

Essential Oils: 102

YOUR NEXT STEPS AFTER THE EVERYDAY OILS

STEP ONE - THE BASICS

Let's review the Everyday Oils Bundle!



This bundle is packed with wellness info and products! Did you start with a bundle?

Essentials to have on hand:

- V-6 or other carrier oil (*coconut, grapeseed, sweet almond*)
- Empty vegetable capsules
- Glass spray bottles, jars and rollerball bottles
- Glass or stainless steel water bottle
- Reference materials of choice (*books, internet, etc.*)

Did you know?

Young Living has over 600 oil infused products for your daily life!

- Bath & body
- Makeup
- Chemical free home
- Skin care
- Healthy cooking
- Oral care
- Supplements
- Pet care
- Weight management
- Cleansing & nutritional support

STEP TWO - POPULAR OILS OUTSIDE OF THE EVERYDAY OILS



Abundance

- Unique, "spicy", herbal scent
- Ingredients used by ancient cultures to attract prosperity and magnify joy and peace
- Makes a great perfume or cologne



Breathe Again

- Invigorating and awakening aroma
- Apply to head, neck, chest or under the nose
- Blended with four powerful Eucalyptus oils
- Easy to use, portable roll-on for anywhere, anytime



Bergamot

- May help relieve tension during times of occasional stress
- Diffuse at home, in the classroom or the office to create an uplifting, positive space
- Use to reduce the appearance of blemishes



Melrose

- Promotes healthy skin and hair
- Comforting to minor irritations
- May ease respiratory discomfort
- May be soothing to children when applied topically behind the ears



Cedarwood

- Apply to scalp or add to shampoo to promote a healthy head of hair
- Promotes a good night's sleep
- High in sesquiterpenes which increase oxygen in the limbic region of the brain (the center of emotions)



Northern Lights Black Spruce

- Add it to skin care products or use topically to help maintain the appearance of healthy-looking skin
- Apply anywhere, including to the bottoms of feet, along the spine, back of neck, or used for massage
- Diffuse during meditation for an uplifting atmosphere.



Deep Relief

- Provides temporary comfort to sore muscles
- Many people like to apply to temples, forehead, back of neck or shoulders
- Convenient, on-the-go application perfect for your gym bag, backpack or purse



Oregano

- Earliest use by Hildegard of Bingen, 1098-1179
- This powerhouse supports the respiratory, muscular, skeletal and immune systems
- High in phenols; use with a carrier oil topically
- May be used for digestive support

STEP THREE - HOUSEHOLD & PERSONAL CARE



Progescence Plus

- Serum designed specifically for women
- Promotes emotional well-being, positive outlook and enhances mood
- Wild yam + vitamin E support healthy skin



Lotions

- Lavender - Long-lasting hydration, protects skin from overexposure
- Kidscents - Gentle, moisturizes and softens sensitive skin with MSM, shea butter and aloe vera for kids of all ages



Thieves Cleaner

- Biodegradable + complies with EPA standards
- Naturally derived, plant-based ingredients
- Replaces ALL other cleaners in your home/office
- Safe to use around every member of your family, including children and pets



Toothpaste

- AromaBright - Minty flavored, supports healthy gums, strong teeth and a bright smile
- Whitening - Preferred by those wanting whiter teeth, with Thieves flavor for fresh breath
- Kidscents Slique - No fluoride, dyes, synthetic colors, artificial flavors or preservatives

STEP FOUR - NUTRITION & SUPPLEMENTS



Balance Complete

- Superfood based meal replacement
- Formulated to energize & cleanse
- Replace your least nutritious meal with Balance Complete OR for weight management, 2 meals/day



Life 9

- Promotes healthy digestion, gut health, and helps maintain normal intestinal function to support a healthy immune system
- Contains 17 billion active cultures from 9 clinically proven probiotic strains and improves colonization up to 10 times



Multigreens

- Supports glandular, nervous & circulatory systems
- Contains spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, pacific kelp & essential oils
- Long-lasting energy support



Essentialzymes-4

- Multi-spectrum enzyme complex
- Formulated to aid digestion of fats, proteins, fiber and carbs in the modern processed diet
- Dual time-release technology releases enzymes at separate times within the digestive tract for optimal nutrient absorption



Master Formula

- Naturally supports general health and well-being
- Gut flora supporting prebiotics
- Ingredients help neutralize free radicals
- Includes antioxidants, vitamins, minerals and other food-based nutrient
- Pre-packaged and convenient to take on the go



NingXia Nitro

- Lifts mental clarity and focus
- Provides crash free energy
- Contains: D-Ribose, Green tea, Mulberry leaf + Korean ginseng extracts, Choline and essential oils



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