

# Embrace Wellness

{with Young Living™ Essential Oils}



## Lavender

- assists the body when adapting to occasional stress
- diffuse at night for a calming aroma
- soothes and cleanses healthy skin
- Swiss Army knife of essential oils



## Lemon

- uplifts mind and body
- contains naturally occurring d-limonene
- great for healthy skin
- add to food and water to enhance flavor



## Peppermint

- promotes healthy intestinal function
- add 1-2 drops to a capsule after mealtime to support normal digestion
- add to food and drink to enhance flavor



## Frankincense

- calms and relaxes
- may help smooth the appearance of healthy-looking skin
- includes the naturally occurring constituent alpha-pinene
- apply topically after activity



## Thieves

- may help support healthy immune function
- may help maintain a healthy respiratory system
- an ideal complement to a daily wellness regimen



## DiGize

- use as a dietary supplement in water when traveling
- add 1-2 drops to water or to a veggie capsule and take morning or night to support digestive system



## Stress Away

- promotes wellness
- helps reduce mental rigidity and restore equilibrium
- combats normal stresses that creep into everyday life
- helps encourage relaxation



## Purification

- soothes and cleanses the skin
- apply topically to enjoy the outdoors annoyance free
- diffuse to purify and cleanse the air from foul, stubborn odors



## 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



## 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



## Copaiba

- supports the body's natural response to injury or irritation
- promotes wellness
- traditionally used to aid digestion

*Oily Families*  
essential drops of love

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