



SAY THIS

NOT THAT



Young Living wants people to enjoy lives filled with wellness, health, and happiness—which includes the safe use of our products. That's why we carefully label Young Living products with their intended use. When you share your favorite Young Living products with your friends and family, make sure to discuss essential oils according to their labels and designations.

With a drop of Thieves [®] Vitality [™] , my tea gets a spicy flavor boost and helps support healthy immune function.*	I diffuse Thieves in my home to prevent my family from getting sick during cold and flu season.
I wind down in the evenings with a good book and Lavender diffusing next to my bed.	I diffuse Lavender every night to help my insomnia.
I don't leave the house without an icy water bottle filled with 2 drops of Peppermint Vitality [™] to keep my digestive system working well.*	I rub Peppermint on my abdomen to help with constipation.
I've received so many compliments since I added Frankincense to my nightly moisturizer; it really makes my skin look healthier.	I apply Frankincense to a suspicious mole on my arm.
Before getting dressed for the day, I add Helichrysum to my body lotion because of its skin-cleansing properties.	I use Helichrysum topically to support my circulatory system.
I start my 6 a.m. workout class with lots of water, a good stretch, and by applying R.C. [™] to my chest and back.	I diffuse R.C. whenever my kids have a cold.
When my family is together, I diffuse Joy [™] to fill the room with a peaceful aroma.	I diffuse Joy to treat my depression.
After an intense cycling class, I apply Deep Relief [™] Roll-On to my temples, forehead, and the back of my neck.	I use my Deep Relief Roll-On to manage pain and inflammation.
Purification [®] is my go-to for eliminating unwanted odors and freshening the air after parties.	I use Purification for its antibacterial and anti-fungal properties.
I love relaxing in the bath after a long day with 5 drops of Peace & Calming [®] and 1 cup of Epsom salt.	Peace & Calming has really helped me with my anxiety.
Each morning I drink a hot mug of water with honey and 3 drops of Lemongrass Vitality [™] as part of my daily wellness regimen.*	Lemongrass is my go-to whenever I have a urinary tract infection.
After a day by the pool, I mix Lavender with a scent-free lotion and massage it into my back and shoulders.	I always use Lavender after I get a sunburn.
I drink NingXia Red [®] once a day for its tangy flavor and because it supports good health and overall wellness.*	Drinking NingXia Red once a day helps me manage my diabetes.

*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.

This educational tool is consistent with labeling requirements for the United States only.