

EVERYDAY OILS



YOUNG  LIVING
ESSENTIAL OILS





INTRODUCTION

Every day we inhale, touch, and taste harmful chemicals and toxins. Synthetic ingredients are in virtually every item in the home, from cleaning solutions and personal care products to food additives. That's why Young Living created the unique Everyday Oils collection. These nine powerful essential oils work as natural, chemical-free replacements for items you use every single day.

Essential oils are concentrated liquids extracted from aromatic plants. These natural oils protect plants from insects, environmental conditions, and disease. If you've ever squeezed a lemon or orange peel and seen the liquid that comes out—that's the essential oil. And when grown, harvested, and distilled properly, essential oils can have a wide array of uses and tremendous health benefits.

You'll be amazed at the many uses you'll discover with each of these nine incredible essential oils. In fact, after discovering how simple it is to remove harmful chemicals in your home, you'll wonder how you ever lived without essential oils!

THE YOUNG LIVING DIFFERENCE

Unlike synthetic, perfume-grade oils that simply smell good, Young Living Therapeutic Grade™ (YLTG) essential oils are pure, natural, and unadulterated. YLTG means that every essential oil that Young Living distills or sources has the optimal naturally occurring blend of constituents to maximize the desired effect.

YLTG oils must meet specific criteria in four key areas: Plants, Preparation, Purity, and Potency.

PLANTS

Young Living has extensive experience selecting the correct species of plant for desired oil potency: planting under optimal conditions, using ideal soil and natural methods to encourage growth, and knowing the precise time to harvest each crop.

PREPARATION

To meet YLTG distillation standards, proper temperature must be maintained throughout the distillation process, and pressure, length of time, equipment, and batch size are strictly monitored.

PURITY

Every batch of essential oil bottled by Young Living is subjected to stringent laboratory testing to ensure the oils have the strongest possible YLTG properties.

POTENCY

Potency means that each oil has the optimum level of natural plant chemicals that are guaranteed to work for your needs.



LAVENDER

Lavender is a versatile oil used to cleanse and soothe minor burns, cuts, and other skin irritations. Its refreshing, relaxing scent has balancing properties that calm the mind and body.

TOPICAL USE

Reduce or minimize scar tissue by massaging lavender on or around affected areas.

Massage onto the bottoms of your feet or the back of your neck for calming.

Relieve dry, chapped, or irritated skin, or soothe minor cuts and burns by rubbing lavender on affected area.

Rub a drop on your palm and smooth over pillow, or diffuse to aid with sleep.

Diffuse to minimize seasonal reactions to pollen and dust mites.

INTERNAL USE

Use lavender to infuse lemonade, marinades, and dressings to create refreshing and unique variations of your favorite recipes.



PEPPERMINT

Peppermint essential oil can help aid normal digestion, and has traditionally been used to promote healthy respiratory function and ease tension headaches.* Its fresh, minty aroma combats mental and physical fatigue.

TOPICAL USE *(dilution may be required)*

Rub 1 drop on the temples, forehead, over the sinuses (avoid contact with eyes), and on the back of the neck to help soothe head pressure.

Apply to the back of the neck and shoulders repeatedly to keep energy levels up during the day.

INHALATION

Diffuse for energy and mental clarity.

Inhale before or during a workout to help boost your mood and reduce fatigue.

INTERNAL USE

Add a drop to herbal tea to enhance flavor and to help aid digestion.*



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

THIEVES®

*contains clove, cinnamon, rosemary, lemon, and
Eucalyptus radiata*

The Thieves blend is founded on the legend of a group of thieves in fourteenth century France who used clove, rosemary, and other aromatics while robbing plague victims in order to stay immune. Young Living's Thieves contains clove for its antimicrobial properties and cinnamon for its purifying properties.

INTERNAL USE

Place 2–3 drops in a capsule and swallow daily for extra immune protection.*

Drop on the tongue or on a piece of bread and swallow to help eliminate unpleasant breath.

INHALATION

Use in a Young Living diffuser to eliminate bacteria and odors in the air.

Put on a cotton ball and place in backpacks, cars, or anywhere the air may need cleaning.

CLEANING

Add 4–5 drops of oil to dishwasher to thoroughly clean dishes and eliminate bacteria and odor.



FRANKINCENSE

Frankincense is used to support skin health. Its earthy, balsamic scent has calming properties that can increase spirituality and inner strength.

TOPICAL USE

Apply 1–2 drops to the face and neck daily to help repair sun damage, renew healthy-looking skin, and to minimize oil production and breakouts.

Drop onto minor cuts, scrapes, and bruises to reduce redness and discomfort.

Massage several drops on the temples or back of the neck for stress relief.

INHALATION

Diffuse to enrich prayer and meditation.

Inhale or diffuse to deepen breathing and induce calmness.



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LEMON

Taken internally, lemon is a good source of d-limonene—a powerful antioxidant—and is believed to boost the body's natural defenses.* Lemon oil's fresh, zesty scent is uplifting to the body and mind.

TOPICAL USE

Place a drop on oily skin or blemishes to help balance oil glands and minimize oil production.

Massage lemon into cellulite to help improve circulation and eliminate waste from cells.

Soothe or prevent corns, calluses, or bunions by rubbing daily on affected area.

INTERNAL USE

Add a few drops to water for a great antioxidant boost.

Substitute lemon oil for lemon juice or lemon seasonings to flavor seafood, vegetables, beverages, and desserts.

CLEANING

Use 1–2 drops to remove gum, oil, grease spots, glue or adhesive, or crayon from most surfaces.



CAUTION: LEMON OIL SHOULD NOT BE APPLIED TO SKIN THAT WILL BE EXPOSED TO DIRECT SUNLIGHT OR ULTRAVIOLET LIGHT WITHIN TWELVE HOURS.

PURIFICATION®

*contains citronella, rosemary, lemongrass, lavender,
Melaleuca alternifolia, and myrtle*

The sweet, refreshing scent of Purification deodorizes and purifies the air. This blend also contains citronella to deter insects and soothe bites.

TOPICAL USE

Place a drop on insect bites to cleanse and soothe itching.

Apply a drop on blemishes to help clear skin.

Combine several drops with water in a spray bottle to repel insects and deter bugs from linens.

INHALATION

Apply several drops on a cotton ball and place in air vents at home, in the office, in a hotel room, or in other enclosed areas to control odors and pollution.

Diffuse to clean the air and neutralize foul or stale odors.



PEACE & CALMING®

*contains tangerine, ylang ylang, blue tansy, orange,
and patchouli*

The gentle scent of Peace & Calming encourages calmness and deep relaxation, and can assist with meditation. Containing blue tansy and mandarin, which are known for their sedative properties, Peace & Calming may promote a peaceful night's sleep.

TOPICAL USE

Rub 1–2 drops on the bottom of feet and on the shoulders before bedtime to help get a good night sleep.

Mix with Young Living's V-6™ massage oil for a soothing, relaxing massage.

Use 1–2 drops on the bottoms of feet or in a warm bath to soothe fussy babies.

INHALATION

Add several drops to a spray bottle and lightly mist linens and bed pillows to aid in a peaceful sleep.

Add several drops to a warm bath to relax the body and mind.



PANAWAY®

contains wintergreen, clove, peppermint, and helichrysum

PanAway is a soothing essential oil blend containing eugenol, a constituent used historically to numb gums. Also containing wintergreen and clove—two oils traditionally used for pain relief—PanAway aids the body's natural response to irritation and injury.*

TOPICAL USE

Apply to affected area to help relieve discomfort, stressed muscles, or cramping.

Mix with Young Living's V-6 oil and use topically to ease growing discomfort in children and young adults.

Apply several drops onto the bottoms of feet for a soothing, relaxing foot massage.

Add 3–4 drops onto a hot towel and place over the abdomen to ease cramps and bloating.



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VALOR®

contains spruce, blue tansy, rosewood, and frankincense

Valor is an empowering blend that promotes feelings of strength, courage, and protection. Containing frankincense and spruce, which were traditionally used for their healing and spiritual properties, Valor has also been found to support energy alignment in the body.

TOPICAL USE

Rub on the bottom of the feet to help align and balance the body systems.

Drop onto the wrists to ease anxiety and yield confidence and courage.

Massage onto neck, chest, and shoulders to release tension.



Ensure you'll always have the natural, chemical-free benefits of Young Living's therapeutic-grade essential oils in your home with the Everyday Oils collection. Complete with nine of our most versatile oils, the Everyday Oils collection is ideal for adding essential oils to your day, every day.



Everyday Oils Collection Includes:

Lavender (5 ml), Peppermint (5 ml), Lemon (5 ml), Thieves (5 ml),
Frankincense (5 ml), PanAway (5 ml), Peace & Calming (5 ml),
Purification (5 ml), and Valor (5 ml)

ITEM NO. 3695 WHSL. \$115.00 / RETAIL \$151.32 / PV 115

HOW TO ORDER

If you'd like to order Young Living products, including the Everyday Oils collection, we offer two convenient ways to purchase:

RETAIL

Log on to www.youngliving.com or call 1-800-371-2928 to purchase any Young Living Product at retail price.

WHOLESALE

For an even greater value, become a Young Living distributor and discover a new world of physical, financial, and emotional well-being. By joining the Young Living community, you'll enjoy the following benefits:

- Save 24 percent off retail pricing.
- Get a 10 percent rebate on any order over 200PV.
- Become eligible to earn commissions.
- Make your own schedule.
- Achieve your financial goals.

Log onto www.youngliving.com and click on the "Abundance" tab to learn more, or call 1-800-371-3515.

Share a product that can improve the lifestyle of those who use it. To discover more information about Young Living Essential Oils or become a member of the Young Living family, log on to **www.youngliving.com** today!

For more information,
please contact this Independent Distributor:



www.youngliving.com

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