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### Pure, Potent Plant Remedies

Uplifting, protective, calming, and regenerating, essential oils are a unique gift from the natural world. Often referred to as "nature's living energy" or the very essence of a plant, essential oils are aromatic liquids derived from shrubs, flowers, trees, roots, bushes, and seeds. They not only determine the plant's aroma, but are vital for plants to grow, live, evolve, and adapt. Essential oils also help defend plants from insects, environmental conditions, and disease. Today, research shows that when used aromatically, applied topically, or taken internally, essential oils can calm, energize, balance, purify, and rejuvenate the mind and body.

From perfumes and aromatherapy to cooking and medicinal purposes, essential oils have been a vital part of everyday life, dating back to 4500 BC. After personally experiencing the many benefits of essential oils, D. Gary Young, Founder and President of Young Living Essential Oils, began a personal campaign to promote the ancient healing art of essential oil therapy. The result? An abundant line of pure, therapeutic-grade essential oils, including over 140 single essential oils and unique essential oil blends, and the world's largest community dedicated to achieving wellness via nature's purest, most potent gift.

### Therapeutic-grade: The Young Living Standard

There is a significant difference between essential oils that simply smell good and those that are therapeutic-grade.

Independent laboratory testing proves that Young Living essential oils meet and often exceed industry requirements, and as stewards of nature's plant remedies, Young Living maintains higher internal standards, built upon the magnitude of our own rigorous Quality Assurance requirements. This standard is known as "therapeutic-grade." In order to achieve therapeutic-grade classification, each essential oil must achieve the designation naturally, without excess manipulation and refinement, and meet specific criteria in four key areas: Plants, Preparation, Purity, and Potency.

1. *Plants* Young Living products are produced from the right plants, grown in exceptional soil, and harvested at exactly the right time.

2. *Preparation* Honoring a strict commitment to respect and protect the time-honored methods of distillation, Young Living makes every effort to preserve "nature's living energy" in a manner as close to its natural state as possible. Using pure mountain water free of additives, Young Living has a proprietary, stainless steel distillation process that uses low temperature and low pressure to better preserve plant properties, capture the pure essence of the plant, and preserve the quality of the oils.

3. *Purity* Achieved through the use of quality plants and meticulous preparation, and not through ultra-refinement, our finished product is 100% pure. Young Living essential oils are unadulterated, uncut, and free of chemicals, pesticides, and heavy metals.

4. *Potency* To guarantee our products exceed existing world standards and meet our own higher internal standards for potency, we analyze the finished oil's phytochemical profile to ensure it delivers optimal amounts of every key plant compound.

### How to Use Essential Oils

#### 1. aromatherapy

*Direct Inhalation* Directly inhale the oil from the bottle.

*Diffusion* Use Young Living's Essential Oil Diffuser to disperse oil in a micro-fine vapor into the air.

*Humidifier* Fill a humidifier with water then place a tissue or cloth, sprinkled with a few drops of oil, in front of the escaping vapor.

*Steam* Place a few drops of oil in hot water, cover your head and the container with a towel, and breathe deeply and slowly.

#### 2. topical application

*Direct* Essential oils can be applied directly to the crown of the head, to the temples, behind the ears, over vital organs, to the feet, and many other locations. Dilution may be required.

*Massage* Essential oils can be used before, during, and after therapeutic massage.

*Perfume* With natural, earthy, and exotic aromas, essential oils can also be worn as perfume.

### **3. internal use**

*Capsule* Add several drops of oil into an empty capsule and swallow with water.

*Water or Milk* Add 1–2 drops of oil to a glass of water or rice milk.

*Bread* Add 1–2 drops of oil on a piece of bread.

*Cooking* Use oils in place of herbs and spices in your everyday cooking.

*Blue Agave* Add 1–2 drops of essential oil into a teaspoon of Young Living's Blue Agave sweetener.

*Direct* Drop directly onto the tongue and swallow.

#### **Everyday Oils**

Make oils an essential part of your day, every day! It is always important to have Young Living's therapeutic-grade essential oils on hand for your home and family. To help you get started, Young Living recommends nine of our most popular essential oils and essential oil blends for a wide range of uses and benefits. Try them in the following favorite everyday applications.

#### ***air purification***

Essential oils can help rid the air of unpleasant odors and unwanted bacteria. Diffuse a cleansing oil like lemon or Purification in your children's bedrooms, or help control mold by diffusing Thieves. Oils like Thieves, Purification, Citrus Fresh, or peppermint can be used in a humidifier or dropped onto cotton balls and placed in home air vents.

#### ***aromatherapy + fragrance***

Keep a diffuser in every room of your home! Essential oils can be diffused for stress relief, respiratory discomfort, energy, mood balance, and emotional support. Try adding several drops of peppermint or PanAway to bath water to help ease muscle tension or calm the mind and body. Create your own bath and shower gel by adding a favorite essential oil like grapefruit to Young Living's Bath & Shower Gel Base. When hosting a holiday party or a baby shower, add the pleasant smell of tangerine, lemongrass, or geranium to potpourri or an essential oil blend like Christmas Spirit to pinecones and cinnamon sticks for festive holiday ambiance and aroma. Wear Valor or White Angelica for confidence and a positive attitude.

#### ***cleaning***

A few drops of an essential oil like lemon, Thieves, or Purification can be added to a dishwasher, washing machine, spray bottle, or to Young Living's Thieves Household Cleaner. This cleaner can be used on a variety of surfaces including tile, Formica, walls, linoleum, and even carpet.\*

#### ***cooking***

Pure essential oils like rosemary, oregano, cinnamon, and spearmint can be used in place of herbs, spices, and flavoring agents in your everyday cooking. Use lemon oil to grill vegetables, add peppermint oil to hot tea, or use black pepper oil to spice up a favorite marinade or salsa.

#### ***first aid***

Drop PanAway oil blend on stressed muscles and massage or cover with a moist, hot towel. Rub Purification on exposed skin to avoid bug bites. Apply lavender oil to help soothe burned or stressed skin. Drop R.C. on the chest to ease respiratory discomfort. Add Roman chamomile to healing salves for minor bruises, cuts, and scrapes. Massage Di-Gize on the abdomen to help soothe minor stomach discomfort. Utilize 2–3 drops of Valerian in a capsule and swallow to aid with peaceful sleep.

***pet care***

Try rubbing Peace & Calming or lavender behind the ears of overactive pets. Use helichrysum and Roman chamomile to help soothe minor discomforts and wounds.

**To order any of Young Living's premium products, contact your local Young Living representative, or call 1-800-371-9230.**

Essential oils are highly concentrated and should be used with caution. Please refer to Young Living's Essential Oils User's Guide for more information about using essential oils safely.

\*Before cleaning upholstery, fabric, or carpet, perform a spot test with Thieves Household Cleaner in an inconspicuous area. Discontinue use in the unlikely event of staining or skin irritation.