

# WELLNESS LIFESTYLE makeover

with Young Living Essential Oils  
Featuring Essential Oils from the popular "Everyday Oils" kit

## Ways to use these oils: Topically (T), Aromatically (A), Internally (I)



### FRANKINCENSE (T, A, I)

- \*helps promote emotional wellbeing
- \*supports healthy respiratory system
- \*supports a healthy immune system
- \*slows signs of aging on the skin

Frankincense was considered more valuable than gold in ancient times, used for promoting health.



### PURIFICATION (T, A)

- \*supports healthy immune system
- \*supports healthy respiratory system
- \*natural cleaning spray
- \*eliminate odors
- \*soothing to bites & cuts
- \*soothes minor blemishes

Purification can cleanse the air from disagreeable odors and makes a great outdoor summer spray for you and pets.



### THIEVES (T, A, I)

- \*supports respiratory system
- \*non-toxic cleaner
- \*supports oral health
- \*relieves oral discomfort

Thieves is a blend of essential oils that supports a healthy immune system and the body's natural defenses.



### Stress Away (T, A, I)

- \*alleviate everyday stress
- \*promotes relaxation
- \*reduce nervous feelings
- \*promotes healthy weight management
- \*uplifting

Stress Away is a great way to lighten up the feelings of stress and chaos from daily life.



### PEPPERMINT (T, A, I)

- \*natural cooling effects
- \*energizing
- \*boosts concentration
- \*soothing to sore muscles
- \*support digestive system
- \*soothing to sore joints
- \*supports respiratory system
- \*supports nervous system

Peppermint is one of the oldest and most highly regarded herbs for soothing digestive issues.



### PANAWAY (T, A)

- \*minimize occasional discomfort
- \*soothing to joints and muscles
- \*relieve menstrual cramps
- \*relieves bruises

PanAway is a blend of oils designed to ease discomforts of an active life and everyday soreness.



### LAVENDER (T, A, I)

- \*soothing to sunburns
- \*soothes minor burns
- \*supports respiratory system
- \*skin care
- \*promotes restful sleep
- \*relaxing and calming

Lavender is the most versatile of all essential oils. Add a few drops to a damp cloth or wool dryer balls to freshen up laundry.



### DiGize (T, A, I)

- \*supporting a healthy digestive system
- \*Add 1-2 drops to water and drink
- \*apply topically with carrier oil to soothe minor upset

DiGize over the vita-flex points for the digestive tract helps soothe and support the digestive tract.



### LEMON (T, A, I)

- \*removing gummy residues
- \*aids body in elimination of toxins
- \*supports healthy lymph system
- \*support memory
- \*supports circulation
- \*supports clear skin

Lemon is a great addition to natural DIY products as well as adding it to enhance drinking water.



### Copaiba (T, A, I)

- \*Inhale or diffuse to help create a positive, calm atmosphere
- \*Mix 2-4 drops into a moisturizer to help promote a youthful appearance.

Copaiba is also soothing to the respiratory and nervous systems.



### R.C. (T, A)

- \*add a drop to steaming water and tent with a towel to help soothe and support respiratory system
- \*dilute with carrier oil and apply to chest, neck and throat as needed.

R.C. is a blend of 3 eucalyptus varieties and is an aromatic must have.

## Thieves



Eliminate the chemicals and toxins from your cleaning supplies and personal care items with Thieves products. NEW to this line: Laundry Soap, Dish Soap and Veggie Spray!

- \* Thieves 15ml
- \* Thieves AromaBright Toothpaste
- \* Thieves Mouthwash
- \* 2 Thieves Cleaners
- \* 2 Foaming Handsoaps
- \* 2 Thieves Sprays
- \* 2 Thieves Hand Purifiers
- \* Citrus Fresh 5 ml
- \* AromaGlide Roller Fitment
- \* 2 Ningxia Red 2-oz samples
- \* Sample sachets each of:  
Lavender, Peppermint, Peace & Calming , Lemon, and Thieves®

## Ningxia Red



### Benefits:

- Supports healthy immune system
- Supports healthy eye sight
- Major nutrition for every cell
- Combats free radicals encountered daily
- Antioxidant support
- Supports healthy joints and cardiovascular health
- Supports healthy cholesterol levels
- Increase Energy naturally
- Increase metabolism naturally
- Healthy weight management
- High fiber, low glycemic calories

### Resource Links:

[www.youngliving.com](http://www.youngliving.com)

[www.oil-testimonials.com](http://www.oil-testimonials.com)

Learn from others experiences

[www.abundanthealth4u.com](http://www.abundanthealth4u.com)

Supplies, oil cases, and more

[www.discoverlsp.com](http://www.discoverlsp.com)

Resource and education material

<http://www.ylfasttrack.com/weekly-calls/>

Audio education on various topics.

Password: ylfast