

THE BASICS

MAKING THE MOST OF YOUR
YOUNG LIVING MEMBERSHIP

BY EMILY RODACKER
YOUNG LIVING INDEPENDENT DISTRIBUTOR #1631884

CONTENT



01 INTRODUCTION



8 ALL ABOUT
ESSENTIAL OILS



14 PSK OILS



27 OILS OUTSIDE
THE KIT



31 OTHER
PRODUCTS



48 PRO TIPS



53 AFFORDING
YOUNG LIVING

Disclaimer: Young Living products are not intended to diagnose, cure, prevent, or treat any illness or disease. Member quotations are personal opinions and should not be interpreted as or replaced by medical advice from a health care professional. This guide is property of Young Living Independent Distributor #1631884 and is not a product of or endorsed by Young Living.

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| INTRODUCTION

Before Young Living, I already was interested and somewhat practicing chemical-free living, but I had never heard of essential oils or Young Living until my sister introduced me. She is 9 years older than me. I can tell you that growing up, I have always looked up to her and copied what she did. She wore black Reeboks, so I wore black Reeboks. She played piano and basketball, so I did, too. I've always admired her and valued her opinion, but when she started talking about this essential oil stuff, I wasn't so sure.

My son and I went to visit her and her family for a week, and that's when I got to see the oils in action. She shared with me a homemade face cream that felt nourishing, she had the diffuser going with essential oils to create a positive atmosphere, and it was when she diffused lavender and my son and nephew were asleep within 10 minutes that I knew there was something special about these bottles of oil.

As it turns out, my sister was right on when she said she thought these products could really help our families. I purchased my Premium Starter Kit in January 2014 and couldn't be more grateful for this life-changing investment.

The Premium Starter Kit is truly for beginners and is how many people begin exploring the chemical-free lifestyle. I realize not everyone has an older sister looking out for them like I do. That's why it's so important to me to share what I've learned to be a resource for people who are ready to lead healthier lives.

Whether you are contemplating starting to use products offered by Young Living or have been a customer for some time, you will find this guide very valuable to help you discover the best products and how to use them and easily afford them to support you and your loved ones.



WELLNESS, PURPOSE & ABUNDANCE

Young Living is a wellness company that has been around for over 25 years. "Young Living inspires wellness, purpose, and abundance by distilling nature's greatest gifts into pure essential oils. With a commitment to plant purity and essential oil potency, Young Living continues to grow, inspiring millions to transform their lives." (www.youngliving.com)

With essential oils at the foundation of their products, over the years they have greatly expanded their product offerings to make living well easy and attainable. Young Living currently offers over 600 products, which will be introduced throughout this guide.

YOUNG LIVING FOUNDATION

Another amazing aspect of Young Living is their commitment to philanthropy around the globe. Young Living members have an option to contribute to the efforts of the foundation with each order by either choosing a specific project or donating to the Foundation overall. In addition, members also have the opportunity to join in on service trips.

Their main projects include:

- Rebuild Nepal
- Young Living Academy Ecuador
- Hope for Justice
- Sole Hope
- Healing Faith Uganda
- Disaster Relief

Visit younglivingfoundation.org for more information.



HOW TO USE THIS GUIDE

This guide is helpful for current, inactive, or potential Young Living members.

Inside these pages you'll find a wealth of information from how to use essential oils to the types of products available to how to easily afford Young Living.

Refer to the Table of Contents page when looking up something specific, read start to finish, or skip around to find what's relevant to you at the moment.

Let's get started!

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| ALL ABOUT ESSENTIAL OILS



WHAT ARE ESSENTIAL OILS?

Essential oils are volatile substances that come from plants. They are primarily extracted through steam distillation. We get our essential oils from shrubs, flowers, trees, roots, bushes, resins, and seeds.

Essential oils have many unique properties that provide a variety of benefits. They are potent, so a little goes a long way, and they are versatile, meaning a single oil can have many different uses.

Although essential oils have been around for centuries for health, beauty, and spiritual practices, they are finally making their way back into mainstream society. Let's look at why people are using them on the next page.



ESSENTIAL OILS FOR WELLNESS

People are finding much benefit using their essential oils because they can limit or eliminate the amount of toxins they are putting into their bodies, their homes, and their environment. Essential oils also provide body system support, emotional support, and spiritual support. Because essential oils are not drugs, their many benefits cannot be tied to specific illnesses or diseases. Throughout this guide you will learn how essential oils can support your mind, body, and spirit, but no references or claims to treating, diagnosing, curing, or preventing any disease or illness.

Let's explore the 3 ways people typically use their essential oils in the next pages.



3 WAYS TO USE

There are 3 common ways to use essential oils: aromatically, topically, and internally. The German method prefers to enjoy the aromatic benefit of essential oils. The English model focuses on topical application through massage. The French model promotes ingesting them.

To know how to use your oils, check the label. Not all essential oils are safe to use in all 3 ways. Young Living has two labels for their oils. Regular labels have aromatic and topical usage instructions and the white Vitality labels have dietary supplement instructions.

The next few pages will discuss each method individually.



AROMATICALLY

Experience the therapeutic benefit of essential oils through its fragrant influence.

- Diffuse in a cold-water diffuser
- Inhale directly from bottle (start with bottle at the waist and slowly bring closer to the nose)
- Use diffuser jewelry
- Add oil to a cotton ball and place in a vent

TOPICALLY

When applying essential oils to the skin, it is recommended dilute your with a carrier oil. A carrier oil is a vegetable oil such as extra virgin olive oil, coconut, or grapeseed oil. A carrier oil will not decrease the effectiveness of your oil; it will simply reduce the possibility of skin sensitivities and allow you to cover a larger area of skin and not have to use so much of your essential oil.

- Use for massage
- Make your own creams, lotions, and serums
- Apply to VitaFlex points on the feet (to view graphic and technique, visit <http://www.natural-aromatherapy-benefits.com/Vita-Flex.html>)
- Wear as a fragrance on wrists and/or back of neck
- Apply to Chakra energy centers



INTERNALLY

Some people use essential oils internally to enhance their food and beverages or to help support normal, healthy body function*. Check the label to ensure it is safe for internal consumption.

- Use in cooking and baking
- Add to your beverages
- Take in a vegetable capsule topped off with a carrier oil
- Add to your NingXia Red shot

ESSENTIAL OILS ARE NOT CREATED EQUALLY

Some oils are intended to be used as a fragrance only and would never be meant to provide you any type of wellness support whatsoever. Some essential oils are synthetic, meaning they were created in a lab. When an essential oil is created in a lab, it loses those valuable properties found in nature. Some essential oils are adulterated. Did you know some companies add synthetics, contaminants, and cheap fillers to their essential oils? You know, the very products you're trying to avoid. Why, you ask? Because it cuts costs. And it also cuts quality. There are so many companies selling essential oils right now, but it is important to know there are NOT so many companies selling top quality essential oils.

Young Living is the only company I trust for my essential oils for several reasons:

- They are essential oil pioneers. They were using essential oils before essential oils were even cool. Going way back to the 80s!
- They have been here for over 25 years, established in 1994.
- They own many of their own farms.
- You can tour their farms.
- They have their incredible Seed to Seal promise which ensures stringent practices and care of their oils from seed through cultivation to distillation to testing to bottling.

Visit https://www.youngliving.com/en_US/discover/seed-to-seal for more information on Seed to Seal.

Fun Fact: There is more Lavender essential oil in the world than there are actual Lavender fields because of adulteration and synthetization.

Next we'll go over the essential oils included in the Premium Starter Kit.

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| PREMIUM STARTER KIT OILS



FRANKINCENSE

Frankincense has an earthy scent that helps promote spirituality and grounding during meditation. It also helps smooth the appearance of healthy looking skin.

Naturally Occurring Constituents: alpha-pinene.

How to Use:

- Add a few drops to your diffuser and enjoy during prayer or meditation.
- Swipe on to wrists or back of neck to feel grounded.
- Apply neat or add to a carrier oil and use on face or other areas of the skin needing attention.

What Members Say:

"I add 5 drops each of Frankincense Vitality, Oregano Vitality, and Thieves Vitality to my capsule topped with carrier oil and take when I'm not feeling well."

"I add Frankincense Vitality to my daily shot of NingXia Red."

"I apply to warts."

"I apply to moles and skin tags."



LAVENDER

Lavender was the best-selling oil in 2016. It is mild and versatile, making it a member favorite for beginners and seasoned oilers alike. It can cleanse and soothe minor skin irritations, reduce the appearance of blemishes, and support aging skin.

Naturally Occurring Constituents: linalyl acetate, linalool, and ocimene.

How to Use:

- Diffuse for a comforting aroma to calm the mind and body.
- Add a few drops with Epsom salt to an evening bath.
- Add to your personal care products like lotions, shampoos, mascara.
- Make your own skin care products with coconut oil or shea butter.
- Add a few drops to distilled water in a spray bottle for a pleasant linen spray.

How Members Use:

"I apply Lavender to minor cuts and burns."

"I use Lavender to help stop the bleeding to minor cuts and scrapes."

"I add a drop of Lavender Vitality to my homemade lemonade."

"I mix equal parts Lemon, Lavender, and Peppermint in a roller for seasonal allergy relief."



PANAWAY

This blend includes the oils of Peppermint, Wintergreen, Clove, and Helichrysum. It has a stimulating aroma that some say smells like root beer.

Naturally Occurring Constituents: methyl salicylate, gamma-curcumene, menthol, and eugenol.

How to Use:

- Apply topically after exercise.
- Make your own cream or massage oil by combining with coconut oil or V-6 Vegetable Oil Complex from Young Living to help your oil last longer.

How Members Use:

"I carry with me in my softball bag at all times for the whole team to use."

"I apply neat along my child's jawline after their braces get tightened."

"I whip together 10 drops each of PanAway, Peppermint, Aroma Siez, and Lemongrass essential oils with 1/2 cup coconut oil to make a cream for my grandmother with rheumatoid arthritis."



RAVEN

This blend is an invigorating aroma that includes the oils of Ravintsara, Peppermint, Eucalyptus Radiata, Lemon, and Wintergreen essential oils.

Naturally Occurring Constituents: eucalyptol, menthol, and methyl salicylate.

How to Use:

- Apply topically to chest, throat, and/or back.
- Apply to Vita Flex points, like lung or sinus.
- Combine with whipped coconut oil to create your own chest rub.
- Diffuse.

How Members Use:

"I apply over my chest before working out."

"I add a few drops to a damp wash cloth and hang it in my morning shower to breathe in the cool aroma."

"I diffuse at bedtime whenever someone in my family is congested."



VALOR

This woody, floral blend includes the oils of Black Spruce, Blue Tansy, Camphor Wood, Geranium and Frankincense. It has a comforting aroma that promotes confidence and calm.

Naturally Occurring Constituents: camphor, alpha-pinene, and citronellol.

How to Use:

- Diffuse anytime you need a calm, focused environment.
- Apply topically to shoulders, bottoms of feet, or back of neck.
- Apply to throat chakra before interviews, presentations, speeches, or difficult conversations.

How Members Use:

"When I diffuse this after work, it calms me so much it's like having a glass of red wine."

"I've never felt as confident during a presentation as I did after applying Valor to the back of my neck."

"To me, this oil blend is the true "liquid courage" without having to worry about the side effects of alcohol!"

"I apply to my husband's big toe at bedtime to keep him from snoring."



PEACE & CALMING

This sweet blend includes the oils of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy. Just like its name, its aroma promotes peace and calm.

Naturally Occurring Constituents: limonene, camphor, germacrene-D, sabinene, and patchoulol.

How to Use:

- Diffuse anytime you need a peaceful environment.
- Apply topically to shoulders, bottoms of feet, back of neck, or wrists.

How Members Use:

"I mix with a lotion base and use as my body lotion."

"My son diffuses every night in his bedroom to help him get to sleep."

"This is a favorite in our household. A few years ago Peace & Calming went out of stock for almost a year because of crop constraints. I have a bottle of Peace & Calming on my ER order almost every month or every other month so I know we have plenty on hand, just in case."



PEPPERMINT VITALITY

Labeled for internal usage, this dietary supplement, this Vitality oil can help support gastrointestinal system comfort* and healthy bowel function*. It may also support performance during exercise*.

Naturally Occurring Constituents: menthol.

How to Use:

- Add a drop to a glass of cold water for a refreshing beverage.
- Add a drop to your shot of NingXia Red.
- Add a drop to your favorite hot tea or hot cocoa.
- Mix a few drops to taste into baked goods for a refreshing twist.

How Members Use:

"I love adding drops of Peppermint into my brownie batter."

"A drop of Peppermint to my tea or hot cocoa is delicious."

"I always carry Peppermint with me at all times. I can rub into my scalp if my head hurts, inhale if I need to perk up, rub on my abdomen if I have discomfort, put a drop on my tongue if I need to freshen my breath, rub on my chest if I have heartburn...so many uses!"



LEMON VITALITY

Enhance your food and beverages with this Vitality oil. The citrus flavor is very versatile and can be enjoyed in baked goods to marinades and dressings to flavoring veggies and poultry.

Naturally Occurring Constituents: menthol.

How to Use:

- Add a few drops to warm water to enjoy when you first wake in the morning.
- Combine with Peppermint Vitality and Grapefruit Vitality topped with carrier oil in a capsule for the "weight loss trio".
- Add to homemade dressings and marinades to taste.

How Members Use:

"I combine 2 drops each of Lemon Vitality, Peppermint Vitality, and Lavender Vitality in a capsule with carrier oil or 10 drops of each oil in a roller bottle topped with carrier oil for my child's seasonal allergies."

"I gently apply topically to my glands when they are swollen."

"I make a delicious lemon cream cheese cookie with this oil."

"I make my own sugar scrub with lemon essential oil, white sugar, and extra virgin olive oil to exfoliate my skin."



THIEVES VITALITY

Thieves is one of Young Living's proprietary blends that gets its name from the legend of 15th century thieves who would bathe themselves in essential oils and other botanicals to rob the dead and dying. It's a blend of several essential oils including Lemon, Cinnamon, and Clove. This blend is labeled for dietary usage and supports healthy immune function*.

Naturally Occurring Constituents: limonene, eugenol, and eucalyptol.

How to Use:

- Add a few drops to a capsule with a carrier oil.
- Make your own Thieves "tea" by combining 2 drops Thieves Vitality, 3 drops Lemon Vitality, and 1 drop Peppermint Vitality in a cup of warm water with honey to taste.

How Members Use:

"Whenever someone in my family is coming down with something, I combine 5 drops each of Thieves Vitality, Oregano Vitality, and Frankincense Vitality topped with carrier oil in a capsule."

"I diffuse Thieves essential oil daily whenever the kiddos get back to school."

"I rub on the bottoms of my feet morning and night."



CITRUS FRESH VITALITY

This blend of Orange, Grapefruit, Mandarin, Tangerine, Lemon, and Spearmint essential oils can liven up any dish. It can also provide an internal boost with its antioxidants and cleansing properties.

Naturally Occurring Constituents: limonene and carvone.

How to Use:

- Add to a glass of a cold beverage of your choice.
- Add to homemade marinades and dressings.

How Members Use:

"I add to my homemade fruit dip, and it is delicious!"

"I add Citrus Fresh to my homemade cleaner for a pleasant, uplifting aroma."

"I rub Citrus Fresh on my cuticles for healthy-looking nails."



DIGIZE VITALITY

This blend of Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli essential oils is a great addition to your wellness regimen for digestive support.*

Naturally Occurring Constituents: methyl chavicol, zingiberene, trans-anethol, and menthol.

How to Use:

- Add to a glass of warm water with honey.
- Add one drop to a capsule topped with carrier oil.

How Members Use:

"I'm not a huge fan of the aroma, but tummy aches disappear so quickly using DiGize, I'll get over it!"

"I love the aroma so much I use to cover up the dog smell in my home."

"I like to layer Peppermint on top of DiGize on my stomach."

*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease or illness.



STRESS AWAY

This blend combines Lime, Vanilla, Copaiba, Lavender, Ocotea and Cedarwood essential oils for a relaxing and calming experience. (Premium Starter Kit includes a 5ml bottle of Stress Away.)

Naturally Occurring Constituents: beta-caryophyllene, alpha-humulene, limonene, cedrol, and linalool.

How to Use:

- Diffuse.
- Apply to back of neck, behind the ears, shoulders, wrists, and/or bottoms of feet to promote calm, relaxation, and clear mind.
- Replace the reservoir on your bottle with the roller fitment in the kit to easily apply on the go.

How Members Use:

"I add Stress Away to my car diffuser. So smart!"

"Stress Away has been life-changing for me. I wear it everyday!"

"I apply to my shoulders anytime I have a stress headache."

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| OILS OUTSIDE THE KIT

POPULAR SINGLES

There are many more amazing essential oils outside of the kit. Here are just some of the many popular single oils available. See the full list [here](#).

- Bergamot, Grapefruit, Lime, Orange, and Tangerine - citrusy aroma, popular diffused, taken as a dietary supplement, and enhancing the flavors of beverages, marinades, and dressings
- Cedarwood - woody aroma, calming, promotes skin and hair health
- Clary Sage - fresh, earthy aroma popular for diffusing or wearing as a perfume to promote feelings of happiness and ease
- Geranium - floral aroma, popular addition to diffuser combo blends and for skin care regimens
- Lemongrass - hot oil, clean aroma, skin cleansing properties
- Northern Lights Black Spruce - woody aroma popular for diffusing at bedtime and adding to Christmas tree diffuser ornaments
- Oregano - herbaceous aroma, popular in cooking and taking as a dietary supplement
- Roman Chamomile - sweet, herbaceous aroma, popular for use with infants and young children and for promoting healthy skin
- Tea Tree - fresh, woody aroma for applying topically to the skin
- Vetiver - woody aroma, promotes focus, promotes healthy skin

POPULAR BLENDS

There are many more amazing essential oils outside of the kit. Here are just some of the popular blends available. See the full list [here](#).

- Abundance - warm aroma blend used by ancient cultures to attract prosperity
- Brain Power - woody aroma that promotes clarity and focus
- Christmas Spirit - festive aroma that promotes happiness and cheer
- Gentle Baby - sweet aroma that promotes tranquility and also healthy skin
- Grounding - warm aroma promoting stability and centeredness
- Joy - floral aroma that promotes feelings of happiness and overcoming sadness
- M-Grain - provides a cooling sensation when applied along neck and shoulders
- Purification - clean aroma that helps purify the air when diffused, also helpful for cleansing the skin
- RC - clean, almost medicinal-like aroma, popular diffused or applied topically to chest and back
- Surrender - floral, woody aroma, allows us to surrender our need to control
- White Angelica - clean and sweet aroma that helps dispel negative energy



ROLL-ONS

Young Living's roll-ons are super popular because it makes using your essential oils on-the-go way easier. See the full list [here](#).

- Breathe Again Roll-on - refreshing and rejuvenating aroma
- Deep Relief Roll-on - invigorating aroma
- Peace & Calming Roll-on - soothing aroma
- RutaVaLa Roll-on - refreshing aroma
- Stress Away Roll-on - relaxing aroma
- Thieves Roll-on - warm and comforting aroma
- Tranquil Roll-on - sweet, relaxing aroma
- Valor Roll-on - empowering aroma

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| OTHER PRODUCTS



MORE THAN JUST OILS

Young Living offers over 600 products to replace the products in your home that contain harsh chemicals. In addition to their essential oils and blends, you'll find these amazing products:

Savvy Minerals | Chemical-free make-up and brushes.

NingXia | Beverages infused with the antioxidant rich wolfberry and other superfoods.

Thieves | Chemical-free products for the household.

Slique | Weight-management products.

Seedlings | Chemical-free baby products.

KidScents | Essential oil blends formulated and diluted specifically for children. Also includes personal hygiene products.

AnimalScents | Essential oil blends and ointments formulated specifically for your animal companions.

Supplements | Wide array of supplements to meet specific needs of individuals based on body function.

Skin and Body Care | Products with naturally-derived ingredients for a fresh and radiant feeling skin and hair. Also includes the Shutran line for men.

Diffusers & Accessories | All the things you need to use your oils.

Massage Oil | A variety of massage oils to meet your needs.

Over-the-Counter | We have pain cream, cough drops and sunscreen!

CBD | Experience what all the fuss is about with roll ons, drops, and creams.



SAVVY MINERALS

Have you ever thought about what's in your makeup? You should. Cosmetics are a major culprit of the toxic chemicals people come into contact with everyday. Savvy Minerals is a makeup line you can rely on with naturally-derived ingredients. Shades and buildable colors to complement every skin tone. Find your favorites [here](#).

Makeup

- Blush
- Cinnamon-Infused Lipstick
- Eyeliner
- Eyeshadow
- Eyeshadow Palette
- Foundation Powder
- Hydrating Primer
- Lip Gloss
- Poppy Seed Lip Scrub
- Lipstick
- Mascara
- Mattifying Primer
- Misting Spray
- MultiTasker
- Tangerine Infused Lipstick
- Veil

Tools & Supplies

- Bronzer Brush
- Concealer Brush
- Contour Brush
- Dual Lash Brush
- Essential Brush Set
- Eyebrow Brush
- Kabuki Brush
- Makeup Remover Wipes
- Eyeliner Brush
- Silicone Cleansing Pad
- Solid Brush Cleaner



NINGXIA

The NingXia line of products is powered by the wolfberry and can be used daily or as needed. NingXia Red comes in either bottles or pouches that are perfect for on-the-go or packing into your child's lunchbox. NingXia Nitro is the perfect afternoon pick-me-up. NingXia Zyng is the perfect replacement for your caffeine or energy drink habit. Add the dried wolfberries to cereal, shakes, or yogurt or enjoy right out of the bag. See all the NingXia products [here](#).

PRO TIP: If you are on a NingXia regimen, I highly recommend signing up for Essential Rewards to help you get free NingXia in the future and YL GO to save on shipping costs.

- NingXia Nitro
- NingXia Red
- NingXia Zyng
- NingXia Dried Wolfberries



THIEVES

The Thieves product line makes it so simple to switch out products you use everyday that typically contain harsh chemicals. View the whole line [here](#).

- Bar Soap
- Thieves Dentarome Plus Toothpaste
- Thieves AromaBright Toothpaste
- Thieves Automatic Dishwasher Powder
- Thieves Dental Floss
- Thieves Dentarome Ultra Toothpaste
- Thieves Dish Soap
- Thieves Essential Oil Infused Cough Drops
- Thieves Foaming Hand Soap
- Thieves Fresh Essence Mouthwash
- Thieves Fruit & Veggie Soak
- Thieves Fruit & Veggie Spray
- Thieves Hard Lozenges
- Thieves Household Cleaner
- Thieves Laundry Soap
- Thieves Mints
- Thieves Spray
- Thieves Waterless Hand Purifier
- Thieves Hand Sanitizer
- Thieves Whitening Toothpaste
- Thieves Wipes
- Thieves Home Cleaning Kit

OTHER PRODUCTS



SLIQUE

Manage your weight with the Slique product line. Also, typically at the beginning of each year they hold a Slique in 60 weight loss challenge that includes support along the way and prizes. Check out before and after photos [here](#). You can purchase products individually or select a kit with everything you need based on where you're at with your weight goals.

- Slique Bars
- Slique Bars - Chocolate Coated
- Slique CitraSlim
- Slique Essence
- Slique Gum
- Slique Shake
- Slique Tea - Ocotea Oolong Cacao



SEEDLINGS

Seedlings is Young Living's baby care line. How I wish I had access to these products when my child was an infant! Did you know many oilers like to also use the Seedlings Baby Wipes for a gentle makeup remover and even as a dryer sheet substitute? Genius. View the whole line [here](#).

- Baby Lotion
- Baby Oil
- Baby Wash & Shampoo
- Baby Wipes
- Diaper Rash Cream
- Linen Spray
- Seedlings Basket, Towel & Washcloth
- Seedlings Gift Bundle
- Seedlings Calm Essential Oil Blend



KIDSCENTS

A whole collection just for the kiddos including specially-formulated essential oil blends, personal care products, and supplements. Check out the entire line [here](#).

- KidScents GeneYus
- KidScents Bath Gel
- KidScents Lotion
- KidScents MightyVites Chewable Tablets
- KidScents MightyZyme Chewable Tablets
- KidScents Shampoo
- KidScents Tender Tush
- KidScents Toothpaste
- KidScents MightyPro
- KidScents Owie
- KidScents SleepyIza
- KidScents Sniffle Ease
- KidScents TummGize



ANIMAL SCENTS

You animal companions can also enjoy naturally-derived products free of harsh chemicals designed for cats, dogs, horses, and other animals. See the whole line [here](#).

- Animal Scents Ointment
- Animal Scents Shampoo
- Animal Scents Cat Treats
- Animal Scents Dental Pet Chew
- Animal Scents Infect Away
- Animal Scents Mendwell
- Animal Scents ParaGize
- Animal Scents Puriclean
- Animal Scents T-Away

SUPPLEMENTS

Naturally-derived products to help you lead a balanced, healthy life. See all the options [here](#).

Foundation Nutrition

- Balance Complete
- Core Supplement Kit
- Inner Defense
- Life 9
- Longevity
- Master Formula
- Mineral Essence
- Olive Essentials
- OmegaGize
- Super B
- Super C

Cleansing Nutrition

- Cleansing Trio Kit
- ComforTone
- Digest & Cleanse
- ICP
- JuvaPower
- JuvaTone
- MultiGreens
- ParaFree
- Rehemogen

Targeted Nutrition

- AgilEase
- AlkaLime
- Allerzyme
- AminoWise
- BLM
- Cardiogize
- CortiStop
- Detoxzyme
- EndoGize
- Essentialzyme
- Essentialzymes-4
- FemiGen
- IlluminEyes
- ImmuPro
- K & B
- MegaCal
- MindWise
- PD 80/20
- PowerGize
- Prostate Health
- Protein Power Bites
- Pure Protein Complete
- SleepEssence
- Sulfurzyme
- Super Cal Plus
- Thyromin



FACIAL CARE

Young Living provides several options for healthy, beautiful skin. View the entire line [here](#).

ART Line

- ART Creme Masque
- ART Beauty Masque
- ART Intensive Moisturizer
- ART Refreshing Toner
- ART Renewal Serum
- ART Gentle Cleanser
- ART Light Moisturizer
- ART Skin Care System
- Sheerlume

Other Facial Care Products

- Boswellia Wrinkle Cream
- Essential Beauty Serum
- Lip Balm
- Maximum Strength Acne Treatment
- Mirah Luminous Cleansing Oil
- Orange Blossom Facial Wash
- Orange Blossom Moisturizer
- Sandalwood Moisture Cream
- Satin Facial Scrub
- Wolfberry Eye Cream



HAIR & BODY CARE

Young Living provides several options for healthy, beautiful skin and hair. View the entire line [here](#).

- LavaDerm After-Sun Spray
- AromaGuard Deodorant
- Bar Soap
- Shower Steamers
- ClaraDerm Spray
- Cool Azul Pain Relief Cream
- Cool Azul Sports Gel
- Insect Repellent
- LavaDerm Cooling Mist
- LavaMint Softening Foot Scrub
- Bath Bombs
- Mineral Sunscreen
- Mirah Shave Gen
- Prenolone Plus
- Professence Plus Serum
- Shampoo
- Conditioner
- KidScents Shampoo
- Mirah Lustrous Hair Oil



SHUTRAN

While most of Young Living's products are gender neutral, the Shutran line provides shaving and grooming products with men in mind. View the entire line [here](#).

- Shutran 3-in-1 Men's Wash
- Shutran Aftershave Lotion
- Shutran Bar Soap
- Shutran Beard Oil
- Shutran Shave Cream
- Shutran Essential Oil



DIFFUSERS & ACCESSORIES

From diffusing to organizing to making your own products, Young Living's accessories will help you stay on top of your oily game. View all diffusers and accessories [here](#).

Diffusers

- Aria Ultrasonic Diffuser
- Desert Mist Diffuser
- Gentle Mist Personal Diffuser
- Dewdrop Diffuser
- Lantern Diffuser
- Rainstone Diffuser
- USB Diffuser
- USB Orb Diffuser
- Car Vent Diffuser
- Feather the Owl Diffuser

Accessories

- AromaGlide Roller Fitments
- Clear Vegetable Capsules
- Essential Oil Bottle Labels
- Essential Oil Sample Bottles
- Glass Droppers
- Vitassage Easy Fill Pipettes
- Vitassage Essential Oil Dispensing Massager

Cases and Displays

- 10 Oil Case
- 30 Oil Case
- Core Vitality Case
- Essential Oil Bottle Organizer
- 140 Oil Premium Display Case
- Vitassage Storage Case



MASSAGE OILS

Speically-formulated massage oils are the perfect combination of essential oils already diluted and ready for you to use. Shop massage oils [here](#).

Massage oil blends include:

- Cel-Lite Magic Massage Oil
- Dragon Time Massage Oil
- Ortho Ease Massage Oil
- Ortho Sport Massage Oil
- Relaxation Massage Oil
- Sensation Massage Oil
- V-6 Enhanced Vegetable Oil Complex

OTHER PRODUCTS



OVER THE COUNTER

Quick, effective, all-natural relief without a prescription and without all the artificial or synthetic ingredients commonly found in these types of products. Shop all over-the-counter products [here](#).

- LaveDerm After-Sun Spray
- Cool Azul Pain Relief Cream
- Diaper rash Cream - YL Seedlings
- Maximum Strength Acne Treatment
- Mineral Sunscreen Lotion SPF 10
- Mineral Sunscreen Lotion SPF 50
- Thieves Essential Oil Infused Cough Drops
- Thieves Hand Sanitizer



CBD

Yes, you can now get CBD products infused with Young Living essential oils and members are loving it! Nature's Ultra is a wholly-owned partner of Young Living, so you'll order from the Nature's Ultra site after linking your Young Living account. Under One-time Order, select the Nature's Ultra link and follow the instructions. It's super easy. If you're on Essential Rewards, you will earn PV for your orders.

CBD products come in a variety of strengths labeled as "mg" (milligrams). When using CBD, you try to find your "sweet spot", the point where you're experiencing the benefits. Essentially you can't use too much CBD, but you can conserve your product by only using what you need. If you have questions about usage, contact me.

- Calm CBD Roll On 300mg and 600mg
- CBD Muscle Rub 300mg and 600mg
- Cinnamon CBD Oil 500mg and 1000mg
- Citrus CBD Oil 500mg and 1000mg
- Cool Mint CBD Oil 500mg and 1000mg
- Unflavored CBD Oil for Pets 200mg and 400mg

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| PRO TIPS



START LOW & SLOW

Start Low

If one drop works well, so will 10 drops, right? WRONG. Essential oils are extremely potent and the saying "a little goes a long way" totally applies. This is also great news as it helps your bottles of goodness last much longer. To this day, I rarely diffuse more than 4-8 drops at one time, and I've been an oiler for over 5 years. And when applying topically, 1-2 drops is plenty for me.

Start Slow

When you get your oils it's super exciting to open all the bottles and smell them right away, I know. But I recommend not doing that. Essential oils do contain therapeutic properties and it can be very overwhelming and overstimulating for a new oiler to smell or use several oils at once. Instead select two to three oils to smell or use each day and see how your body responds.




HAVE PATIENCE

Just like anything else we expose ourselves to, it can take time for us to experience the benefits of essential oils. It is true that in many cases people notice the benefits almost immediately, but not always. I once read parenting advice that indicated it takes as long to resolve an unwanted behavior with an intervention as long as the behavior has been occurring. For example, if your toddler has been biting for 3 months, you could expect it to take 3 months for that issue to resolve with appropriate intervention. I've been told by a health care professional it takes 6-8 weeks for an antidepressant to get into your system and for you to notice if it is helpful or not. After you begin an exercise regimen and stick to it, it can take about 2 months for you to start noticing muscle tone. It is reasonable to assume if you are using essential oils for a specific issue that you have been experiencing for an extended period of time, it might take some time and commitment before you experience the results you're seeking.

Essential oils contain chemical constituents to work with your body. One of the easiest ways I've had this explained to me is that these constituents can help "clean" our cells, "erase" misinformation in our cells, and "reprogram" our cells to support normal function. Cool, right?

So when we introduce our bodies and minds to something new for supporting our overall wellness, it is important we allow ourselves to acclimate to the changes we are making. Give essential oils reasonable time to work for you.



EVERY FAILURE
IS A STEP TO
SUCCESS

WHEN ESSENTIAL OILS DON'T WORK

Remember the three different ways to use essential oils? Aromatically, topically, and internally. If an application you're using isn't achieving the desired results, try a different method.

For example, if you are diffusing to experience an uplifting feeling but aren't, try applying topically to the back of your neck, your wrists, and/or your chakras.

When I was trying to find essential oils to help my child focus at school, we experimented with diffuser jewelry, VitaFlex points, and topically on the wrists and back of the neck to find our favorite routine. We also used a capsule of lemon, lavender and peppermint essential oils and found the combination of the capsule and applying other essential oils to the bottom of the big toe, shoulders, and wrists were very helpful.

It did take some time, patience, and trying different things, but we found what we needed. I have seen people talk about using essential oils aromatically, topically on location, and internally and did not find success, but then they decided to apply to a specific VitaFlex point and that did the trick.

All our bodies are different, so give yourself some grace as you discover your favorite ways to use your essential oils.

ANIMAL SAFETY

I have been using essential oils around my lab mix dog since she joined our family and many, many oilers also have animal companions in their homes. As you research, you will find a divide on which essential oils are safe and which are not for your animal companion, so here are the most important things you need to know:

- Purchase your oils from a reputable source, not big box stores or third party sellers. You want to ensure your essential oils are pure and unadulterated with harmful chemicals and synthetics.
- Gradually introduce your animal companion to your oils. Essential oils can be detoxifying and therapeutic, so allow your animal companion and yourself to acclimate to this new lifestyle. Start with an oil every couple of days. Begin by diffusing about 5 minutes and only use a few drops. This gives you time to evaluate how each oil makes you feel. As you become more acclimated, you can add more diffuser time and more oils to your routine.
- Always allow your animal companion the option to leave the room when you are diffusing by leaving a door open. If they are turned off by the aroma, they will leave the room.
- Always read the label on your oils for safe usage instructions. If it says to diffuse up to 15 minutes, diffuse for 15 minutes or less, not 8 hours. If it says to diffuse 4 drops, do NOT diffuse 24 drops.
- If you have to apply an oil topically, be sure to dilute in a carrier oil such as coconut oil or extra virgin olive oil. The smaller the animal, the more heavily you should dilute.
- Not all essential oils are created equally. I cannot stress this enough. If you find oils significantly cheaper than leading brands, stay away. They are more than likely adulterated or synthetic and contain toxic chemicals and will not provide you the benefits you are looking for anyway.

THE BASICS:
MAKING THE MOST OF YOUR YOUNG LIVING MEMBERSHIP

| AFFORDING YOUNG LIVING



BIGGEST BANG FOR YOUR BUCK

There are a couple ways to order Young Living. You can be a retail customer, pay retail prices, and order as much or as little as you'd like anytime you'd like. You can also be a member, pay wholesale prices (24% off retail), and order as much or as little as you'd like anytime you'd like. Unlike many other companies, Young Living does not charge you an annual fee to be member.

You have two options to become a member: order a Basic Starter Kit or a Premium Starter Kit*. The Basic Starter Kit includes informational materials, samples of product, and a 5ml bottle of their signature Stress Away essential oil blend and costs \$45. The Premium Starter Kit (PSK) includes a diffuser, 12 5ml bottles of popular essential oils, samples of other favorite products, and informational materials, and costs between \$165 and \$265 depending on the diffuser you select.

Diffusers alone cost around \$80+ retail, and the essential oils in the PSK range from \$8-\$45+ retail each. All things in the PSK would end up totaling over \$300. And remember the wholesale pricing you get on all future orders just because you ordered a PSK? The PSK definitely makes using Young Living products more affordable.



DILUTE

Each 5ml bottle of essential oil contains around 85 drops and each 15ml contains around 255 drops. Essential oils are highly potent, so you only need a small amount to experience the benefit, and one drop truly does go a long way. Diluting is the process of adding a carrier oil to your essential oils. It can minimize or eliminate skin sensitivity to your oil, ensures even application, and extends the life of your oil.

Popular methods for diluting include making homemade creams, sugar scrubs, roller bottles, massage oils, and serums. And of course, you can simply add a small amount of carrier oil to the palm of your hand and a drop of essential, mix with your finger, and apply where desired.

Young Living does offer their own carrier oil blend called V-6, and you can also use oils you have around the house like coconut oil and extra virgin olive oil. When you make things like I mentioned above, you typically only need a few drops of your essential oil and your homemade products will last for weeks, if not months. As you can see, using 5 drops of your 85 drops for one product will help your bottle of oil last much longer. Since we're on the topic, let's go to the next affordability tip on the list, and dig a little deeper.



DIY

I know I know. I never thought I would be a DIYer. I'm just not that talented. But having essential oils in my life over the last 5 years, I realize how much I don't want toxic chemicals in my home and just how easy it is to make my own things.

I recently made an amazing toilet bomb recipe with natural ingredients and Citrus Fresh and Thieves essential oil blends. Let's be real, toilets need a good cleaning, but I just don't want that blue gel crap in my home. I made 15 toilet bombs – enough to clean my 3 toilets for 5 weeks. It cost me a little over \$3 and about 3 minutes of my time. They work fantastic, and they are toxic-free. Do you know how much perfume and cologne cost? People make their own signature “fragrances” with essential oils and a carrier oil that cost a fraction of typical fragrance. And again, it doesn't have the toxic chemicals, either.

How about room spray? Mix equal parts distilled water and witch hazel with a few drops of your favorite essential oil in a glass spray bottle for a low-cost, poison-free air freshener. I've made my own creams, flea and tick spray for our dog, and household products for a fraction of what these items would cost if I bought at the store. It's almost like how can you not afford to use essential oils?



SWITCH STORES

Did you know Young Living has over 600 products for your family, dozens of which you are already purchasing somewhere else? When you start shopping with Young Living, you can gradually switch out things you typically buy at the store and purchase from Young Living instead. Why would you want to do this? If you can't yet tell, I'm kind of a toxic-free junkie. Many of the products we buy and love for our homes at the store are full of harsh chemicals, and they can really wreak havoc on the health and well-being of our families. It's just not worth it for me to buy those things for my family now that I'm aware products without the toxic crap can be effective, too.

When we were moving, I couldn't find my Thieves Household Cleaner (THC) anywhere and broke down and bought a bottle of Pine-Sol at Wal-Mart. Feeling guilty after I got home, I decided to check a few more boxes and found my beloved THC. Thankfully I hadn't opened the Pine-Sol, and I immediately returned it and got my \$3 back. Phew! That was a close one.

Young Living has everything from essential oils to household products to baby care to personal care to animal care to cosmetics to nutritional support to weight management support. Shopping with Young Living doesn't mean you have to be buying more or spending extra; it's about buying the things you already use just from a different store. Trust me. You will be able to easily switch those purchases over to Young Living products and love them.



ESSENTIAL REWARDS

People who really like to get the most bang for the buck take it a step further and enroll in Essential Rewards (ER).

ER is Young Living's program that honors their faithful shoppers with points toward free product, loyalty gifts, exclusive monthly promos, and exclusive access to some products. The only requirement is ER members must place an order of 50PV (that's personal volume and is typically dollar for dollar) each month. Remember how we just talked about switching stores? How much do you think you spend a month for household products, personal care items like soap and shampoo, dental hygiene, make-up, caffeinated beverages, etc.? You can buy these products from Young Living.

You choose your shipping date and can change your order as often as you like before it processes. I regularly order at least 100PV a month, however, if you are struggling to hit 50PV one month, you can see if any of your friends or family have something they would like to try, and you can add it to your order for them.

One more thing before we go to the next tip...let's compare some other rewards programs. One of America's favorite big box stores offers 5% off every time you use your store credit card to make a purchase. My grocery store also rewards me with \$1 for gas every time I spend \$100 on groceries (that'd be 1%). Young Living gives its members 24% off retail prices and gives its ER members 10-25% (increases the longer you're on ER) points back to be used toward free product. For people who like saving money (and free things), ER makes perfect cents, er, sense!



YL GO

Young Living is so committed to their motto of wellness, purpose, and abundance that they continually strive for ways to take great care of their members: enter YL Go. This recently-launched program is a no-brainer for anyone on Essential Rewards as it is designed to save you money on shipping and even decrease delivery time for your order. You pay an annual fee upfront and then when you later place your orders, you are not charged for shipping, and that means no shipping tax either.

Can I tell you how thrilling it is when I see the cost of my order that it does not include shipping (also I'm in Montana so it doesn't include any sales tax, which gets me all excited, too). My order ends up costing me just what I ordered! They have two options suitable for the monthly shopper and the shopper that orders more frequently. YL Go saves people three times or more on shipping annually, and YL Go+ saves ten times or more annually on shipping. I'm a big fan of saving money, so getting cheaper shipping on products I'm going to order anyway is the better choice. Sign up in the [Virtual Office](#) under the Essential Rewards tab.



ESSENTIAL SPECIALS

Every once in awhile Young Living runs sales on their products. You don't need to rely on emails or social media posts to stay in the loop. You can find these by going to your Virtual Office and clicking either "One-time Order" or "Products". You will see the product categories, and the first one to show up is "New & Featured". Under there you will click on "Essential Specials". This is where you will find special pricing on some of your favorite products at any given time.

When Young Living has an announced special, this is where you'll go to easily find the products you're looking for, but remember you can check this at anytime and will often find items that were available for a limited time at lower prices. If you like saving money, remember to check this out.

Step-by-Step:

1. Log in to your Virtual Office.
2. Click "Products" or "One-time Order".
3. Under the heading "New & Featured", click "Essential Specials".
4. Browse the products and add what you need to your cart.



LOVE IT? SHARE IT!

While these essential-oil infused products allow us to maintain optimal health, knowing your future and your family are well cared for is the final dimension of wellness. If you have always wanted greater financial independence and wanted to accomplish it doing something you can feel good about, Young Living may be just what you're looking for.

Once you start using these amazing products, you'll understand the passion to share with others. As soon as you enroll, you can begin enrolling others. When you're logged in to your account, simply go to Member Resources, click Link Builder, and you'll be able to copy and share your own custom link.

There is an incredible team environment with Young Living. You will receive resources, support, and encouragement every step of the way. If this speaks to you, please connect with me or your enroller.

KEY TAKEAWAYS

- Young Living provides over 600 products to meet the wellness and personal care needs of the entire family.
- Young Living makes it easy to ditch harsh chemicals from your home and the products you use in your daily routines.
- Have patience and also have fun while you discover your favorite essential oils and which methods of application work best for you.
- There are several ways to get the biggest bang for your buck from your Young Living membership.
- If you order roughly \$600 of Young Living product throughout a 12-month period, be sure to enroll in Essential Rewards.
- If you choose to be on Essential Rewards, make sure you also sign up for YL Go or YL Go+.
- No one ever has to do the business side and each member can share as much or as little as they want with others.
- Always reach out to your enroller anytime you have a question or would like support.



KEEP IN TOUCH

If you have any questions about products or how to use them, your account, or the business side of Young Living, please feel free to reach out to me:

Emily Rodacker
(c) (701) 340-4069
(o) (406) 601-1496
(e) emily.rodacker@gmail.com
(w) www.thejustbelifestyle.com
(f & i) @thejustbelifestyle

Thanks so much for checking out this guide! Happy oiling!

To order Young Living for the first time, visit <http://bit.ly/eosforme>

To re-order Young Living, log into your account at <https://www.youngliving.com/vo>