



# GETTING STARTED *with* ESSENTIAL OILS





# NATURE DISTILLED. LIFE ENHANCED.

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*You've taken the first step in your wellness journey—now let us help you unleash the power of essential oils in your life. Read on to explore our products, find your favorites, and take wellness to a whole new level.*

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### A QUALITY COMMITMENT YOU CAN COUNT ON

Seed to Seal and its three pillars—Sourcing, Science, and Standards—define our commitment to continually improve every aspect of our business, enabling us to provide the highest quality in everything we do. From collaboration with suppliers to extensive quality testing and legal compliance, these standards help us carefully monitor the sourcing and production of our essential oils, serve as rigorous quality

controls, and help us make informed business decisions. The three Seed to Seal pillars guide Young Living operations, including, but not limited to, authentication, agricultural practices, harvesting and production of essential oils, state-of-the-art testing, cutting-edge research, industry-leading service standards, a world-class member experience, and our global compliance program.

*Seed to Seal and its three pillars are about delivering the best quality possible and offering the purest essential oils to you and your family.*



**SOURCING** guides the process by which we obtain essential oils from our corporate farms, partner farms, and Seed to Seal-certified suppliers to ensure that our products are of the highest quality.



**SCIENCE** guides the formulation and stringent testing of our essential oils and other product ingredients, so we deliver pure, effective essential oils and innovative wellness products that meet our rigorous quality standards.



**STANDARDS** guides the compliance measures taken throughout our sourcing process to ensure that all domestic and international legal guidelines are adhered to as part of our effort to protect plant species and sustain local communities throughout the world.

Learn more about the Seed to Seal program and Young Living's commitment to quality at [SeedtoSeal.com](https://SeedtoSeal.com).

# ALL ABOUT ESSENTIAL OILS

*Essential oils are aromatic, concentrated plant extracts that are carefully obtained through steam distillation, cold pressing, or resin tapping.*

## POTENT

Producing a single bottle of essential oil takes a significant amount of plant material. For example, there is the distillation of over 1 pound of peppermint in a 15 ml bottle of Peppermint essential oil and the oil of more than 75 lemons in a 15 ml bottle of Lemon essential oil!

## VOLATILE

Essential oils evaporate quickly when exposed to the open air. Each botanical has a volatile profile that gives it a distinct aroma, flavor, and other properties. Plants release these compounds as defense mechanisms to environmental stressors.

## VERSATILE

For thousands of years, people have reached for the power of plants, using essential oils to uplift them spiritually and emotionally, to support their overall wellness, and for cosmetic purposes. Now you can use essential oils for aromatherapy, in your household solutions, or for personal care; every aspect of your daily life can benefit from a drop or two of your favorite essential oil!



*Young Living offers hundreds of single essential oils, blends, and oil-infused products, each of which contain the optimal levels of specific, naturally occurring constituents to maximize their potency.*

# USING ESSENTIAL OILS

*Escape the day to day by transforming your next shower into a spa-like getaway, or turn weeknight cooking into a culinary adventure. Add a drop of elegance to your skin care regimen, or enhance your wellness with a boost from botanicals. Follow the guide below—along with label instructions—to experience the countless transformative benefits of essential oils.*



## AROMATIC

*Close your eyes and breathe deep!*

Rub 2–3 drops between your palms, cup them together, and inhale.

Turn bath time into bliss time by adding several drops to your tub's water.

Fill every room in your home with your favorite fresh scents by diffusing essential oils.

## TOPICAL

*Show your skin some love!*

Add 2–3 drops to a carrier oil during a calming or therapeutic massage.

Brighten your complexion with a few drops of a floral essential oil or Frankincense added to your daily moisturizer.

## DIETARY

*Boost flavor and wellness\* with Vitality™ essential oils!*

Support your healthy lifestyle by adding a few drops of your favorite Vitality oil to a gel capsule.

Give your hydration goals a boost without adding calories by flavoring water with a drop or two.

Create new flavor combinations when you add them to your favorite NingXia Red® beverages!

Use Vitality oils in lieu of ground herbs or spices to heat up your cooking.

## DILUTE

*Some essential oils may be too strong to be used internally or applied topically on their own.*

Use Young Living's V-6™ Vegetable Oil Complex or other pure vegetable oil when diluting to the appropriate strength for your needs.

See individual oil labels for specific dilution instructions.



## Essential oil safety guidelines

Due to the potency of essential oils, it is important to follow safety guidelines when using them.

- Read the product label for appropriate use.
- Avoid putting essential oils in your eyes, ear canals, and other sensitive areas.
- Stop using the oil if irritation or discomfort on the skin occurs, and do not rinse with water. Apply a carrier oil to the affected area.
- Citrus-based oils and blends may cause temporary photosensitivity. Follow individual label instructions and avoid direct sunlight for 12–48 hours.
- See individual oil labels for specific dilution instructions.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# LAVENDER ESSENTIAL OIL



*Clear the air and calm your mind with the light, floral aroma of Lavender essential oil. The mild, soothing scent is perfect for settling down in the evening or whenever you need comforting rest.*

## SUGGESTED USES

Start a relaxation routine by adding a few drops to your favorite shampoos or lotions.

Dip your toes into calming waters; combine 1 cup of Epsom salt with 4 drops of oil in a hot bath.

Set the stage for snuggles by diffusing the oil as part of your bedtime routine.

Calm your skin with a soothing body scrub using Lavender essential oil, sugar, and a carrier oil.

## LAVENDER LINEN SPRAY

*Freshen closets, bedding, cars, and more with this calming scent.*

### Ingredients

- 10 drops Lavender essential oil
- 2 tablespoons witch hazel
- 6 tablespoons water

### Directions

1. Combine witch hazel and Lavender in a small glass spray bottle and shake together for about 30 seconds.
2. Add water and shake for another 30 seconds.
3. Spray lightly on fabrics that need refreshing.

*YL Tip: Lavender essential oil is also great for your skin—see more ways to use it on Young Living's blog, [The Lavender Life!](https://www.youngliving.com/blog) [YoungLiving.com/blog](https://www.YoungLiving.com/blog)*



*If you love the sweet, soothing scent of Lavender, try Young Living Seedlings® Linen Spray!*



## MAKEUP SETTING SPRAY

*Keep your face looking fresh all day!*

### Ingredients

- 2 ounces water
- ½ tablespoon vegetable glycerin
- 6 drops:
  - Frankincense essential oil for normal skin
  - Geranium essential oil or Tea Tree essential oil for oily skin
  - Myrrh essential oil for dry skin

### Directions

1. Add ingredients for your skin type to a small glass spray bottle and shake well.
2. Hold spray bottle about 12 inches from your face and lightly spritz skin 2–3 times.
3. Let dry.

# FRANKINCENSE ESSENTIAL OIL



*Turn a boring nighttime routine into a luxurious getaway with Frankincense essential oil. Play some soft music and take a momentary escape to soothe your skin and balance your spirit. The complex aroma of this deluxe oil provides a lush end to any day.*

## SUGGESTED USES

Elevate your beauty routine by adding Frankincense to your daily facial moisturizer.

Create a peaceful haven for grounding yourself by diffusing during your nightly routine.

Pamper yourself! Help reduce the appearance of uneven skin and blemishes by gently massaging anywhere skin needs a boost, aided by the lotion or carrier oil your skin loves most.



*Frankincense is also great when you need to create an atmosphere for getting in touch with your spirituality! Learn more on Young Living's award-winning blog, *The Lavender Life*. [YoungLiving.com/blog](http://YoungLiving.com/blog)*

*If you like the way Frankincense essential oil enhances your skin, try *Boswellia Wrinkle Cream*™.*



# CITRUS FRESH™ VITALITY™ ESSENTIAL OIL BLEND

*Swap out afternoon snacks with the help of Citrus Fresh Vitality! This proprietary blend is a tasty addition to water or NingXia Red®.*

## SUGGESTED USES

Support your weight-management goals by using Citrus Fresh Vitality as a dietary supplement in conjunction with healthy eating and regular exercise.\*

Give water a burst of flavor with Citrus Fresh Vitality and make it easier than ever to reach your hydration goals!

Get the benefit of the naturally occurring constituents limonene, beta-pinene, and linalool when you add 1–2 drops to your favorite fruit or vegetable juices.

## CITRUS FRESH VITALITY LEMONADE

*Enjoy the sweetness of summer without processed sugar.*

### Ingredients

- 6 lemons, juiced
- 1 lime, juiced
- ½ cup honey
- 2 drops Citrus Fresh Vitality essential oil blend
- 10 cups ice water (approximately)

### Directions

1. Combine lemon juice, lime juice, honey, and Citrus Fresh Vitality in a large glass pitcher.
2. Add water to taste and stir until well mixed.



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# PANAWAY<sup>®</sup> ESSENTIAL OIL BLEND



*Turn your post-workout moans and groans into oohs and aahs with the cooling sensation of PanAway. \*\* Replace synthetic sports creams with this essential oil blend that has the same powerful constituents—menthol and methyl salicylate—from pure Peppermint and Wintergreen.*

## SUGGESTED USES

Treat tired muscles to a cool, tingling sensation after a long race or a day working in the yard by combining PanAway with carrier oil in a massage.

Give feet a break by applying diluted PanAway in a relaxing massage.

Fight stress and let PanAway's cool, refreshing aroma lend a little support by applying a single drop to your temple.

*\*\*If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.*

If you love the cooling sensation of PanAway, you'll also love Young Living's Deep Relief™ Roll-On, Cool Azul® essential oil blend, Cool Azul® Pain Relief Cream, and Cool Azul® Sports Gel.



## SPA FOOT SOAK

*Give feet a refreshing treat!*

### Ingredients

- ¼ cup Epsom salt
- 2 drops Frankincense essential oil
- 2 drops PanAway essential oil blend
- Warm water

### Directions

1. Mix Epsom salt and essential oils in a small bowl.
2. Add salt mixture to warm water.
3. Sit back, relax, and let your feet soak for 15–30 minutes.

# RAVEN® ESSENTIAL OIL BLEND



*Breathe deep with the brisk, refreshing aroma of Raven. Crafted with Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata, this complex blend creates a clear and crisp sensation that is perfect for waking up the senses.*

## SUGGESTED USES

Treat your loved one to spa-like pampering! Apply Raven to a warm, damp towel and place it on the back of his or her neck.

Take in a burst of fresh air when you apply Raven to the front of your neck and chest.

Perk up your mornings by diffusing it in family areas.



## RAVEN SHOWER BOMBS

*Turn your shower into an invigorating spa!*

### Ingredients

- 2 cups baking soda
- 5 cups citric acid
- 2 tablespoons water
- 30 drops Raven essential oil blend

### Directions

1. In a bowl, mix baking soda and citric acid.
2. In a separate small bowl, mix water and essential oil.
3. Slowly add the oil-water mixture a few drops at a time into dry ingredients, stirring well after each addition.
4. When ingredients are thoroughly mixed, tightly pack into 2-inch balls.
5. Set on a plate to dry for at least 12 hours before using.
6. Add shower bomb to a warm bath for an invigorating, spa-like experience.

*Raven's aroma can also promote restful sleep. For other sleep-friendly oils, check out [The Lavender Life!](#) [YoungLiving.com/blog](#)*

# PEACE & CALMING<sup>®</sup> ESSENTIAL OIL BLEND



*Long day? Busy commute? Relax—Peace & Calming essential oil blend is your new bestie when it comes to stressful situations. The proprietary blend features Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy in a sweet, soothing aroma that is equal parts inspiring and calming.*

## SUGGESTED USES

Say yes to yoga! Apply a few drops to your wrists or solar plexus before your sun salutations and enjoy a scent that's both grounding and inspiring.

Bliss out during bath time. Combine 10-15 drops with a cup of Epsom salt and elevate your end-of-day soak.

*If you love the relaxing aroma of Peace & Calming essential oil blend, try the Calm CBD Roll-On. This take-anywhere blend features Eucalyptus, Vetiver, Frankincense, and other Young Living essential oils.*



## PEACE & CALMING BODY SPRAY

*Smell sweet all day long with this easy-to-make body spray.*

### Ingredients

- 8-ounce glass spray bottle
- 1 tablespoon vegetable glycerin
- 1 tablespoon witch hazel
- 6 ounces distilled water
- 28-35 drops Peace & Calming essential oil blend

### Directions

1. Put vegetable glycerin, witch hazel, and water in the spray bottle.
2. Add essential oil. YL TIP: Start with about 30 drops of essential oil. For a stronger scent, add more drops.
3. Shake well to mix. The vegetable glycerin is an emulsifier, which helps the essential oils mix with the water.
4. Shake again before using. Spritz a few times onto wrists, chest, neck, or anywhere else you want a light scent.



# VALOR<sup>®</sup> ESSENTIAL OIL BLEND



*Get a boost of courage when you need it most. The woody, bold aroma of Valor is a must-have before public speaking, big projects, or simply starting your day. This proprietary blend features Black Spruce, Camphor, Blue Tansy, Frankincense, and Geranium essential oils to create a scent you'll reach for time and time again.*

## SUGGESTED USES

Power up your presentations. Add a few drops of Valor to your palms, then breathe deeply, so the inspiring scent can help you feel centered.

Make mornings more impactful. Diffuse Valor as you get ready and set your intentions for the day.

## VALOR MASSAGE OIL

*Unwind after a long day with this grounding scent.*

### Ingredients

Carrier oil

Valor essential oil blend

Combine carrier oil and essential oil blend in the palm of your hand or in a separate bottle. For a foot massage, we recommend 2 teaspoons of carrier oil to 3-4 drops of Valor. For a back massage you'll need approximately ¼ cup of carrier oil and 20-30 drops of Valor. Please note that this essential oil blend may stain sheets or clothing, so make sure the massage oil is fully absorbed.

*Love Valor? Take this empowering aroma on the go with our Valor<sup>®</sup> Roll-On.*



# STRESS AWAY™ ESSENTIAL OIL BLEND



*If you need a vacation, transform your home into a peaceful getaway with the help of Stress Away. The proprietary formulation of Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender essential oils has a sweet, complex aroma that can help ease your worries and calm your mind.*

## SUGGESTED USES

Unwind after a long day by adding a few drops to a hot bath.

Bring Stress Away into your yoga practice for extra help in finding centering and balance.

Wear Stress Away as a unique, calming personal perfume by dabbing it on pulse points.

Relax before bedtime by applying it at the base of your neck, shoulders, and temples.

## STRESS AWAY CAR FRESHENER

*Make your daily drive a time for relaxation, not frustration.*

### Ingredients

- 3–4 drops Stress Away essential oil blend
- 2 cotton balls

### Directions

1. Add 3–4 drops of Stress Away to each cotton ball.
2. Place cotton balls in the slats of your car vents.
3. Turn on the car fan to diffuse the freshener throughout the car and enjoy a fresh, tropical, and calming scent.

*YL Tip: Swap the cotton balls for Young Living's Car Vent Diffuser for an on-the-go aroma boost.*

*Stress Away can also be found in a convenient roll-on for relaxation on the go! If you love Stress Away, try Young Living's Cedarwood essential oil, Stress Away Relaxing Bath Bombs, and Peace & Calming® essential oil blend.*



# CITRONELLA ESSENTIAL OIL



*Who says essential oils are only for indoor use? Citronella's fresh, welcoming scent is perfect for setting the stage at your next picnic or barbecue or for keeping the air clear of annoyances on your next camping trip. In the air or on your skin, Citronella uplifts and inspires.*

## SUGGESTED USES

Create an outdoor-friendly personal perfume. Combine Citronella with V-6™ Vegetable Oil Complex and apply topically before heading into the wild!

Welcome guests with a sweet, fresh scent; diffusing Citronella is an invitation for long evenings of laughter and conversation.

*Citronella is one of the primary ingredients in Young Living's Insect Repellent. You'll find our favorite bug-buster, and other outdoor necessities—like our Mineral Sunscreen—on [YoungLiving.com](http://YoungLiving.com).*



## CITRONELLA FLOATING CANDLE BOWL

*Create an elegant answer for outdoor evenings.*

### Supplies

- Glass bowl or container
- Decorations of your choice—lemon peels, orange peels, cinnamon sticks, lavender, rosemary, flower petals, river rocks, etc.—you can use anything!
- 20 drops Citronella essential oil
- 10 drops Lemongrass essential oil
- 1 tablespoon witch hazel
- Water
- Unscented floating candle

### Directions

1. Gather decorations and arrange in a bowl.
2. Add witch hazel, Citronella, and Lemongrass.
3. Fill the remaining bowl space with water.
4. After placing your bowl outside, top it off with the floating candle and light it to create a cozy, aromatic ambiance that you and your guests can enjoy throughout the evening.

Enjoy your favorite meals and find additional comfort after one bite too many. DiGize® Vitality™ is formulated with oils to help support and cleanse your digestive system and supplement your daily wellness routine.\*

# DIGIZE® VITALITY™

## ESSENTIAL OIL BLEND



### SUGGESTED USES

Add a spicy twist to water by adding 2 drops of DiGize Vitality and 1 drop of Peppermint Vitality.™

Take 1–2 drops in a gel capsule before meals to benefit from DiGize Vitality's antioxidant properties.\*

Support your digestive system! Use DiGize Vitality daily as a dietary supplement by adding 1–2 drops to a gel capsule.\*

Get the most out of DiGize Vitality by pairing it with these Young Living favorites!

- Essentialzymes-4®
- Life 9®
- Digest & Cleanse®



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## SPINACH PROTEIN SHAKE WITH PEPPERMINT VITALITY™

Enjoy a refreshing take on your protein shake.

### Ingredients

- 1 cup unsweetened almond milk
- 1 scoop Young Living Chocolate Deluxe Pure Protein Complete™
- 1 drop Peppermint Vitality
- 1 handful spinach
- 12 ice cubes

### Directions

1. Place all ingredients in a blender and blend until smooth.
2. Take your shake on the go with a Premium Shaker Bottle in green or purple.

# PEPPERMINT VITALITY™ ESSENTIAL OIL



*Whether you like the cool flavor as a brisk addition to a glass of water or warm in a cup of tea, the fresh, herbaceous taste of Peppermint Vitality is welcome any time of year. More than a refreshing flavor, Peppermint Vitality can keep your stomach in check by supporting healthy digestive function and gastrointestinal comfort.\**

### SUGGESTED USES

Make your digestive functions the least of your worries; add 1–2 drops of Peppermint Vitality to a vegetarian gel capsule and take daily.\*

Give your belly a break when you've had too much to eat by sipping a cup of herbal tea with an added drop of Peppermint Vitality.\*

Become a gut guru and enhance healthy gut function by adding a drop or two to a glass of water daily.\*

*Peppermint Vitality is great for adding a cool, refreshing flavor to baked goods and other foods. Learn more on Young Living's award-winning blog, [The Lavender Life. YoungLiving.com/blog](http://TheLavenderLife.YoungLiving.com/blog)*

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# THIEVES® VITALITY™ ESSENTIAL OIL BLEND



*Warm and spicy, Thieves Vitality can provide daily comfort in a cup of tea, but this synergistic blend of oils also combines to boost overall wellness and support a healthy immune system. Full of antioxidant properties, this blend can also be cleansing to the digestive system.\**

## SUGGESTED USES

Elevate your breakfast and help cleanse your digestive system by adding a drop to your morning oatmeal or other cereal.\*

Boost your herbal teas and juices with antioxidant properties and a spicy-sweet flavor by adding a drop of Thieves Vitality.\*

Add a drop of Thieves Vitality to your daily shot of NingXia Red® for a quick, spicy boost to this YL favorite's immune-boosting properties.\*

## THIEVES TEA

*Mix up a cup of spicy comfort.*

### Ingredients

- 1 cup hot water
- 1 drop Thieves® Vitality™ essential oil blend
- 1 drop Peppermint Vitality™ essential oil
- 1 drop Lemon Vitality™ essential oil
- 1 teaspoon honey

### Directions

- 1. Mix all ingredients in a cup of hot water and enjoy the invigorating flavor.

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# LEMON VITALITY™ ESSENTIAL OIL



*Packed with citrus flavor, Lemon Vitality is more than a drop of sunshine that adds bright, dynamic flavor to any number of dishes; it is also filled with antioxidant properties that can help support a healthy immune system.\**

## SUGGESTED USES

Experience Lemon Vitality's internal cleansing properties by flavoring your water with 1–2 drops each morning.\*

Take advantage of Lemon Vitality's circulatory support by taking 1–2 drops in a gel capsule as a dietary supplement.\*

Add a drop to your favorite fruit smoothies and enjoy Lemon Vitality's antioxidant properties.

Make treats your whole family will love without loads of added sugar by boosting the flavor with Lemon Vitality.\*

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## CITRUS VINAIGRETTE

*Use to brighten salads or marinades.*

### Ingredients

- ½ cup olive oil
- 2 cloves garlic, minced
- 1 shallot, minced
- 2–3 drops Lime Vitality™ essential oil
- 3–4 drops Tangerine Vitality™ essential oil
- 2–3 drops Lemon Vitality™ essential oil
- 1–2 tablespoons honey or other sweetener to taste
- Salt and pepper to taste

### Directions

1. Combine ingredients in a glass jar.
2. Shake and enjoy!

# ORANGE ESSENTIAL OIL



*From playrooms to living rooms, the familiar scent of Orange brings inspiration and energy. Share this fresh aroma with your family when you play together and make memories that will last a lifetime.*

## SUGGESTED USES

Add a few zesty drops to homemade playdough to get creative juices flowing during after-school craft time.

Transform kids' rooms into happiness zones by diffusing this friendly scent.

Get your wheels turning before starting a new project by rubbing a few drops between your palms and inhaling deeply.

Want more kid-friendly DIY recipes with essential oils like Orange? Find creative, essential-oil infused projects your kids will love, like our DIY Bath Crayons, DIY Monster Spray, and more on [The Lavender Life Blog!](http://TheLavenderLifeBlog.com) [YoungLiving.com/blog](http://YoungLiving.com/blog)



## ORANGE PLAY CLAY

*Add fun to your play with the bright aroma of oranges!*

### Ingredients

- 2 cups flour
- $\frac{3}{4}$  cup salt
- 2 tablespoons olive oil
- 2 teaspoons cream of tartar
- 10–12 drops Orange essential oil
- $1\frac{1}{2}$  cups water

### Directions

1. Combine flour, salt, olive oil, and cream of tartar in a large saucepan.
2. Add water and stir all ingredients.
3. Cook over medium heat and stir until ingredients form a ball.
4. Remove dough from heat and place onto parchment paper.
5. Add Orange essential oil and knead thoroughly.
6. Use for creative play; store in an airtight container.



# TEA TREE ESSENTIAL OIL



*Keep skin looking fresh and clear—hair, too—with one of the world’s most extensively used and researched essential oils. Tea Tree, or Melaleuca Alternifolia, provides spa-worthy benefits when used in beauty treatments, from conditioning treatments to pedicures.*

## FACIAL TONER

*Create a refresher for your face.*

### Ingredients

- ½ cup witch hazel
- ½ cup water
- 20 drops Tea Tree essential oil
- 15 drops Lavender essential oil
- 5 drops Frankincense essential oil

### Directions

1. Mix ingredients together and pour into a glass container.
2. Apply after cleansing, using a cotton pad to refresh and clarify the skin.

## SUGGESTED USES

Give your scalp and hair added shine and freshness by combing Tea Tree through your locks.

Take a refreshing step forward! Apply Tea Tree to all parts of your feet to maintain the appearance of healthy feet and nails.

Create your own moisturizer by combining Tea Tree with coconut oil.

Apply it as part of your nighttime routine to reduce the appearance of blemishes.



Check out our other products formulated especially for kids! Our KidScents® line features a range of essential oil-infused products, including blends, multivitamins, bath products, toothpaste, and more!

# KIDSCENTS® TUMMYGIZE™ ESSENTIAL OIL BLEND



*When tiny tummies need comfort, turn to gentle, prediluted solutions you can trust. Formulated with Spearmint, Peppermint, Tangerine, Fennel, Anise, Ginger, and Cardamom, this sweet blend is the perfect companion when your little ones get their hands on one too many treats.*



## SUGGESTED USES

Apply directly to your children's stomachs after they hit the neighborhood pizza party or post trick-or-treating.

Help little ones ease into long car or plane rides by applying it topically.

Use TummyGize when kids are adventurous and try new foods.

# COPAIBA ESSENTIAL OIL



*Take a moment away from the stressors of life and settle into peace and reflection with Copaiba. With a gentle, woody aroma, the sweet scent will help you drift into a comfortable, tranquil bliss at the end of a long day.*

## SUGGESTED USES

Finish your day with a relaxing massage; add Copaiba to your favorite carrier oil.

Create a den of Zen by diffusing Copaiba when you need to create peace and calm.

Soak tired feet in a warm bath with a few drops of Copaiba to release the tension of the day.

*Copaiba does wonders for the hair and skin! Try adding it to your beauty routine or create a custom beard oil by combining it with a light carrier oil and other favorite essential oils.*

# DIFFUSER BLENDS

*Create the vibe you want in any room of your home with these diffuser blends.*



## STUDY-TIME BLEND

- 3 drops Peppermint essential oil
- 3 drops Orange essential oil
- 3 drops Frankincense essential oil
- 3 drops Rosemary essential oil

## MEDITATION BLEND

- 5 drops Lavender essential oil
- 5 drops Cedarwood essential oil
- 3 drops Frankincense essential oil

## REFRESHING MORNING BLEND

- 3 drops Orange essential oil
- 3 drops Grapefruit essential oil
- 2 drops Lemon essential oil
- 2 drops Raven® essential oil blend

## CALMING EVENING BLEND

- 4 drops Lavender essential oil
- 2 drops Copaiba essential oil
- 2 drops Ylang Ylang essential oil

# THIEVES<sup>®</sup>

## PRODUCTS

*Our powerful Thieves essential oil blend is found in a wide range of household and personal care products, so you can get the benefits of this proprietary blend in naturally derived, plant-based products that are great for your whole family.*



*Thieves household products are formulated without:*

- Sodium lauryl sulfate (SLS)
- Parabens
- Triclosan
- Phthalates
- Phosphate
- Dyes
- Synthetic ingredients
- Fluoride
- Preservatives
- Perfumes
- Formaldehyde

Our Thieves<sup>®</sup> Household Cleaner sachets let you take this powerful cleaner on the go! Keep them in your car, purse, or backpack and be ready for any mess life throws your way.

Thieves<sup>®</sup> Household Cleaner is a multipurpose, cost-effective, concentrated cleaner that can be used on virtually every surface. With this plant-based product, you don't have to worry about placing an extra chemical burden on yourself or your family.

Whether you're cleaning your teeth with Thieves<sup>®</sup> AromaBright<sup>™</sup> Toothpaste, freshening your breath on the go with Thieves<sup>®</sup> Mints, or soothing an occasional minor irritation or sore throat with Thieves<sup>®</sup> Cough Drops, our Thieves line has you covered. With the power of Thieves, you can ditch the ingredients in commercial oral care products you don't want and keep all the results you do: a deep clean, bright smile, and fresh breath!

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# NINGXIA RED<sup>®</sup>

PRODUCTS

*NingXia Red energizes, fortifies, and replenishes the body and mind. It's a nutrient-rich drink infused with antioxidant-rich superfruits and powerful essential oils.\**

Need a pick-me-up? The light, sparkling taste of NingXia Zyng<sup>®</sup> has a refreshing splash of hydrating energy!\* With only 35 calories, naturally derived ingredients, and no artificial colors, sweeteners, and flavors, it's a guilt-free way to refresh your day!

NingXia Nitro<sup>®</sup> is a unique blend of essential oils, botanical extracts, D-ribose, Korean ginseng, and green tea to help power your afternoon meetings and workouts without a sugar or caffeine crash.\*

Young Living's Organic Dried Wolfberries are a sweet, organic snack from nature that's easy to make part of your daily diet. Our gentle drying process makes these USDA-certified organic wolfberries versatile and easy to incorporate into lots of recipes or to enjoy by the handful.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



*Want to learn more?*

Young Living is committed to supporting you throughout your wellness journey. Use these resources to find tips, educational tools, and other helpful assets as you share Young Living with family and friends.

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NingXia Red® is more than Young Living's signature drink packed with great wolfberry flavor and infused with nutrients—it's also a great way to build your business! Use this website to find out everything you need to know about our NingXia products.

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