

# Embrace Wellness

{with Young Living™ Essential Oils}



## Lavender

- Helps the body adapt to occasional stress
- Diffuse at night for a calming aroma
- Soothes and cleanses healthy skin
- Add to shampoo, lotion, and skin care products
- Swiss Army Knife of essential oils



## Purification

- Soothes & cleanses the skin
- Apply topically to enjoy the outdoors
- Diffuse to purify and cleanse the air from foul, stubborn odors
- Use to give laundry a great-smelling boost



## R.C.

- Contains three varieties of eucalyptus
- Dilute and apply to chest, neck, and throat areas as needed
- Rub on feet or chest before exercise to uplift
- Energetic aroma helps you stay motivated
- Use for spa-like massage



## Frankincense

- Calms and relaxes
- Maintains radiant skin
- Smooths the look of healthy skin
- Includes the naturally occurring constituent alpha-pinene
- Apply topically after activity



## PanAway

- Apply topically following activity
- Soothes the skin while providing comforting warmth to muscles after exercise
- Massage onto bottoms of feet for a relaxing experience



## Stress Away

- Promotes wellness
- Helps reduce mental rigidity and restore equilibrium
- Combats normal stresses that creep into everyday life
- Helps encourage relaxation



## Lemon Vitality

- Includes the naturally occurring constituent limonene
- Add to food and water to enhance flavor
- Placed 1-2 drops in a vegetable capsule
- Use in place of lemon zest or juice



## Peppermint Vitality

- Bright, cool flavor
- Supports normal digestion
- Supports healthy gut function
- May support exercise performance
- Add to tea or recipes



## Copaiba Vitality

- Traditionally used to aid digestion
- Promotes wellness
- Supports the body's natural response to injury or irritation
- May be an important part of a daily health regimen
- Mix with honey and water to create a tea



## Thieves Vitality

- Supports overall wellness
- Supports a healthy immune system
- Sweet, spicy flavor
- Combines Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, and Rosemary essential oils
- Comforting seasoning in warm food and drinks



## DiGize Vitality

- Supports normal digestion
- The use of fennel dates back to ancient Egypt
- Add to a veggie capsule
- Use with meals to support a wellness regimen
- Use as a dietary supplement
- Add 2-3 drops to honey

*Oily Families*  
essential drops of love

Contact for more information: