

LET'S YL

30 DAY Starter Guide

For a 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. 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 BUNDLE

PEB

This Premium Experience Bundle (PEB) 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 favourites, this bundle 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 maximise their potency.

2. How do I use these oils?

Here we are focusing on three 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.

Flavouring

Add to your favourite food or beverage.

3. What is a diffuser?

Your Premium Experience Bundle comes with a diffuser. Diffusion is an excellent way to maximise 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 favourite 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.

4. What is the best way to store essential oils?

Essential oils should be sealed tightly and stored upright in a cool, dark, and dry location with a stable temperature setting. Proper storage can help control the oxidation and evaporation of essential oils, which is a natural occurrence over time.



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 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 and Purification may stain sheets or clothing, please make sure the oil is fully absorbed into your skin when using these around such materials.





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 Bundle 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 Bundle. 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 Plus
Awakening	5 - 8 drops Peppermint Plus
Focusing	5 - 8 drops Frankincense
Good breathing Support	5 - 8 drops R.C.
Unwinding	5 - 8 drops Purification

+

Distilled, tap or
spring 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
Plus, followed by a Peppermint Plus 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 Plus
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 Plus
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 Plus
Calming	2 drops Frankincense

Let's have a taste

Drinks

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

Lemon Water	Add 1 drop of Lemon Plus to a bottle of cold water. Shake it to combine for a fresh, cooling drink
Peppermint Honey Water	Use toothpick to dip Peppermint Plus, 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 oils on different parts of your 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 distilled water and your Diffuser with one of the following blends:

1. **Refreshing:** 3 drops Lavender + 3 drops Purification
2. **Air freshening:** 3 drops R.C. + 3 drops Purification
3. **Room purifying:** 3 drops Purification + 3 drops Thieves
4. **Air clarifying:** 4 drops Thieves + 2 drops Lemon Plus
5. **Calming:** 3 drops Frankincense + 3 drops White Angelica*
6. **Awakening:** 4 drops Stress Away* + 2 drops Lemon Plus

*This oil is not included in the PEB

Topical uses for essential oils

Foot rub (Relaxing)	Foot rub (Refreshing)	Abdominal massage (Soothing)
<ul style="list-style-type: none">• 2 drops Lavender• 1 drop Frankincense	<ul style="list-style-type: none">• 2 drops Lemon Plus• 1 drop Peppermint Plus	<ul style="list-style-type: none">• 1 drop DiGize• 1 drop V-6
Directions: 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.		Directions: Mix well. Massage topically to the abdomen for a calming aromatic experience.
Sport massage (Invigorating)	Sports massage (Relieving)	Throat and chest massage (Comforting)
<ul style="list-style-type: none">• 2 drops Valor• 1 drop Peppermint Plus• 30 drops of V-6	<ul style="list-style-type: none">• 10 drops Deep Relief	<ul style="list-style-type: none">• 3 drops R.C.• 30 drops V-6
Directions: Mix well. Apply generously on temples, back of the neck, or fatigued muscles for a soothing and cooling sensation.		Directions: Rub on throat, chest, or the back of neck to promote the sensation of deeper breathing.

Day 15-22

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, not only can you 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 (Oily skin)	Beauty face serum (Dry skin)
<ul style="list-style-type: none">• 1 drop Lavender• 1 drop Frankincense• 30 drops V-6• 5 ml roller bottle	<ul style="list-style-type: none">• 1 drop Lavender• 1 drop Frankincense• 1 drop Geranium*• 30 drops V-6• 5 ml roller bottle	<ul style="list-style-type: none">• 1 drop Lavender• 1 drop Frankincense• 1 drop Rose* or Jasmine*• 30 drops V-6• 5 ml roller bottle

Directions:

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

*This oil is not included in the PEB



Simple DIY for face and body

Soothing face mask

- 3 drops Lavender
- 10 g raw honey

Directions: Stir well and apply to face; let it sit for 10–15 minutes, then rinse with lukewarm water. Please use within 14 days.

Moisturising face mask

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

Awakening face mist

- 1 drop Lavender
- 10 ml distilled 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 it 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 Plus
- 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 the PEB



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.

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">• 5 drops Purification• Organic cotton balls	<ul style="list-style-type: none">• 5 drops Lemon Plus• 5 drops Peppermint Plus• ½ cup/125 g baking soda	<ul style="list-style-type: none">• 6 drops Purification• 4 drops Thieves• 4 drops Lavender• 4 drops Lemon Plus• 50 ml distilled water• Small glass spray bottle
<p><u>Directions:</u></p> <p>Drip Purification on cotton balls, put them into shoes, and leave overnight.</p>	<p><u>Directions:</u></p> <p>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></p> <p>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 Plus oils:

Avocado Lemon Dip

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

Directions: Mix well before enjoying.

*This product is not included in the PEB



For more tips
and how-tos, check
out our blog



bit.ly/ylusblog

05 LET'S LEARN MORE

If you love the new you and the new whole-life wellness you've experienced, we have a lot more ideas!

Here are our safety advice 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 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 upon topical application.

Here are some tips on how to expand your experience:

1. **Customise 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 Vegetable Oil Complex or another carrier oil.
2. **Don't limit yourself.** While we packed your Premium Experience Bundle with popular favourites to kick-start your journey to wellness, there is a whole world of other essential oils out there that Young Living has to offer. 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 favourites need a refill. A schedule will also help you keep track of your progress and transformation!
4. **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!
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 use. Our mission is to provide you with authentic, 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 energise, fortify, and revitalise 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, oral 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.

KidScents®

In line with our mission to take care of your entire family's well-being, we have specially curated products for the littlest ones. Our KidScents 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.



We sincerely hope you have enjoyed your 30-day journey and that you feel empowered to maximise the benefits of nature, right out of your Premium Experience Bundle!





SHOP NOW



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