

# ESSENTIAL OILS *at a Glance*

As the world leader in essential oils, we offer hundreds of essential oils and oil-infused products, each containing the optimal levels of specific, naturally occurring constituents to maximize their benefits. Whether you use the oils for aromatherapy, personal care, or household solutions, every aspect of daily life can benefit from the incorporation of essential oils!

Follow label instructions and this guide to discover additional practical uses for some of our most popular single essential oils and blends.



Coriander

## Stress Away™



Stress Away is the first product to contain the unique combination of Lime and Vanilla pure, therapeutic-grade essential oils. Stress Away also includes Copaiba and Lavender to reduce mental rigidity and restore equilibrium when taken as a dietary supplement.\*

**ESSENTIAL OILS:** Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender

- Add Stress Away to water following exercise.
- Incorporate Stress Away into your daily routine.
- Add 1–2 drops of Stress Away to natural fruit or vegetable juice throughout the day when life is demanding.

## Lavender



Lavender is universally regarded as one of the most powerful and versatile essential oils, and the uses for this plant are almost endless. Lavender essential oil is one of the main Young Living products because it offers a host of benefits and a sweet, floral aroma.

- Add 8–12 drops to water and spray under beds and in closets for a fresh, pleasing aroma.
- Apply 2–4 drops to skin to moisturize and enhance skin radiance.
- Diffuse at night for a calming aroma during sleep.

## Peppermint



The fresh, energizing aroma of Peppermint essential oil helps support healthy digestion. Great for flavoring drinks, it can also help promote healthy intestinal function.\*

- Add 1 drop of Peppermint essential oil to a glass of water and incorporate it into your daily diet.
- Add 1–2 drops in a capsule after mealtime to help support normal digestion.\*
- Add 1 drop to herbal tea to enhance flavor and help maintain the efficiency of your digestive system.\*

## Frankincense



Frankincense essential oil has an earthy, balsamic aroma that is highly revered for its ability to increase feelings of spirituality and inner strength. Known for a broad range of uses, Frankincense features prominently in our skin care line of products.

• Apply 1–2 drops to the face and neck to minimize visual blemishes and add a healthy-looking glow.

- Diffuse to enrich prayer, yoga, or meditation for a deeper spiritual connection.
- Apply 2–4 drops to moisturize dry skin.

## Lemon



Lemon's many applications make it one of the most useful essential oils to have on hand. The fresh, zesty aroma is refreshing, and its naturally occurring d-limonene plays an important role in NingXia Red®, Young Living's superfruit supplement.

- Use Lemon essential oil as a dietary supplement in your daily routine.
- Substitute Lemon oil for lemon juice or lemon seasoning to flavor seafood, vegetables, beverages, and desserts.
- Keep Lemon in a purse, backpack, or car so that it is always in reach when you need it.

## Copaiba



Unlike other essential oils, Copaiba is tapped directly from the tree rather than distilled. Copaiba essential oil has a pleasant, complex taste, and when taken internally, it can promote overall wellness. Take Copaiba daily as an important part of a daily health regimen.

- Add 1–2 drops of Copaiba to a vegetarian gel capsule and take internally daily to promote overall wellness.
- Add 1 drop to an herbal tea such as chamomile or rooibos to enjoy the complex flavor and to support your health regimen.

## Thieves®



Thieves owes its pleasant, spicy aroma and flavor to a balanced blend of Cinnamon Bark, Clove, Eucalyptus Radiata, Rosemary, and Lemon essential oils. This one-of-a-kind blend can be found in many of Young Living's most popular products. Taken internally, it may help maintain a healthy respiratory system.

**ESSENTIAL OILS:** Clove, Cinnamon Bark, Rosemary, Lemon, Eucalyptus Radiata

- Add to food or beverages or take internally to enjoy the benefits of the powerful natural compounds d-limonene, eugenol, and eucalyptol.
- Dilute 1 drop of Thieves in 4 drops of carrier oil and add to a capsule. Take one time daily to maintain a healthy respiratory system.\*

## PanAway®



PanAway, an essential oil blend of Wintergreen, Helichrysum, Clove, and Peppermint, is great to use following physical activity.

**ESSENTIAL OILS:** Wintergreen, Clove, Helichrysum, Peppermint

- Apply topically after a strenuous workout for a refreshing cooldown.
- Apply several drops onto the bottoms of feet for a soothing, relaxing foot massage.
- Place 3–4 drops onto a hot towel and hold over the abdomen for a cool, refreshing effect.

## R.C.™



Combining the essential oils of three unique varieties of eucalyptus with other aromatics, R.C. is an aromatic must-have.

- Diffuse or add R.C. to a bowl of hot, steaming water. Place a towel over your head and inhale the soothing steam.
- Dilute and apply to chest, neck, and throat areas as needed.

## Purification®



Neutralize odors and enhance the air in your home with the crisp, refreshing aroma of Purification. When diffused, Purification helps purify and cleanse the air from stubborn and lingering odors. This uplifting blend is also an excellent choice for moisturizing dry skin.

**ESSENTIAL OILS:** Lemongrass, Rosemary, Melaleuca Alternifolia, Myrtle, Citronella, Lavandin

- Massage 1–2 drops to moisturize dry skin.
- Combine several drops with water in a spray bottle and spray to eliminate unpleasant smells such as smoke, mildew, and stale food odors.
- Diffuse to clean the air of foul or stale odors.

## DiGize™



DiGize contains a blend of sweetly aromatic essential oils that are both pleasant to smell and to taste. The inclusion of Peppermint essential oil may make it a great support for normal digestion.\*

**ESSENTIAL OILS:** Tarragon, Juniper, Anise, Ginger, Fennel, Patchouli, Peppermint, Lemongrass

- Add 1–2 drops to water and drink in the morning or at night to support your digestive system.\*
- Add 1–2 drops to a vegetarian gel capsule and take internally following a meal.

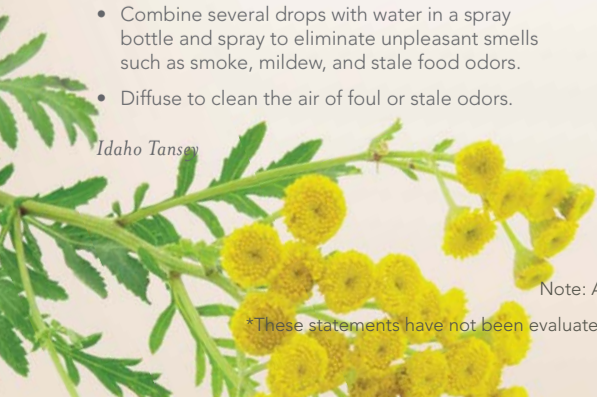
## Tea Tree



Tea Tree essential oil, also known as Melaleuca Alternifolia, can be found in a wide spectrum of skin care and spa products. It possesses powerful properties that have made it a skin care mainstay in many cultures. Tea Tree oil can moisturize and beautify the appearance of the skin.

- Moisturize the skin by rubbing 1–3 drops of Tea Tree oil into the palms of your hands and gently massaging over areas of concern.
- Add Tea Tree oil to your favorite Young Living massage oil to elevate your massage experience.
- Diffuse Tea Tree oil to create an aromatic, spa-like environment.

Idaho Tansy



Note: Always consult individual product labels for usage directions.

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

### AromaEase™



The powerful blend of Ginger, Cardamom, Peppermint, Fennel, and Spearmint essential oils in AromaEase can help calm and relax.

- Diffuse or inhale to enjoy AromaEase's relaxing aroma.
- Apply topically to feet and abdomen to help support energy flow.

### Lemongrass



Lemongrass has a fresh, citrus-herb aroma that has made it popular in both home fragrances and southeast Asian cuisine. It may support normal digestion.\*

- Add 1–2 drops to a vegetarian gel capsule and take internally following a meal to help support normal digestion.\*
- Use sparingly to enhance the flavor of your favorite foods and beverages.

### Citrus Fresh™



Citrus Fresh is a sweet, refreshing blend of Spearmint and favorite citrus essential oils. This popular blend is loved for its delicious flavor and pleasant scent, as well as for its benefits as a dietary supplement.

**ESSENTIAL OILS:** Orange, Grapefruit, Mandarin, Tangerine, Lemon, Spearmint

- Use to enhance the flavor of your favorite foods and beverages.
- Add 1–2 drops to a vegetarian gel capsule and take internally as a dietary supplement.

### Orange



Orange essential oil has a sweet, citrusy aroma and flavor. Like other citrus essential oils, it is high in the beneficial compound d-limonene.

- Add 1–2 drops to water in a glass bottle as an alternative to sweetened or diet beverages.
- Add 1–2 drops to a vegetarian gel capsule and take internally to support overall wellness.\*



Peppermint

### Aromatically

Use essential oils aromatically to uplift the spirit.

- Rub 2–3 drops of essential oil between your palms and inhale deeply.
- Add a few drops of essential oil to a bowl of hot water. Cover your head and bowl with a towel. Breathe deeply and slowly.
- Use your favorite essential oils in your diffuser.

### Topically

Many essential oils are safe and beneficial to use directly on the skin.

- Place 2–3 drops of essential oil directly on the desired area and massage in. Repeat as desired. Always follow the label's dilution instructions.

Caution: Essential oils are very potent and may be irritating to the skin. If irritation occurs, apply Young Living's V-6™ Vegetable Oil Complex or any pure vegetable oil to the area to dilute.

### Dietary

When taking essential oils internally, try these tips:

- Place several drops of oil into a vegetarian gel capsule and swallow with water.
- Add 1–2 drops of essential oil to a glass of water, NingXia Red®, juice, yogurt, your sweetener of choice, or plant-based milk and swallow.
- Add 1–2 drops of oil (to taste) to meals when cooking.

### Dilute

Some essential oils require dilution. See label for use.



### NingXia Red®

Your kit includes a sample of our top-selling superfruit supplement, NingXia Red. NingXia Red blends puree from selectively sourced Ningxia wolfberries with powerful superfruit extracts and pure essential oils for a supplement that offers a balanced blend of nutrition for a delicious, whole-body superfruit infusion. Like what you taste? Find our full NingXia Red product line in your Product Guide.



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