

Getting Started with Essential Oils

Your Guide to Using and Loving Young Living



Use a carrier oil (olive, coconut, jojoba, etc.) when using oils topically.



Apply oils to the bottoms of feet for quick absorption.



No diffuser? No problem. Put a drop of oil in your hand, rub hands together, cup near face, and inhale.

What are essential oils?

Essential oils work on the limbic system in the brain (where emotions are stored and processed) and can help relax and clear the mind as well as release emotional blocks or trauma. They are powerful, complex, and able to reach every part of our bodies on a cellular level within minutes.

3 Ways to Use Essential Oils

1

USE TOPICALLY

Oils reach the bloodstream in 2 minutes, reaching all cells in 22 minutes.

2

DIFFUSE

Diffusing releases a fine mist into the air, allowing you to benefit as you inhale the oils.

3

INTERNALLY

Young Living's Vitality oils are FDA approved for internal use.

LAVENDER

Diffuser Buddies

- + Diffuse equal drops of Lavender + Peace & Calming at bedtime to promote a good night's sleep.
- + Or diffuse equal drops of Lavender + Stress Away to promote sleep/relaxation.
- + Add Lavender + Lemon + Peppermint oils to your diffuser and breathe easily during pollen season.

Favorite Ways to Use

The Swiss army knife of essential oils, Lavender has hundreds of uses!

- Use Lavender Vitality to make lavender-lemon cocktails or lemonade with a hint of lavender.
- Excellent to have on hand to use on skin prior to putting on a band-aid. (Just don't use too much or the band-aid won't stick to skin.)
- Mix equal parts of Lavender, Lemon and Peppermint essential oil and rub on back of neck and tops of ears—this helps to support your respiratory system and makes it possible to be outside (and breathing easily) during pollen season.
- Place a drop or two on wool dryer balls and place into clothes dryer for fresh, clean, smelling clothes without all the toxins found in dryer sheets.



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Kick It Up A Notch

- **Add a drop of Lavender to your shampoo, along with a drop of Rosemary and a drop of Cedarwood to nourish and thicken hair.**
- **Use lavender oil in place of deodorant! It's non-toxic, doesn't stain clothes, and smells amazing!**
- **Make up some Mermaid Spray and use in place of hair care products. Add to a glass bottle:**
 - + **30 drops Lavender**
 - + **30 drops Cedarwood**
 - + **30 drops Rosemary**
 - + **2oz witch hazel**

LEMON

Diffuser Buddies

- + Need help waking up in the morning? Diffuse Lemon + Peppermint to help!
- + Give your body an immune-boost by diffusing Lemon & Thieves during the day or at night while you sleep.
- + Diffuse equal drops of Lemon + Lavender + Stress Away for a fresh, uplifting scent.



Favorite Ways to Use

Lemon oil is cold-pressed from the rind of the lemon...this means that the oil is high in antioxidants because the oil contains a high concentration of limonene. (Google benefits of limonene to learn more.)

- Invigorating, refreshing fragrance that promotes health and boosts physical energy.
- Strengthens immunity, improves mood, enhances clarity of thought, helps to cleanse the body when taken internally. Can also help to strengthen nails.
- Add a drop of lemon to tea to soothe throat and boost immunity.
- Sticky surfaces? Use lemon oil applied directly to the sticky surface (gum, adhesive labels, tree sap, grease, etc.) and wipe with a cloth. Viola! Smooth surface!
- Put a drop or two in a glass of water. All the antioxidant benefits of a lemon wedge without all the pesticides!

Kick It Up A Notch

- **Apply lemon oil directly to a clean cloth and gently rub any surface that requires whitening (think rim of sneakers, leather that has become discolored over time, etc.)**
- **Rim a glass with lemon oil and then dip the rim in sugar to take a cocktail from basic to wow! Favorite cocktail recipe:**
 - **2 oz vodka OR 2 oz gin, 1 oz lemon juice**
 - **75 oz simple syrup infused with Lemon & Lavender oils. (Grab a bottle of simple syrup from the grocery store. Add 20 drops of Lemon oil and 4 drops of Lavender oil, shake to disperse oil.)**
 - **Mix together, add ice, and serve!**
 - **Be sure to rim that glass in lemon oil and dip in sugar for some added pizzazz!**

PEPPERMINT

Diffuser Buddies

- 1 drop Peppermint + 3 drops Stress Away in the diffuser smells just like a candy cane!
- Add Peppermint + Lavender + Lemon oils to your diffuser and breath easily during pollen season.
- Need an immune boost? Diffuse 1 drop of Peppermint + 1 drop of Thieves + 3 drops of RC.

Favorite Ways to Use

Helps improve mental clarity, freshens breath, and helps to support your respiratory system. The cooling sensation of Peppermint helps to soothe muscles, improve feelings of jet lag, and helps to support digestive regularity.

- Add a drop of Peppermint Vitality to your coffee creamer (the container, not the coffee!) for a mint-flavored, sugar-free creamer!
- Quickly clear your head by putting a drop in your palms, rub together, cup palms near face and inhale deeply 3-5 times; or, try putting a drop of Peppermint oil on your thumb and massage the roof of your mouth.
- Put a drop of Peppermint Vitality on your tongue to freshen breath.



Kick It Up A Notch

- **Add one drop of each of the following oils (Peppermint, Grapefruit, Lemon) to a glass of water and drink daily to help support weight management.**
- **Spice things up in the bedroom by adding 5 drops of Peppermint + 10 drops of Black Pepper Vitality + 15 drops of sensation oil to a roller bottle. Add some fractionated coconut oil to the bottle for some added lubrication, put the top on and let the good times roll!**
- **Add a couple drops of Peppermint oil to brownie batter, then bake, for delicious peppermint brownies!**

STRESS AWAY

Diffuser Buddies

+ 4 drops Stress Away + 3 drops Thieves, smells just like warm cookies!

+ Try 3 drops each of Stress Away + Lavender to set a relaxing mood at the end of a long day.

+ 5 drops Stress Away + 4 drops Orange, smells just like a Creamsicle!

Favorite Ways to Use

Stress Away supports relaxation, calming, focus, and sleep! Discerning noses will note that Stress Away smells like lime with a hint of vanilla—and that's because it contains Lime essential oil and vanilla extract.

- Rub on back of neck and across shoulders to relieve tight muscles due to stress.
- Diffuse, diffuse, diffuse! Stress Away is amazing alone but it's even better when paired with other oils from the starter kit. Favorites to pair with Stress Away include: Lavender, Thieves, Citrus Fresh, Valor, Lemon, or Peppermint.
- Lovingly referred to as “your vacation in a bottle”, apply Stress Away to your wrists, temples, and back of neck and take Stress Away with you wherever you go: the grocery store, school, work, or whenever you need to relax!



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Kick It Up A Notch

- **Try making your own body scrub for yourself or to give as a gift.**
 - 1/4 c sugar
 - 1T almond oil
 - 2 drops Stress Away + 3 drops Orange
- **Try Young Living's Stress Away bath bombs for the most relaxing bath you'll ever take!**
- **Stress Away also comes in a roller so that you can easily take it with you to use while you're on the go.**
- **Like margaritas? Then you'll love the Margarita Diffuser Blend! 3 drops Stress Away + 4 drops Lime + 2 drops Lemon Myrtle.**

FRANKINCENSE

Diffuser Buddies

- Have trouble sleeping? Try 2 drops each of Lavender + Frankincense in the diffuser at bedtime.
- Diffuse equal drops Frankincense + Lemon to improve focus and clarity when you need to concentrate for long periods of time. This is a great blend to diffuse when your kids are doing their homework because it helps them to concentrate too!



Favorite Ways to Use

One of the ingredients in holy incense, Frankincense is used to help increase spiritual awareness and improve emotional balance. Frank (we're on a first name basis) also helps to boost immunity and is beneficial for your skin!

- Add a drop of Frankincense to your moisturizer and smooth onto face at night before bed. Your skin will look and feel smoother the next morning!
- Add a drop of Frankincense Vitality* to your smoothie, juice or Ningxia to boost your immune system.

*Vitality oils have a white label and are FDA approved for internal use.

PRO TIP

Frankincense is packed with monoterpenes, which inhibit the accumulation of toxins!

Kick It Up A Notch

- **Make your own facial toner with 8oz witch hazel + 4 drops Frankincense + 4 drops Lavender. (And if you have Tea Tree or Rose oil, put a few drops of those in the toner as well!) You will be amazed at how smooth your skin feels!**
- **Make an immunity bomb to boost immunity during the winter months. Take a clear veggie capsule (you can buy these from Amazon) and add 2 drops Frankincense, 3 drops Oregano, 4 drops Lemon and 4 drops Thieves. Close capsule, then swallow with lots of water. This will help you to stay healthy all winter long!**

PEACE & CALMING

Diffuser Buddies

- Put equal drops of Peace & Calming + Lavender + Cedarwood in the diffuser at bedtime and expect to wake up refreshed and well-rested the next day.
- Don't have Cedarwood? Diffuse equal drops of Peace & Calming + Lavender and you'll still reap the benefits!

Favorite Ways to Use

Peace and Calming is a blend of five oils and its primary use is to relieve stress, promote relaxation and peace, and to promote a restful sleep. Peace & Calming supports the central nervous system, and helps to balance emotions.

- When you're feeling highly stressed or anxious, put a drop of Peace & Calming on your wrists, rub together, and inhale. Do this as often as needed throughout the day to reduce feelings of stress.
- Try a few drops of Peace & Calming in the diffuser at night before you go to bed to help you wind down.
- Did you know? Peace & Calming promotes relaxation. When the body relaxes, more blood is able to circulate to the brain!



PRO TIP

Peace & Calming has a calming effect on some, while for others, it makes them feel sleepy.

Kick It Up A Notch

- **Add a roller ball filament (comes with your starter kit) to the top of the bottle of Peace & Calming and use on the go when stress levels start to rise.**
- **Roll onto the feet of little ones to encourage napping during long car rides.**

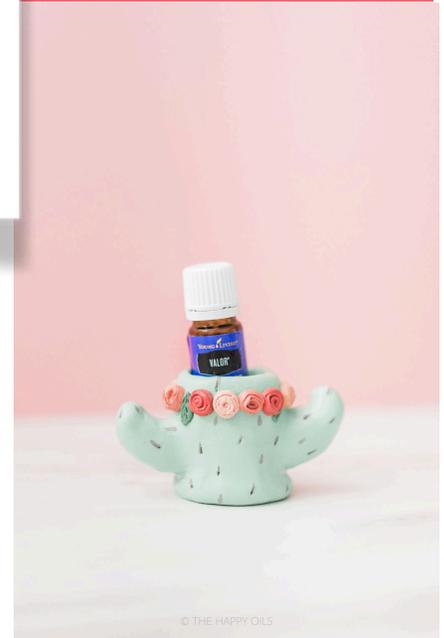
FUN FACT:

Valor essential oil is blueish-purple in color due to the Blue Tansy essential oil contained in this blend.

VALOR**Diffuser Buddies**

Valor can be diffused on its own or with other oils. Some users report diffusing Valor to promote sleep, whereas others find that Valor empowers and invigorates them. Try diffusing it for the first time on its own to see how your body responds to Valor.

- Need to focus? Try diffusing equal drops of Valor + Citrus Fresh.
- Need to relax? Try diffusing equal drops of Valor + Stress Away.

**Favorite Ways to Use**

Valor is physically, emotionally, and spiritually empowering, and inspires feelings of confidence, courage, and self-esteem. Lovingly referred to as "chiropractor in a bottle", Valor is incredibly grounding and relaxing.

- Take Valor with you to your next massage appointment and ask the massage therapist to mix it with massage oil and be prepared for an amazing massage experience!
- Does snoring keep you awake? Rub a drop of Valor on the pads of each of your big toes to improve sleep.

Kick It Up A Notch

- **Diffuse equal drops of Valor + White Angelica to promote feelings of empowerment and protection. This duo can also help to promote a relaxed, peaceful sleep.**
- **Stressed out about flying? Afraid of speaking in front of a large group? Grab a 10ml roller bottle, take the top off and add:**
 - + 50 drops of Lavender
 - + 30 drops of Stress Away
 - + 15 drops of Patchouli
 - + 35 drops of Valor
 - + 15 drops of Vetiver
- **Fill to the top with a carrier oil and fit roller ball to top of roller bottle.**
- **Use as needed to relieve stress by rolling on back of neck, behind ears, and on wrists.**

CITRUS FRESH

Diffuser Buddies

Citrus Fresh pairs well with lots of oils, but it's also great on its own!

- Try 3 drops of Citrus Fresh + 4 drops of Stress Away for a fresh and fun diffuser blend.
- Looking to boost immunity? Add 3 drops of Citrus Fresh + 4 drops of Thieves.
- Diffuse Citrus Fresh while studying to boost memory recall.



Favorite Ways to Use

Citrus Fresh is a blend of Orange, Tangerine, Mandarin, Grapefruit, Lemon, and Spearmint oils. When inhaled, Citrus Fresh will help you to feel both happy and calm, and Citrus Fresh also helps to support the immune system.

- Sour smell coming from your garbage disposal? Pour a few drops of Citrus Fresh into the disposal and wait a few minutes before turning on water and running disposal.
- Add a drop of Citrus Fresh to your toothpaste to naturally whiten your teeth.
- Struggle to stay hydrated? Add a drop of Citrus Fresh to your water—you'll find that you're reaching for your water more often because it tastes so great!

PRO TIP

Citrus oils are photosensitive, meaning you are more prone to sunburn for 6-12 hours after topical exposure, so be sure to keep skin covered after using Citrus Fresh topically.

Kick It Up A Notch

- **Try adding a few drops of Citrus Fresh to massage oil for a relaxing, yet invigorating massage.**
- **Citrus Fresh also helps to whiten and brighten. Sprinkle a few drops into your kitchen sink, add some baking soda, and scrub with the rough side of a sponge to make your sink sparkle and shine.**

THIEVES

Diffuser Buddies

- Give your body an immune boost by diffusing Thieves + Lemon during the day or at night while you sleep!
- Another immune boosting duo in the diffuser: Thieves + Raven.
- Breathe Easy: 1 drop Thieves + 3 drops Raven + 1 drop Peppermint.
- Another favorite diffuser combo is equal drops Thieves + Orange. Smells fresh AND helps to purify the air.



Favorite Ways to Use

This oil blend was inspired by the legend of four 15th-century French thieves who covered themselves in spices in order to protect themselves from the Bubonic Plague. This enabled them to rob the dead and dying without getting sick!

- Rub onto the bottoms of feet and the pads of your big toe to give your body an immune boost.
- ALWAYS Thieves-up a few days before flying and be sure to take your Thieves with you when you travel!
- Scratchy throat? Gargle with Thieves! Put about 1 inch of water in a glass. Add a drop of Thieves. Gargle and swallow. Repeat 3-6x per day.
- Spice up your coffee or tea by adding a drop of Thieves. Flavorful and immune boosting all in one drink!

Kick It Up A Notch

Did you know that there is a whole line of Thieves products?!

- + **Thieves Household Cleaner, Foaming Hand Soap, Bar Soap, & Laundry Soap to keep everyone and everything in your house clean.**
- + **Thieves toothpaste, dental floss, & mouth wash.**
- + **Thieves Dish Soap and Automatic Dishwasher Powder.**
- + **Thieves Fruit & Veggie Soak, as well as Fruit & Veggie Spray.**
- + **Thieves hand gel & Thieves Wipes for keeping clean while on-the-go.**

PANAWAY

Diffuser Buddies

Sure, you can diffuse PanAway if you want to, but honestly it's best when applied topically!

Favorite Ways to Use

PanAway is a blend of Wintergreen, Helichrysum, Clove, and Peppermint oils. PanAway helps to support the central nervous system and supports a healthy circulatory system.

- PanAway is a favorite for athletes because the oils have a cooling effect on overworked muscles.
- PanAway is also a favorite of moms because carrying around babies and toddlers all day counts as an athletic event!
- Apply PanAway directly to sore muscles and massage into tissue. It's always a good idea to add a carrier oil to an essential oil when using for body massage.



PRO TIP:

Notice the childproof cap on PanAway oil? That's because PanAway contains Wintergreen, which can be toxic to children if swallowed.

Kick It Up A Notch

***For added relief, you can combine PanAway with Helichrysum, Copaiba, or Peppermint oils to enhance the effects of PanAway.**

- **Use PanAway in an Epsom salt bath to soothe overworked muscles:**
 - **Take 1C Epsom salt**
 - **And add 3 drops of PanAway to salt**
 - **Add salt to bathwater**
 - **Relax & enjoy!**

RAVEN

Diffuser Buddies

+ Diffuse Raven alone or with Thieves.

+ To pack an extra punch, after applying the chest rub from [Kick It Up A Notch](#), add to the diffuser: 3 drops Raven + 3 drops RC + 1 drop lemon + 2 drops Peace & Calming and run diffuser all night long.

Favorite Ways to Use

Raven is a fragrant blend of Ravensara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata oils. Raven is useful for supporting the respiratory system and is especially powerful when inhaled or diffused.

- Place a drop or two of Raven in your palm, add some carrier oil and then rub onto your chest, neck, around ears, and bottoms of feet. Oils will quickly absorb into your body through the pores on your feet.
- Rub Raven into the skin just below the knuckles of your toes (this spot on your foot corresponds to your sinuses.)
- Pour steaming hot water into a bowl. Add a drop or 2 of RC, place a towel over your head, lean over the bowl, and inhale the steam.



PRO TIP:

Notice the childproof cap on Raven? That's because it contains Wintergreen, which can be toxic to children if swallowed.

Kick It Up A Notch

•Make your own chest rub by adding 1/2 c coconut oil to a glass container. Then add 15 drops Raven + 15 drops RC + 5 drops Lemon + 10 drops Peace & Calming and stir until combined. Rub into chest and back (over lung area) and on bottoms of feet as needed.

•Ever tried Warming Socks? Now's the time! Warming Socks bolster your immune system, regulate fevers and reduce sinus congestion. First, warm your feet in hot water. Next, apply Thieves + Raven to the bottoms of feet. Run a pair of socks under HOT water and squeeze excess water from socks. Finally, pull a pair of dry socks over top of the wet ones. Once the socks are no longer warm you can remove them.

DIGIZE

Diffuser Buddies

Digize is probably the WORST smelling Young Living oil so you probably won't want to diffuse it! Thankfully this oil works oh-so-very-well when applied topically!

Favorite Ways to Use

Digize is AMAZING for digestion and can be used topically or taken internally. NOTE: it does NOT taste good BUT it works so well that it's worth guzzling a few drops, because Digize will have you feeling better in no time!



- Try dabbing some Digize behind your ears to get you through those first months of pregnancy.
- Digize can be used to slow down OR speed up the bowels! Essential oils are adaptogenic, which means your body will absorb and utilize the oils as needed.
- Keep a bottle of Digize with you when traveling since unfamiliar foods can often lead to stomach discomfort.

PRO TIP:

**Don't like the smell of Digize?
Try Tummygize instead!**

**It works just as well but
smells SO MUCH BETTER!**

Kick It Up A Notch

- **When using Digize topically, rub the oil over the abdomen, followed by Peppermint essential oil. The Peppermint acts as a driving oil; it will drive the Digize deeper into your tissue, which means you will feel better faster.**

STARTER KIT

THE STARTER KIT

Your starter kit comes with a diffuser, plus 12 essential oils: Citrus Fresh, Digize, Frankincense, Lavender, Lemon, PanAway, Peace & Calming, Peppermint, Raven, Stress Away, Thieves & Valor.



\$165

[Click here to buy!](#)



YOU'LL ALSO GET:

- + THIEVES HAND GEL.
- + A SAMPLE SIZE OF THIEVES SPRAY.
- + 2 ROLLER BALL FILAMENTS, WHICH ALLOWS YOU TO TURN ANY BOTTLE OF OIL INTO A ROLLER BOTTLE!
- + 2 SAMPLES OF NINGXIA RED, YOUNG LIVING'S ANTIOXIDANT DRINK
- + A HAPPY OILER HANDBOOK.
- + ACCESS TO OUR EXCLUSIVE, MEMBER-ONLY FACEBOOK GROUPS WHERE WE TEACH YOU EVERYTHING YOU NEED TO KNOW ABOUT USING AND LOVING YOUNG LIVING.
- + A 24% DISCOUNT ON EVERY ORDER!