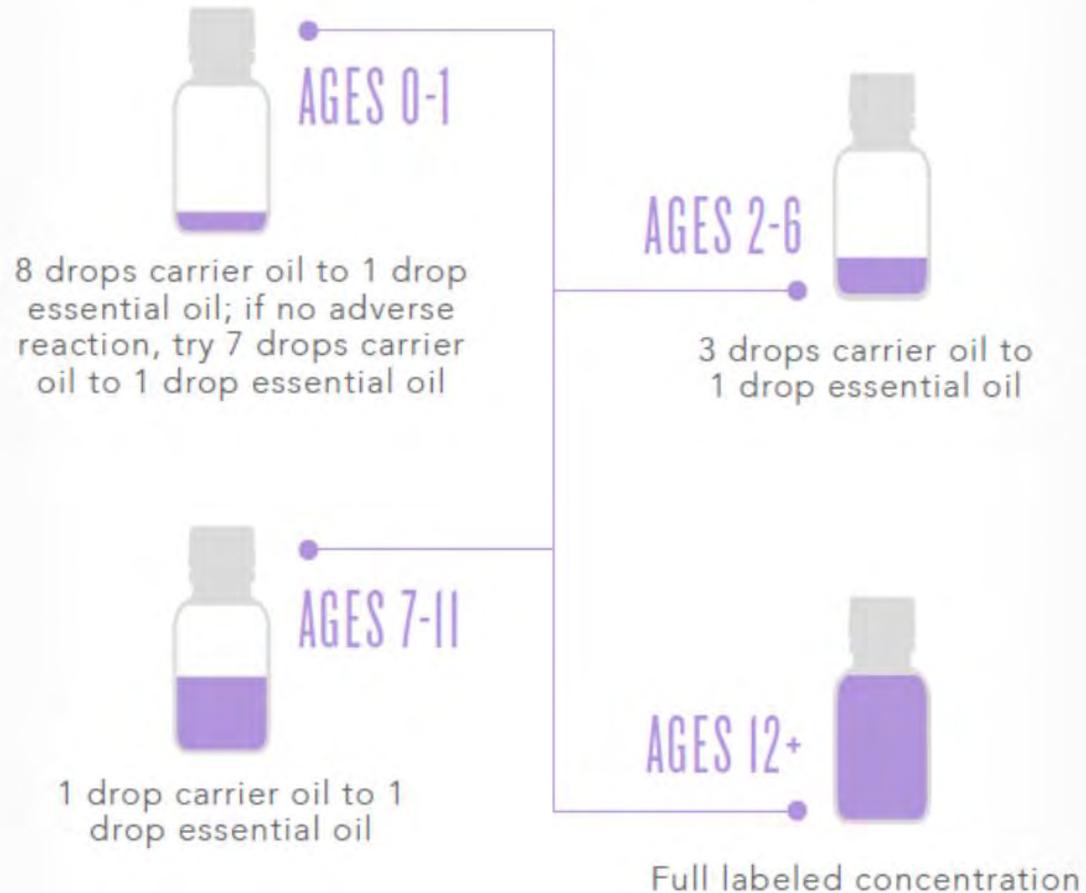


INTERNALLY



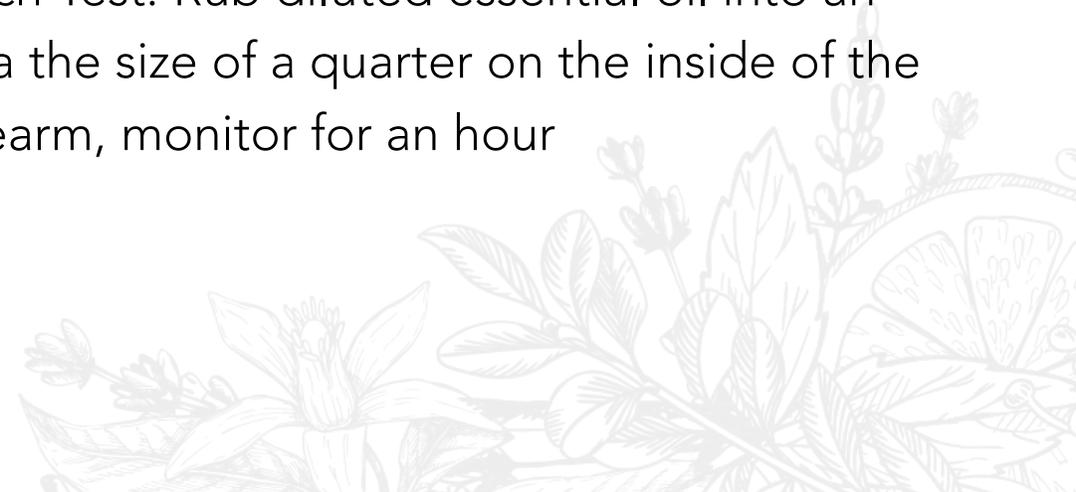
DILUTION

There are no hard-and-fast rules for dilution, but these ratios are a good place to start. Use a moisturizing carrier oil such as V-6™ Vegetable Oil Complex to nourish your baby's tender skin and minimize irritation. Here are our dilution recommendations:



DILUTION

- Dilute with carrier oil
- Minimize irritation while enjoying the results of essential oil
- Patch Test: Rub diluted essential oil into an area the size of a quarter on the inside of the forearm, monitor for an hour



ROLL ON DIY

Roller Blend (10ml) - Top with carrier oil

WAKE UP

10 Drops Peppermint
10 Drops Lemon

INNER ENERGY

15 Drops Thieves
5 Drops Frankincense

DISCOMFORT SOOTHER

10 Drops Panaway
10 Drops Peppermint

CHILL & RELAX

15 Drops Lavender
5 Drops Copaiba

TUMMY RUB

10 Drops Digize
5 Drops Peppermint

SNIFFLES

10 Drops Lavender
10 Drops Raven/RC
10 Drops Lemon



HOW TO USE ESSENTIAL OILS



AROMATICALLY



TOPICALLY



INTERNALLY



UNDERSTAND YOUR LABEL



- **The Batch:** Marked with batch number to provide extra layer of safety, accountability and professionalism
- **Usage Instruction:** Labeled for recommendation usage by topical or aromatic uses
- **Young Living:** Backed up by the internationally recognize Seed to Seal guarantee
- **No Expiration Date:** Young Living oils have an indefinite shelf life if stored in cool dark place
- **100% Pure:** Truly 100% pure oil.
- **The Size:** 5ml & 15ml
- **How Much is Left:** The gap allows you to easily see how much oil left



TIME TO GET OILY

- Start low and go slow
- Pop on your diffuser
- Don't be afraid to try different oily combinations
- Keep your products where you will be using them
- Learn about one new oil each week
- Determine when you want to use your oils and what you want to use them for and write a list of your oily options

ESSENTIAL OIL-INFUSED PRODUCTS





ESSENTIAL OIL

Essential oils are volatile fluid with unique aromatic compounds extracted from plants.

Can have Subtle yet Holistic Effect on body



SOURCING

- More than 21 corporate farms and partner farms
- Partnership Principle
- Third Party Substantiation



SCIENCE

- Industry-Leading Research
- Third-Party Testing
- Innovative Product Development



STANDARDS

- Sustainably sourcing plants
- Uplifting local communities
- Complying with environmental and other laws
- First in the industry that has been reviewed and accepted by the government.

TYPES OF YOUNG LIVING OILS



HOW TO USE ESSENTIAL OILS



MY 30 DAYS Oily Journey

<p><input type="radio"/> LET'S START!</p> <p>Unbox Your PSK Set! Enjoy a sachet of Ningxia Red! Give your Diffuser & Oils a Home!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #1 & Diffuse It! Try chilled Ningxia Red</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #2 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #3 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #4 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #5 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #6 & Diffuse It!</p>
<p>*Keep the remaining 1 in fridge, drink it the next morning!</p>	Feeling:	Feeling:	Feeling:	Feeling:	Feeling:	Feeling:
<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #7 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #8 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #9 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #10 & Diffuse It!</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore Oil #11 & Diffuse It!</p>	<p><input type="radio"/> MY FAV!</p> <p>My Fav Single: #1 #2 My Fav Blend: #1 #2</p>	<p><input type="radio"/> MY FAV!</p> <p>My Fav On The Go! Fit AromaGlide onto 1 of your fav EO and put it into your bag!</p>
Feeling:	Feeling:	Feeling:	Feeling:	Feeling:	Diffuse It!	
<p><input type="radio"/> EXPERIMENT!</p> <p>My Diffuser Recipe #1</p>	<p><input type="radio"/> EXPERIMENT!</p> <p>My Diffuser Recipe #2</p>	<p><input type="radio"/> EXPERIMENT!</p> <p>My Diffuser Recipe #3</p>	<p><input type="radio"/> EXPERIMENT!</p> <p>My Diffuser Recipe #4</p>	<p><input type="radio"/> EXPERIMENT!</p> <p>My Diffuser Recipe #5</p>	<p><input type="radio"/> EXPERIMENT!</p> <p>My Diffuser Recipe #6</p>	<p><input type="radio"/> MY FAV!</p> <p>My Fav Diffuser Recipe: #1 #2</p>
Feeling:	Feeling:	Feeling:	Feeling:	Feeling:	Feeling:	Diffuse It!
<p><input type="radio"/> READ UP!</p> <p>Check Out Seed To Seall @ http://sweettoseal.com/</p>	<p><input type="radio"/> READ UP!</p> <p>Check Out YL Blog! @ https://www.youngliving.com/blog/</p>	<p><input type="radio"/> READ UP!</p> <p>Check Out D. Gary Young Blog! @ https://www.dgaryyoung.com/</p>	<p><input type="radio"/> READ UP!</p> <p>Check Out YL Pinterest! @ https://www.pinterest.com/youngliving/</p>	<p><input type="radio"/> DIY!</p> <p>DIY #1: My Linen Spritz 1.1 Empty spray bottle 2.Filled with clean water 3.Add 5-10drops of EO</p>	<p><input type="radio"/> DIY!</p> <p>DIY #2: My Car Spritz 1.1 Empty spray bottle 2.Filled with clean water 3.Add 5-10drops of EO</p>	<p><input type="radio"/> CHALLENGE!</p> <p>Sharing Is Caring! Share 10 bottles of sample oils with loved ones!</p>
Diffuse:	Diffuse:	Diffuse:	Diffuse:	My Oil:	My Oil:	
<p><input type="radio"/> CHALLENGE!</p> <p>Morning: Apply Frankincense behind ear & chest Noon: Diffuse Purification Night: Apply R.C on your sole & chest</p>	<p><input type="radio"/> EXPLORE!</p> <p>Explore 3 new Oils! #1 #2 #3</p>	<p>MY OILSOME FINDINGS:</p>				
Feeling:	Feeling:					

*PanAway is not suitable for Diffuser use.

*Before use: Learn more about Hot Oils, Photosensitivity, Dilution from Product Guide.

PREMIUM STARTER KIT 101

Presented by: Michelle Lau

