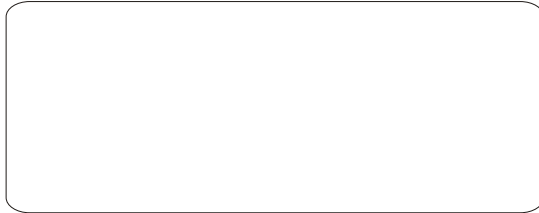


To Wellness, Purpose, and Abundance

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury would be wise to consult with a physician

compliments of



YOUNG LIVING
ESSENTIAL OILS
Wholesale Member

We're excited to announce a new Premium Starter Kit featuring NingXia Nitro!

A great way to introduce new members to Young Living and Nitro, this kit features two 14-packs of Nitro instead of the Home Diffuser.

***Premium Starter Kit Featuring NingXia Nitro
(Item No. 4676)\$150 plus shipping/ 100 PV***



**Everyday needs a little JOY
So Young Living
has added JOY™ Oil Blend**

**118 Uses for The NEW
Everyday Oils Collection**



A practical guide for everyday use of

***Lavender, Peppermint, Frankincense,
Peace & Calming, Purification, Panaway, Valor,
Thieves, Joy, and Lemon.***

THE EVERYDAY OILS COLLECTION

was created by D. Gary Young & Young Living so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils.

The Collection contains FOUR SINGLE OILS:

Lavender (*Lavandula Angustifolia*), Frankincense (*Boswellia carteri*)
Peppermint (*Mentha piperita*), and Lemon (*Citrus Limon*)
plus SIX OIL BLENDS:
Valor, Thieves, PanAway, Peace & Calming, Joy, and Purification.

- ◆ All single oils in this kit may be used as dietary supplements.
- ◆ All of the oils may be diffused.

Young Living's Home Diffuser emits essential oils into the air using ultrasonic technology, without heat, to safely eliminate odors.

The Home Diffuser is a natural alternative to synthetic air fresheners, using nature's essential oils instead of toxic artificial fragrances.

The machine humidifies and disperses the oils as micro fine droplets which coat surfaces, penetrate cracks and stay suspended to eliminate toxins, pathogens, and odors such as bacteria, viruses, fungi and mold.

<http://www.youngliving.com/oil-diffusers/Home-Diffuser> for directions

When inhaled it takes 22 seconds for an oil to reach the brain.

- ◆ All of the oils can be applied to the Vita Flex points on the feet (see diagram on page 10,11), added to bath water mixed with Young Living's Bath Gel Base, applied topically, or used with body and foot massage. When applied topically, it takes 2-3 minutes for an oil to reach the bloodstream, ... 20 minutes to effect every cell in the body, ... then be metabolized within 2 1/2 hours.

***THESE 118 SUGGESTED USES APPLY ONLY TO YOUNG LIVING THERAPEUTIC GRADE ESSENTIAL OILS.**

PLEASE CAREFULLY READ AND FOLLOW THE GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS INCLUDED AT THE END OF THIS DOCUMENT

888-467-6572 or ask your up line for more booklets

Ways to make this Collection a part of your life.

Sign up as a Young Living Wholesale Member by purchasing one of **4 NEW Starter Kits** loaded with products and educational aids.

Basic Starter Kit (Item # 4670) /Whsl \$40/ 0 PV Includes

- ◆ 2 -Sample Packets Peppermint ◆ 2- Sample Packets Lemon
- ◆ 2 -Sample Packets Lavender ◆ 2 -Sample Packets Thieves
- ◆ 2 -Sample Packets Peace & Calming ◆ 3- Sample Packet Business Cards
- ◆ 2 -NingXia Red Singles (2 fl. oz ea) ◆ 1-5ml Stress Away Oil Blend
- ◆ 1-AromaGlide™ Roller Fitment to make any oil a roll-on
- ◆ 1- Welcome to Young Living Booklet ◆ 1- Product Guide
- ◆ 1- S. E. E. D™ Sharing for Success Booklet
- ◆ 1- Member Resource Guide. ◆ 1- Essential Oils at a Glance quick reference guide



Basic PLUS Starter Kit (Item # 4671) /Whsl \$75/ 0 PV Includes:



- ◆ Everything in the Basic Starter Kit,
- ◆ plus an easy-to-use Home Diffuser valued at \$75.

Premium Starter Kit (Item # 4672) \$150 wholesale/100 PV Includes:

- ◆ Everything in the Basic Plus Starter Kit,
- ◆ plus an Everyday Oils collection
- ◆ 1 Lavender (5 ml)
- ◆ 1 Peppermint (5 ml)
- ◆ 1 Lemon (5 ml)
- ◆ 1 Thieves (5 ml) ◆ 1 Joy (5ml)
- ◆ 1 Frankincense (5 ml)
- ◆ 1 Valor (5 ml)
- ◆ 1 PanAway (5 ml)
- ◆ 1 Peace & Calming (5 ml)
- ◆ 1 Purification (5 ml)
- ◆ 1 Everyday Oils Booklet



item no. 3695

NOW you can buy the Everyday Oils Collection anytime as a Wholesale Member or CUSTOMER. The retail price is \$163.16, which is slightly higher than the price of either Premium Starter Kit, which both include the Everyday Oils Collection and much more. As a CUSTOMER you pay retail and are not be eligible for any compensation which would come to you for referring friends and family.

Wholesale pricing and potential residual income, verses retail pricing forever!
Which will you choose?

As a Wholesale Member, you may purchase the Everyday Oils Collection anytime at wholesale (\$124.00), or add it to an **Essential Rewards** order and receive 10%,15%, or 20% product credit back on future orders. Ask how this works.

Essential Rewards Kits



Home Kit (Item No. 4627, \$139 wholesale/139 PV)
Includes: Thieves Foaming Hand Soap, Thieves AromaBright Toothpaste, NingXia Red 30-count singles, Thieves Waterless Hand Purifier, 5-ml Lemon essential oil, 5-ml Purification essential oil blend, Deep Relief essential oil blend roll-on, and Thieves Dental Floss



Wellness Kit (Item No. 4727, \$139 wholesale/139 PV)
Includes: 15-ml Slique Essence essential oil blend, Life 5, NingXia Red 2 pack, and Longevity Softgels

Lifestyle Kit (Item No. 4730 \$139 wholesale/139 PV)
Includes: NingXia Red 2 pack, 5-ml Thieves essential oil blend, Copaiba Vanilla Moisturizing Shampoo and Conditioner, and Stress Away Roll-On



Balance Kit (Item No. 4728, \$139 wholesale/139 PV)
Includes: 5-ml Valor essential oil blend, 5-ml Lavender essential oil, 5-ml Frankincense essential oil, 5-ml Peace & Calming essential oil blend, Stress Away Roll-On, and OmegaGize



Beauty Kit (Item No. 4728, \$139 wholesale/139 PV)
Includes: Progescence Plus, ART Gentle Foaming Cleanser, Boswellia Wrinkle Cream, and one ART Beauty Masque packet

NingXia Red Kit (Item No. 4893, \$171.25 wholesale/171.25 PV)
Includes: (4) NingXia Red® (750 ml) + (30) NingXia Red Singles



Thieves Kit (Item No. 3697 \$115.00/115 PV)
Includes: 2 - Thieves Household Cleaner,
1 - 15ml Thieves Essential Oil Blend
1 - Thieves Dentarome Ultra Toothpaste,
1 - Thieves Fresh Essence Plus Mouthwash
2 - Thieves Spray, 2 - Thieves Hand Purifier,
2 - Thieves Foaming Hand Soap, Thieves Booklet



ART Kit (Item No. 3765 \$125.00 /125 PV)
Includes: A•R•T Day Activator (1 fl. oz.),
A•R•T Night Reconstructor (1 fl. oz.),
A•R•T Gentle Foaming Cleanser (3.38 fl. oz.),
and A•R•T Purifying Toner (4 fl. oz.)

You may sign up for Essential Rewards and combine one of these kits in your first shipment at regular shipping rates. You may always order them separately after your wholesale member sign up, and they will ship separately at the special shipping rates reserved for Essential Rewards. As always, you may order any products on Essential Rewards, and change your order each month. Remember, in order to receive a check for your downline's activity, you MUST have an order of \$100 PV or greater in that month.

CONTENTS OF 110 USES FOR THE EVERYDAY OILS KIT

🌸 LAVENDER - Single

1. Calming
2. Sleep Aid
3. Bee Sting / Insect Bite
4. Minor Burn
5. Cuts
6. Eczema / Dermatitis
7. Motion Sickness
8. Nosebleed
9. Unblock Tear Ducts
10. Dry / Chapped Skin
11. Chapped / Sunburned Lips
12. Scar Tissue
13. Deodorant
14. Hay Fever
15. Dandruff
16. Moths & Insects
17. Water Fountains
18. Sweeten Laundry
19. Cold Sores
20. Allergies
21. Sunburn
22. Rashes

🌸 FRANKINCENSE - Single

23. Concentration
 24. Immune System
 25. Blisters
 26. Insect Bites
 27. Depression
 28. Brittle Nails
 29. Stretch Marks
 30. Cysts
 31. Skin Health
 32. Warts
 33. Breast Health
 34. Health Maintenance
- ### 🌸 Valor - Blend
35. Emotional Strength
 36. Back Pain / Injury
 37. Joint Pain / Injury
 38. TMJ
 39. Sciatica
 40. Anxiety
 41. Sleep Apnea
 42. Stiff Neck
 43. Spinal Adjustment

🌿 Peppermint - Single

44. Indigestion / Flatulence / Diarrhea
45. Heartburn
46. Inflammation (unbroken skin)
47. Injuries Bruise (unbroken skin)
48. Fever
49. Itching
50. Poison Ivy / Poison Oak
51. Working Out
52. Nausea
53. Headache
54. Hiccups
55. Alertness / Concentration
56. Concentration / Recall
57. Travel Sickness
58. Congestion
59. Flavoring / Preservative
60. Rodents / Ants / Cockroaches
61. Paint Fumes

🌿 Peppermint - Single (cont.)

62. Tea as Coffee Substitute
 63. Aphids
 64. Summer Cooler
 65. Arthritis / Tendonitis
 66. Bad Breath
 67. Curb Appetite
 68. Ticks
 69. Sore Feet
- ### 🌿 THIEVES - Blend
70. Cold & Flu
 71. Strep Throat
 72. Household Germs
 73. Gingivitis / Bleeding Gums
 74. Mold
 75. Bronchitis
 76. Cold Sores & Fever Blisters
 77. Fungal Skin & Toe Infections

🌿 PANAWAY - Blend

78. Inflammation / Bruising
79. Sore Muscles
80. Headache

🌿 PEACE & CALMING - Blend

81. Growing Pains
 82. Arthritis Pain
 83. Sciatic Pain
 84. Arthritis in Pets
- ### 🌿 PEACE & CALMING - Blend
85. Sleep
 86. Overactive Children
 87. Relaxing Massage
 88. Relaxing Bath
 89. Teeth Grinding

🌿 PURIFICATION - Blend

90. Air Purifier / Freshener 1
91. Air Purifier / Freshener 2
92. Air Purifier / Freshener 3
93. Insect Bites
94. Skin Blemishes
95. Sore Throat
96. Blisters
97. Sneaker Odors
98. Humidifier
99. Flu
100. Insect Repellent
101. Cat / Dog Ear Mites

🍋 LEMON - Single

102. Air Freshener
103. Gum, Oil, Grease Spots and Crayon
104. Varicose Veins
105. Lemonade
106. Calluses / Bunions / Warts
107. Prolong Life of Fresh Fruit
108. Counter Tops
109. Disinfect Dishcloth
110. Public Bathrooms

🌸 JOY - Blend

111. Frustration / Depression.
112. Mood Lifter.
113. Perfume.
114. Aftershave.
115. Deodorant.
116. Improve Circulation.
117. Increase Libido.
118. Potpourri Fragrance.

LAVENDER (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. **Lavender** has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing – physically and emotionally. This plant is grown and distilled at the Young Living Farms.

1. **Calming.** Rub Lavender oil on the feet for a calming effect on the body.
2. **Sleep Aid.** Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.
3. **Bee Sting / Insect Bite.** Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
4. **Minor Burn.** Put 2-3 drops Lavender oil on a minor burn to decrease pain.
5. **Cuts.** Drop Lavender oil on cut to stop bleeding, clean wound, and kill bacteria.
6. **Eczema / Dermatitis.** Mix several drops of Lavender oil with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. **Motion Sickness.** To alleviate the symptoms of motion sickness, place a drop of Lavender oil on end of tongue, behind the ears or around the navel.
8. **Nosebleed.** To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
9. **Unblock Tear Ducts.** Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
10. **Dry / Chapped Skin.** Rub Lavender oil on dry or chapped skin.
11. **Chapped / Sunburned Lips.** Rub a drop of Lavender oil on chapped or sunburned lips.
12. **Scar Tissue.** To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area.
13. **Deodorant.** Rub 2-4 drops Lavender oil over armpit area to act as a deodorant.
14. **Hay Fever.** Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. **Dandruff.** Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
16. **Moths & Insects.** Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent linens and repel moths and insects.
17. **Water Fountains.** Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. **Sweeten Laundry.** Place a few drops of Lavender oil on a wet cloth and throw into the dryer to deodorize and freshen your laundry.
19. **Cold Sores.** Put a drop of Lavender oil on a cold sore.
20. **Allergies.** Diffuse Lavender oil to alleviate the symptoms of allergies.
21. **Sunburn.** Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. **Rashes.** Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

Common “Scents” Precautions

Guidelines for the Safe Use of Young Living Everyday Oils Kit

Therapeutic-grade essential oils are strong and safe when used as directed. Below are some preventative precautions to help you have an enjoyable experience using Young Living Essential Oils.

Always test for skin sensitivity and keep a bottle of V-6 vegetable mixing oil, massage oil base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation. Water does not help.

Read the complete label before using essential oils.

Keep bottles of essential oils tightly closed and store them in a cool location away from children. If a child swallows an essential oil, administer milk, honey or another safe, oil-soluble liquid such as soy or rice milk.

Do not use essential oils rich in menthol (such as Peppermint) on the throat or neck area of children under 30 months (2 ½ years) of age.

The citrus-based oils of Bergamot, Grapefruit, Lemon, Orange and Tangerine as well as oil blends with a heavy citrus concentration such as White Angelica & Purification should not be used on areas of the skin that will be exposed to the sun or UV rays within 12 hours. They may cause an increased reaction to the sun.

Keep essential oils away from the eyes and out of your ears. Do not handle contact lenses or rub your eyes with essential oils on your fingers. If the oils should get into your eyes, soothe with a drop of vegetable oil, not water.

Oils with a high phenol content – Oregano, Helichrysum, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, Thieves, and ImmuPower – may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contact lenses.

Epileptics and those with high blood pressure should consult their health care professional before using some essential oils. Avoid Hyssop, Fennel and Idaho Tansy oils.

Before taking GRAS (Generally Regarded as Safe by the FDA) essential oils internally, always dilute with an oil soluble liquid like honey, olive oil or soy milk.

◆ Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.

Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as Clary Sage, Sage, Idaho Tansy, Juniper and Fennel.

Air Purifier / Freshener	90, 91, 92, 102	Hiccups	54
Alertness	55	Humidifier	98
Allergies	20	Immune System	24
Ants	60	Improve Circulation	116
Anxiety	40	Indigestion / Flatulence / Diarrhea	44
Aphids	63	Increase Libido	117
Appetite, Curbing	67	Inflammation / Bruising	46,78
Arthritis / Tendonitis	65	Injuries (unbroken skin)	46,47
Arthritis in Pets	84	Insect Bites	26
Arthritis Pain	82	Insect Bites	93
Back Pain/Injury	36	Insect Repellent	100
Bad Breath	66	Itching	49
Bee Sting / Insect Bite	3	Joint Pain/Injury	37
Bites, Insect	93	Laundry, Sweetening	18
Bleeding Gums	73	Lips, Chapped / Sunburned	11
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Breast Health	33	Moths & Insects	16
Brittle Nails	28	Mold	74
Bronchitis	75	Mood Lifter	112
Bruising	78	Moths & Insects	16
Bunions	106	Motion Sickness	7
Burns, Minor	4	Muscles, Sore	79
Calming	1,86	Nausea	52
Callouses	106	Nosebleed	8
Cat Ear Mites	101	Overactive Children	86
Chapped / Sunburned Lips	11	Paint Fumes	61
Children, Overactive	86	Pests - Rodents/Ants /Cockroaches	60
Cockroaches	60	Poison Ivy / Poison Oak	50
Cold sores	19,76	Potpourri Fragrance	118
Colds - Congestion	58	Relaxing Massage	87
Colds - Fever	48	Relaxing Bath	88
Colds - Flu	70,99	Rashes	22
Colds - Sore Throat	95	Rodents	60
Concentration	23,55,56	Scar Tissue	12
Congestion	58	Sciatica	39
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Cooking	105,107	Shaving - Aftershave	73,114
Crayon	103	Skin Blemishes	94
Cuts	5	Skin Health	31
Cysts	30	Skin Fungus	77
Dandruff	15	Sleep Getting to Sleep	2
Deodorant	13,115	Sleep Apnea	41
Depression	27,111	Sleeping Well	85
Diarrhea	44	Sneaker Odors	97
Dieting - Curbing Appetite	67	Sore Muscles	79
Disinfecting	108,109,110	Sore Throat	95
Dog Ear Mites	101	Spinal Adjustment	43
Dry / Chapped Skin	10	Stiff Neck	42
Emotional Strength	35	Strep Throat	71
Eczema / Dermatitis	6	Stretch Marks	29
Exercising - Sore Muscles	79	Sunburn	21
Fever	48	Sunburned Lips	11
Fever Blister	76	Travel Sickness	57
Feet, Sore	69	Tea as Coffee Substitute	62
Flatulence	44	Throat, Sore	95
Flavoring / Preservative	59	Ticks	68
Flu	99	Tear Ducts, Unblocking	9
Frustration	70,111	Teeth Grinding	89
Fumes, Paint	61	TMJ	38
Germ, Household	72	Toe Fungus	77
Gingivitis	73	Ulcers, Mouth	35
Growing Pains	81	Varicose Veins	104
Grease/Oil Spots	103	Warts	32,106
Gum	103	Water Fountains	17
Hay Fever	14	Working Out	51
Headache	53,80		
Health Maintenance	34		
Heartburn	45		

FRANKINCENSE (*Boswellia carteri*) was considered more valuable than gold in ancient times and used to treat every known ill to man. It's known for its antitumoral, immunostimulant, antidepressant, & muscle relaxing benefits. It is stimulating to the limbic system of the brain and the hypothalamus, pineal, and pituitary glands.

23. **Concentration.** Use 1-2 drops Frankincense oil on temples and back of neck to improve concentration.
24. **Immune System.** Apply 1-3 drops Frankincense oil on each foot to strengthen the immune system.
25. **Blisters.** Dilute Frankincense oil 50/50 with V-6 mixing oil and apply to a blistered area 3-5 times daily.
26. **Insect Bites.** Put a drop of Frankincense oil on an insect bite to help reduce swelling and speed healing.
27. **Depression.** Diffuse or inhale from the bottle to help with mood elevation.
28. **Brittle Nails.** Apply 1-3 drops Frankincense on nails and at base of nails, 3 times per week.
29. **Stretch Marks.** Rub a few drops on stretch marks 2 times a day.
30. **Cysts.** Apply 1-2 drops on cyst 2 times a day until it disappears.
31. **Skin Health.** Apply 1-2 drops Frankincense oil on sun damaged skin spots 2 times a day until it disappears.
32. **Warts.** Put 2 drops on wart 2 times a day until disappears completely.
33. **Breast Health.** Rub 2-3 drops on breasts and lower abdomen everyday.
34. **Healthy Maintenance.** Dilute 1 drop Frankincense oil in 1tsp. honey or 4 oz. rice milk and ingest daily for health maintenance.

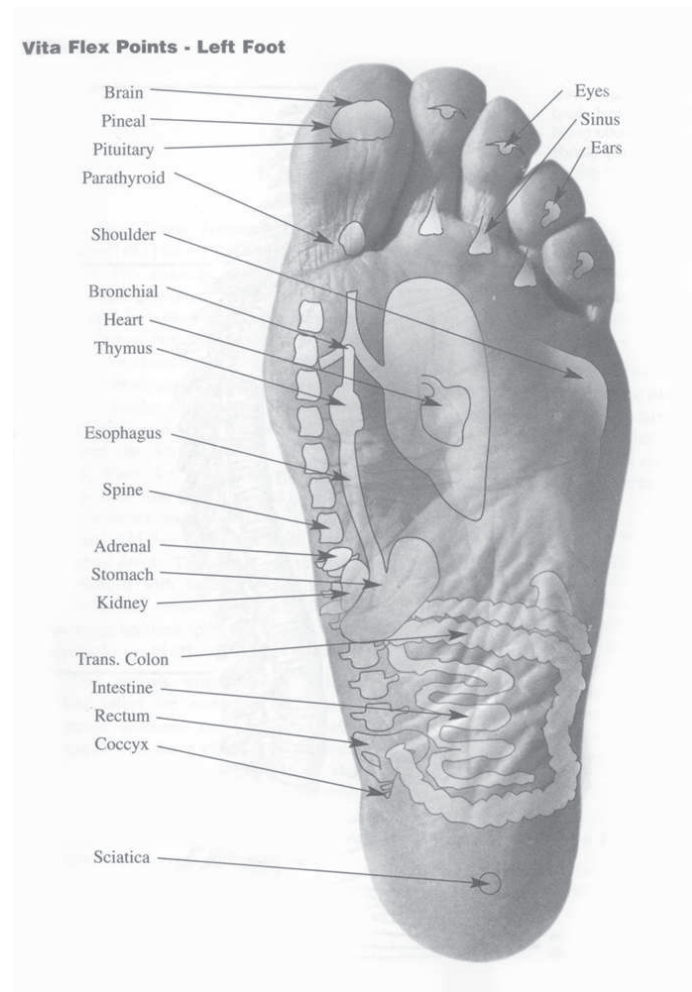
VALOR is an energy balancing blend of **Rosewood** (*Aniba rosaeodora*), **Blue Tansy** (*Tanacetum annuum*), **Frankincense** (*Boswellia carteri*), and **Spruce** (*Picea mariana*) in a base of pure Almond Oil. Valor works with the body's electrical and nervous system, bringing alignment and balance throughout the whole body systems.

35. **Emotional Strength.** Rub a few drops of Valor oil over the heart, neck, wrists and on the bottom of each foot to relieve feelings of fear and anxiety.
36. **Back Pain/Injury.** Apply Valor to bottoms of feet and spine to help alignment.
37. **Joint Pain/Injury.** Add a few drops of Valor to V-6 mixing oil and apply to the joints.
38. **TMJ.** Rub Valor on the jaw before bed and in the morning until pain is relieved.
39. **Sciatica.** Apply 2 drops of Valor to the heels of feet using pressure (see vita flex chart).
40. **Anxiety.** Rub a few drops on feet, neck and chest. Breathe deeply.
41. **Sleep Apnea.** Apply Valor to the bottoms of feet before bed.
42. **Stiff Neck.** Use 2 drops of Valor on neck and massage.
43. **Spinal Adjustment.** Rub a few drops of Valor up and down the spine and the bottom arches of the feet.

◆ **PEPPERMINT** (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Scientists have researched its effect on the liver and respiration, improving concentration and mental accuracy. This plant is grown and distilled at the Young Living Farms.

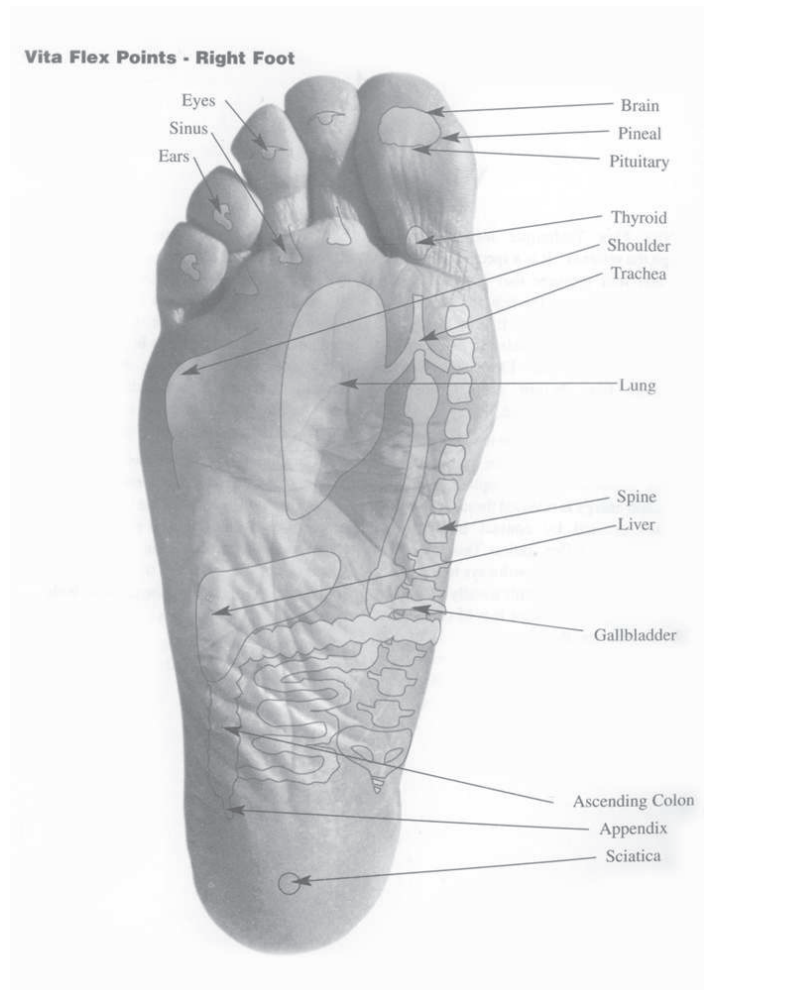
44. **Indigestion/Flatulence/Diarrhea.** Rub 4-6 drops of Peppermint oil in the palm and rub over the stomach and around the naval to relieve indigestion, flatulence and diarrhea.
45. **Heartburn.** Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
46. **Inflammation (unbroken skin).** Massage several drops of Peppermint oil on an area of injury or chronic inflammation.
47. **Injuries Bruise (unbroken skin).** Apply Peppermint oil immediately to an injured area (not broken skin) – bruised shin, hit on the foot or hand – to relieve pain. If there is a cut, apply the Peppermint oil around but not on the open wound.
48. **Fever.** Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
49. **Itching.** Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
50. **Poison Ivy/Poison Oak.** For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 vegetable mixing oil.
51. **Working Out.** Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
52. **Nausea** Massage several drops of Peppermint oil on the abdomen to relieve nausea.
53. **Headache.** To relieve a headache, rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
54. **Hiccups.** To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
55. **Alertness/Concentration.** Place 2 drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
56. **Concentration/ Recall.** Diffuse Peppermint oil in the room while studying to improve concentration and accuracy. inhale Peppermint oil while taking a test to improve recall.
57. **Travel Sickness.** Rub 4 drops of Peppermint oil on the chest and stomach to relieve travel sickness.
58. **Congestion.** Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
59. **Flavoring/Preservative.** Add Peppermint oil to food as a flavoring and preservative.
60. **Rodents/Ants/Cockroaches.** To deter rodents, ants, or cockroaches, place 2 drops of Peppermint oil on a cotton ball and place along the path or point of entry of these pests.

Essential oils are applied to contact points, and energy is released through electrical impulses created by contact between the fingertips and reflex points. This electrical charge follows the nerve pathways to a break or clog in the electrical circuit, usually caused by toxins, damaged tissues, or loss of oxygen.



LEFT FOOT

Vita Flex Technique means “Vitality through the reflexes”. It is a specialized form of hand and foot touching that is exceptionally effective in delivering the benefits of essential oils throughout the body. It is based on addressing a complete network of reflex points that stimulate all the internal body systems.



RIGHT FOOT

🍃 **PEPPERMINT** (cont'd)

61. **Paint Fumes.** Mix a 15 ml. bottle of Peppermint oil into a 5 gallon can of paint to dispel the fumes.
62. **Tea as a Coffee Substitute.** Place a drop of Peppermint oil in a cup of hot water and enjoy in place of coffee.
63. **Aphids.** Add 4-5 drops of Peppermint oil to 4 oz. of water and spray plants to kill aphids.
64. **Summer Cooler.** Drink a drop of Peppermint oil mixed in a glass of cold water to cool off on a hot day.
65. **Arthritis/Tendonitis.** Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
66. **Bad Breath.** Place a drop of Peppermint oil on the tongue to stop bad breath.
67. **Curb Appetite.** Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat.
68. **Ticks.** Remove tick by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to withdraw its head from the skin and remove it.
69. **Sore Feet.** Mix Peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet.

🍷 **THIEVES** is a highly antibacterial blend of **Clove** (*Syzygium aromaticum*), **Lemon** (*Citrus limon*), **Cinnamon Bark** (*Cinnamomum*), **Eucalyptus** (*Eucalyptus Radiata*), and **Rosemary** (*Rosmarinus officinalis CT cineol*). With the threat of strange viruses and antibiotic-resistant germs, you can feel safe with Thieves Oil. Named after 15th century Thieves who rubbed these oils on themselves during the plague so as not to contract the disease while robbing the dead. Thieves has a 99.96% kill rate against airborne microorganisms.

70. **Cold & Flu.** Diffuse Thieves Oil (in 1/2 hour increments) in room. Rub a drop on the bottom of feet. 1 drop of Thieves in a glass of water and drink.
71. **Strep Throat.** Drop 2-4 drops in water and gargle as needed. Dilute 50/50 with V-6 oil and apply to throat and back of neck apply a warm compress.
72. **Household Germs.** 2-6 drops of Thieves oil in a small spray bottle and fill with water. Spray counter tops, bathtubs, toilets, sinks, & door knobs etc.
73. **Gingivitis/Bleeding gums.** Rub a drop or two of Thieves oil all over gums 2 times a day until gone.
74. **Mold.** Diffuse Thieves (in half hour increments) in Basement to kill mold or wherever mold is present.
75. **Bronchitis.** Dilute 50/50 2-6 drops of Thieves with V-6 mixing oil and rub on chest and upper back apply a warm compress. Diffuse.
76. **Cold Sores & Fever Blisters.** 1 Drop on cold sore or blister 3 times a day or as needed until it's gone.
77. **Fungal skin & Toe Infections.** 1 drop of Thieves on the infection 2 to 3 times a day until gone.

♦ **PANAWAY** is a pain relief blend of **Wintergreen** (*Gaultheria procumbens*), **Clove** (*Syzygium aromaticum*), **Peppermint** (*Mentha piperita*) and **Helichrysum** (*Helichrysum italicum*). This blend may ease discomforts of an active lifestyle or those everyday twinges, with a warming and soothing effect.

78. **Inflammation/Brusing.** Apply PanAway oil topically on an injured area to reduce inflammation and bruising.
79. **Sore Muscles.** Apply PanAway oil topically to sore muscles after exercising.
80. **Headache.** Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
81. **Growing Pains.** Mix PanAway oil with massage oil and massage on locations to stop growing pains.
82. **Arthritis Pain.** Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
83. **Sciatic Pain.** Rub 2-3 drops of PanAway oil at the base of the spine to relieve sciatic pain.
84. **Arthritis in Pets.** For arthritic pets, massage PanAway oil diluted with V-6 vegetable oil on location or add a drop in the food.

♦ **PEACE & CALMING** gentle, fragrant blend of **Tangerine** (*Citrus reticulata*), **Orange** (*Citrus sinensis*), **Ylang Ylang** (*Cananga odorata*), **Patchouly** (*Pogostemon cablin*), and **Blue Tansy** (*Tanacetum annuum*). Originally designed for diffusing, its uses have expanded. It promotes relaxation and a deep sense of peace, helping to calm tension and uplift spirits.

85. **Sleep.** Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
86. **Overactive Children.** Diffuse Peace & Calming oil in the room to calm overactive or hard to manage children.
87. **Relaxing Massage.** Mix Peace & Calming oil with massage oil for a relaxing massage.
88. **Relaxing Bath.** Put Peace & Calming oil mixed with Bath Gel Base in warm water for a relaxing bath.
89. **Teeth Grinding.** Diffuse Peace & Calming while sleeping to help stop nocturnal teeth grinding.

♦ **PURIFICATION** is an antiseptic blend of **Citronella** (*Cymbopogon nardus*), **Lemongrass** (*Cymbopogon flexuosus*), **Rosemary** (*Rosemarinus officinalis*), **Melaleuca** (*Melaleuca alternifolia*), **Lavandin** (*Lavandula x hybrida*) and **Myrtle** (*Myrtus communis*), formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

90. **Air Purifier/Freshener.** Diffuse Purification oil to clean the air and neutralize foul or stale odors.
91. **Air Purifier/Freshener.** Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, car, hotel room or enclosed areas.
92. **Air Purifier/Freshener.** While traveling, inhale Purification oil during flights to protect yourself from pathogens found in recirculated air.
93. **Insect Bites.** Put a drop of Purification oil on insect bites to stop the itching.
94. **Skin Blemishes.** Apply a drop of Purification oil on blemishes to clear skin.
95. **Sore Throat.** Rub a drop of Purification oil on the outside of a sore throat when it is first beginning.
96. **Blisters.** Rub a drop of Purification oil on a blister to cleanse and disinfect.
97. **Sneaker Odors.** Put 2 drops of Purification oil on 2 cotton balls and place in the toes of smelly sneakers to combat odors.

♦ **PURIFICATION** continued

98. **Humidifier.** Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
99. **Flu.** Dilute Purification oil with V-6 vegetable mixing oil and swab the nasal cavity to ward off the flu.
100. **Insect Repellent.** Spritz several drops of Purification oil mixed with water to repel insects.
101. **Cat/Dog Ear Mites.** Apply Purification oil and Peppermint oil diluted with V-6 vegetable mixing oil to a cotton swab and rub just inside the ear to eliminate mites in cats and dogs.

♦ **LEMON** (*Citrus limon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function.

CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 12 hours.

102. **Air Freshener.** Put 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with distilled water to use in bathroom as an air freshener.
103. **Gum, Oil, Grease Spots and Crayons.** Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon.
104. **Varicose Veins.** Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
105. **Lemonade.** For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 Tbls. of honey and 2 cups of pure water. Adjust to suite your own taste.
106. **Callouses/Bunions/Warts.** Rub a drop of Lemon oil on a corn, callous, bunion or wart mornings and evenings until it disappears.
107. **Prolong Life of Fresh Fruit.** To clean and increase shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop cleaned fruit into the water and stir. **Be sure all surfaces of the fruit contact the lemon oil solution.**
108. **Counter Tops.** Add 2-3 drops of Lemon oil to water and spray counter to sterilize.
109. **Disinfect Dishcloth.** Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.
110. **Public Bathrooms.** Rub a drop of Lemon oil on your hands after using a bathroom.

♦ **JOY™** is an exotic, Luxurious blend of **Lemon** (*Citrus Limon*), **Mandarin** (*Citrus reticulata*), **Bergamot** (*Citrus bergamia*), **Ylang Ylang** (*Cananga odorata*), **Rose** (*Rosa damascena*), **Rosewood** (*Aniba rosaeodora*), **Geranium** (*Pelargonium graveolens*), **Palmarosa** (*Cymbopogon martini*), **Roman Chamomile** (*Chamaemelum nobile*), and **Jasmine** (*Jasminum officinale*), that produces an uplifting, magnetic energy and brings **Joy** to the heart. When worn as a cologne or perfume, **Joy** exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting

111. **Frustration / Depression.** Rub a few drops of Joy over the heart and on the bottom of each foot to relieve feelings of frustration and/or depression.
112. **Mood Lifter.** Put a drop of Joy oil on the tip of the nose to uplift your mood.
113. **Perfume.** Wear a drop of Joy oil behind each ear as a perfume.
114. **Aftershave.** Rub a drop of Joy oil between your palms and then spread over neck and face after shaving.
115. **Deodorant.** Rub 2 drops of Joy oil on the armpit area to use for a deodorant.
116. **Improve Circulation.** Rub 2 drops of Joy oil on areas of the body with poor circulation to improve blood flow.
117. **Increase Libido.** Rub 2 drops of Joy oil on the heart and feet to increase libido.
118. **Potpourri Fragrance.** Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.