

# LET'S YL

## 30-DAY Starter Guide

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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. Every Young Living product 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 SET

This Premium Experience Set is an introduction to discover wellness in every part of your life, free from 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 set 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

Breathe in the aroma of 100% pure essential oils.

*Other uses: Add drops of oil to your Young Living diffuser.*

### Topically

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

### Ingest

Mix drops of Young Living Plus essential oils with food and drinks to enhance the flavor.

## 3. What is a diffuser?

Your Premium Experience Set 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 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 Plus ☀️



Peppermint Plus



Frankincense



Thieves® ☀️



R.C.®



Purification®



V-6® Enhanced Vegetable Oil Complex



Deep Relief ☀️



DiGize®



Valor💧

All of the above bottles come in 5ml quantity except for V-6® which is 58ml.  
Product label varies according to market.

## About ☀️

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 💧

Valor may stain sheets or clothing; please make sure the oil is fully absorbed by the skin.







## 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 products are safe and free from harsh chemicals, making them perfect to integrate into your home and your everyday life. Make the best of your Premium Experience Set 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 Set. 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 Thieves
Encouraging	5 - 8 drops Valor
Focusing	5 - 8 drops Frankincense
Comforting	5 - 8 drops R.C.
Unwinding	5 - 8 drops Purification

Tap, spring or distilled water and 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 R.C. followed by a Deep Relief foot rub to get you going.

### FOOT RUB:

#### Directions:

1. Start by gently massaging and pulling on the toes.
2. Use your thumbs on 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. Add the following choice of oils:



Relaxing	3 drops Lavender + 2 drops V-6
Awakening	3 drops Deep Relief + 2 drops V-6
Pampering	3 drops Frankincense + 2 drops V-6



# Day 4-7

## Let's focus on breathing

There are two methods to enjoy the aroma of essential oils. Use one of the following with your choice of essential oil for the next three days.

### Method 1

Put 2 drops of essential oil on the palm of your hand, rub your palms together, breathe and enjoy the aroma!

Easy Breathing	2 drops R.C.
Encouraging	2 drops Valor

### Method 2

Add essential oil to a bowl of hot (not boiling) water and enjoy the essential oil-infused vapor.\*

Relaxing	2 drops Lavender
Refreshing	2 drops Thieves
Calming	2 drops Frankincense

\*Always take caution when handling hot water.

## Drinks

Quench your thirst anytime and anywhere with a variety of great tasting Plus oils!

Lemon Water	Add 1 drop of Lemon Plus to a bottle of cold water. Shake well to combine for a fresh, cooling drink.
Peppermint Honey Water	Use toothpick to mix Peppermint Plus with a cup of hot water. Add raw honey. Stir well before drinking.



# Day 8-14

## Let's create blends for your home 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 tap, spring or distilled water, your Young Living Diffuser and 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. Grounding: 3 drops Valor + 3 drops Frankincense
5. Calming: 3 drops Frankincense + 3 drops Lavender
6. Awakening: 3 drops Deep Relief + 3 drops R.C.

## Topical uses of essential oils

Foot Rub	Foot Rub	Abdominal Massage (Soothing)
<ul style="list-style-type: none"><li>• 2 drops Lavender</li><li>• 1 drop Frankincense</li><li>• 2 drops V-6</li></ul>	<ul style="list-style-type: none"><li>• 2 drops Deep Relief</li><li>• 2 drops R.C.</li><li>• 2 drops V-6</li></ul>	<ul style="list-style-type: none"><li>• 1 drop DiGize</li><li>• 1 drop V-6</li></ul>
<b>Directions:</b> Mix well. Apply on foot. Hold and pull each side outward and repeat this motion to allow it to spread.		<b>Directions:</b> Mix well. Massage topically on abdomen for a calming aromatic experience.
Pre-Workout Massage (Invigorating)	Post-Workout Massage (Relieving)	Neck & Shoulder Massage (Easy Breathing)
<ul style="list-style-type: none"><li>• 2 drops Valor</li><li>• 1 drop Deep Relief</li><li>• 30 drops V-6</li></ul>	<ul style="list-style-type: none"><li>• 10 drops Deep Relief</li><li>• 30 drops V-6</li></ul>	<ul style="list-style-type: none"><li>• 3 drops R.C.</li><li>• 30 drops V-6</li></ul>
<b>Directions:</b> Mix well. Apply generously on temples, back of the neck or fatigued muscles for a soothing and cooling sensation.		<b>Directions:</b> Rub on the neck, nape and shoulders to promote the sensation of deeper breathing.



# Day 15-22

## Let's go toxin-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 toxin-free serums, face masks, hair care formulas, 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 mask, face serum, lip scrub or your own signature scent. 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>•5ml 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>•5ml 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 Ylang Ylang*</li><li>•30 drops V-6</li><li>•5ml roller bottle</li></ul>

#### Directions:

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

\*This oil is not included in the set.





## Simple DIY for face and body

### Soothing Face Mask

- 3 drops Lavender
- 10g raw honey

**Directions:** Stir well and apply on face. Let sit for 10–15 minutes, then rinse with lukewarm water. Mixture is best used within 14 days.

### Moisturizing Face Mask

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

### Awakening Face Mist

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

**Directions:**

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

### After-Sun Care

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

**Directions:**

Stir well and apply on face. Let sit for 10–15 minutes, then rinse with lukewarm water.

### Lip Scrub

- 1 drop Lavender
- 10 drops V-6
- 1/2 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\*

**Directions:**

Apply a small amount on clean, dry hair. Avoid the roots of the hair.

### 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
- 5ml roller bottle

**Directions:**

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

### Outdoor Stick

- 2 drops Lavender
- 2 drops Purification
- 1 drop Deep Relief
- 30 drops V-6
- 5ml roller bottle

**Directions:**

Fill the roller bottle with oils and shake gently to combine. Apply the mixture on the exposed parts of the body before heading outdoors.

\*This oil is not included in the set.



# Day 23-30

## Let's build a 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.

### Home use

Shoe Deodorant	Refrigerator Deodorant	Room-Freshening Spray
<ul style="list-style-type: none"><li>• 5 drops Purification</li><li>• Organic cotton</li></ul>	<ul style="list-style-type: none"><li>• 5 drops Thieves</li><li>• 5 drops Purification</li><li>• 1/2 cup/125g baking soda</li><li>• Glass jar</li></ul>	<ul style="list-style-type: none"><li>• 6 drops Purification</li><li>• 4 drops Thieves</li><li>• 4 drops Lavender</li><li>• 50ml distilled water</li><li>• Small glass spray bottle</li></ul>
<p><b>Directions:</b> Drop Purification on cotton balls, put them into shoes and leave overnight.</p>	<p><b>Directions:</b> Mix ingredients and place mixture in an open jar. Place the jar in the refrigerator and replace the contents every 2 weeks.</p>	<p><b>Directions:</b> Combine ingredients in the spray bottle and shake to mix before spritzing throughout a room.</p>

### Meals

Try creating these healthy, yummy treats with our Plus oils!

#### Avocado Lemon Dip

- 2 drops Lemon Plus
- 2 avocados
- 1 tablespoon extra virgin olive oil
- salt and pepper

**Directions:** Cut up avocados into cubes and put it in a glass bowl. Add Lemon Plus essential oil, olive oil, salt and pepper. Mix it all together gently. Serve with tortilla chips or crackers.

#### NingXia Red Sorbet

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

**Directions:** Blend all ingredients together. Pour into a glass or metal container then place in the freezer. Allow to thaw slightly before serving.

#### Lemon Blueberry Yogurt

- 2 drops Lemon Plus
- 1 serving regular yogurt
- 10 pieces blueberries

**Directions:** Mix well before enjoying.

\*This product is not included in the set.



# 05

## LET'S LEARN MORE

If you love the new you and your new whole-life wellness experience, we have a lot more ideas for you!

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 canal 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.** If skin irritation or discomfort occurs, stop using the essential oil. 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 enhance 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 Enhanced Vegetable Oil Complex or another carrier oil.
2. **Don't limit yourself.** While we packed your Premium Experience Set with popular favorites to kick-start your journey to wellness, there is a whole world of other Young Living 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. Having a journal will also help you keep track of your progress and transformation!
4. **Share your journey with others.** Your transformation toward wellness is a journey worth 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 uses. Our mission is to provide authentic, toxin-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. Our powerful NingXia Red superfruit drink energizes, fortifies and revitalizes both the mind and body. 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 effectively without harsh chemicals. Reduce your toxin footprint and fill your life and home with safe, gentle and effective substitutes.

## KidScents™

In line with our mission to take care of the entire family's well-being, we have specially curated products for the little ones. Our KidScents™ line features a collection of child-friendly essential oils 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.





12F Twenty-Five Seven  
Mckinley Building,  
25th Street corner 7th Avenue,  
Bonifacio Global City, Taguig  
Philippines



(632) 8249-9555



[www.youngliving.com/en\\_PH](http://www.youngliving.com/en_PH)



@younglivingphilippines