

THE ESSENTIAL EDGE



NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



FOUNDER'S MESSAGE

D. Gary Young Shares an Inside Perspective into the Seed to Seal® Process

The world of essential oils is multifaceted and very complex, beginning with the location and including the soil, seeds, cultivation, harvest, and distillation. After actual production we have to look at many factors: the purpose of smelling nice, invigorating wellness, sharing with a social network, and for many producers, the ultimate goal of making money.

The awareness and interest in essential oils today is fascinating to me and yet, at the same time, is also very discouraging, with a future that has become more questionable and elusive than when I started 30 years ago.

In 1979 I used to go to a natural health bookstore in Spokane, Washington, where I would spend my lunchtime doing my homework. I had never heard of essential oils prior to visiting this woman's store until she asked me that fateful question, "What do you know about essential oils?" As we talked, her knowledge stimulated a new avenue of thinking for me.

However, by 1982 I had given away all of the essential oils that I had bought because I saw no value in them after having used them in my massage practice while going to school. Not until 1985 when I was introduced to real essential oils at the Geneva Medical University by Dr. J. C. Lapraz did I realize there is a difference between pure plant-produced oils and laboratory-manufactured perfume oils. Today, we can add to the synthetic list nature identical fragrance oils and 3rd- and 4th-grade oils cut with synthetic compounds to mimic the look of pure oils.

When I started 31 years ago, no one cared about quality, simply because it was not an issue. The oils were used for flavor and fragrance, potpourri, and incense. The thought of using them for health and wellness purposes had not really crossed the minds of the masses, nor had anyone really thought of marketing them to the general public at that time. Dr. Jean Valnet experimented with essential oils during World War II, but it never caught on, and he was considered crazy to use "those oils" for health.

When I introduced the idea of using pure essential oils for health care and wellness, I was considered to be crazy, a quack, a snake oil salesman, and many other unkind and derogatory things.

However, in spite of what everyone else said, there was a new spark of excitement within me that took me to France to learn about how the oils were used

as well as how they were produced in the distilleries. The more I learned, the more I realized how critical it was to use pure oils.

In 1987 I met a Frenchman who had moved to Los Angeles with the intent of opening a shop and selling essential oils to the Americans. I thought that perhaps he could be a supplier for me and save me a lot of time and money. When I smelled his oils, I knew they were not right, based on what little I had learned already. When I questioned him, he said, "No one in America knows anything about essential oils, and there is such a supply of poor quality and inferior oils from the perfume trade that I can buy them dirt cheap and make a huge profit here in America. Gary, you could be my number one sales agent. Americans will buy anything if you tell them a story."

I left his shop and never saw him again. But he was right and today outside of Young Living—and a few dedicated suppliers—I believe that it is common to find adulterated and/or synthetic oils.

Today, the phrase "Pure, therapeutic-grade essential oils," a phrase that I coined in 1990, has spread like the common cold. It is upsetting to me that innocent, uneducated buyers are lured into thinking they are getting my standard of quality and then boasting that the oil is just as good, but cheaper. The pirating of information and educational materials, copying of blends, and even plagiarizing my books and photos out of desperation to be something that they never can and never will become has been ongoing since essential oils became a marketing phenomenon for profit.

I am saddened when I hear our members become frustrated about Young Living having an oil out of stock when the same oil can be bought from another company, on the Internet, or in a store. Yes, you can buy that oil, but it may not be the quality for which we stand—the Young Living quality. Or it may be from a lot we rejected.

If making money is your goal, then everything else becomes secondary. If wellness is your goal, then money becomes secondary, and the production of that oil becomes paramount, which changes the dynamics of how you buy and use your oils.

Purity is a matter of interpretation. I am certain that laboratory-manufactured oils are made with "pure" chemicals. You can buy a pure synthetic oil with only an aromatic response intended, and hardly

anyone will know the difference. Many people love the smell of synthetics. How many people love to walk through the perfume department in a commercial business? How many people hold their breath as they walk through as quickly as possible to get to the other side?

An oil that has even one single component that is made in a laboratory and added to increase the volume for profit can still be stamped "pure," meaning that it is uncontaminated from outside of the laboratory, assuming that the rest of the components are pure. It's like adding rancid oil to a cake batter—the whole recipe becomes rancid.

Young Living is about "pure," but our pure is God's pure, meaning "as God created it"—unaltered and uncontaminated with synthetics. However, many other factors must be considered—location, soil, seed, cultivation, weather, and harvesting, maturing, and distilling methods.

How can someone who has never farmed, never distilled, and never analyzed an oil know if the oil is pure or adulterated? Who are you talking to or who is telling you their story? Are you talking to someone in marketing, the president of the company, the chemist, the laboratory technician, the operation's director, the buyer, or the vendor? Have any of them been to the farm or farms that produce their oils, helped in the planting and distilling, been actively involved in the production? Or do they just visit the farms and walk around and look and act important?

What about those selling the "same" oil from another company on the Internet? What kind of knowledge do they have, and what have they experienced? Do they care about the quality or just the money that comes from the bottle of oil they are selling? These are all things that you have to consider, and those who have more knowledge will certainly have a better idea about quality. Words are cheap, but the truth that backs those words comes with tremendous work and care about what they sell to the public.

Many of you have been to one or more of our farms and been a part of the harvest and distillation. You know what it takes—the sacrifice, the challenges, and the excitement of success. There is nothing like watching the oil bubble up in the separator.

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FOUNDER'S MESSAGE

Those of you who have had that fabulous experience know what it takes to produce a pure oil, what it looks like, and how it smells and feels. There is no mistake.

We cannot control Mother Nature, and sometimes she doesn't give us the best conditions. Too little rain, too much rain, too hot, too cold, short growing season, low levels of soil nutrients, etc., all determine what kind of a harvest we will have.

About three years ago, when we were in St. Maries for the melissa harvest, we had a very disappointing season. Many members came to help, but the weather was cold and rainy, the melissa didn't grow very well, and it wasn't ready to be cut. Sadly, many members went home having missed out on the harvest. When we finally had some hot weather, the season was almost over and too short for the melissa to reach full maturity, so our crop production was much less than in previous years.

If the oil production is less than what we need, the oil goes out of stock, and products made with the out of stock oil also go out-of-stock. I can then learn to live with the out-of-stock oil until the next harvest, look for additional suppliers who will follow our seed to seal standard, reformulate the products with oils that are similar but easier to source, or add a synthetic ingredient to make up the difference and meet the demand. Some people may not care, but I do. I want only the purest and the best for our members, my family, and myself.

Government regulations also determine our ability to buy an oil. The oil may be available, but the paperwork is voluminous and the time involved for approvals seems insurmountable. I have spent much time analyzing our situation and trying to determine the best direction to go. I have been able to reformulate several blends, and some of these new blends I like even better.

Many oils have similar constituents, so I can use a different oil with the same constituent, but perhaps I just have to adjust the amount. This way I am able to achieve a beautiful aroma with the same desired response.

Valor has been one of our top blends since I created it in 1991. Blue Tansy, an important ingredient in Valor, has been in very short supply from the beginning. However, until

three years ago, our numbers were much smaller; but with our exponential growth, we have not been able to meet your demand. Farmers cannot increase their crops three and four times in size overnight. Crops just don't grow that fast, and sometimes more land is not immediately available.

I thought I might have to build a farm in one of the African coastal countries, but the time and money involved would be a bit staggering, especially after the immense effort to build our farm and distillery in Split, Croatia. However, we have found several growers who are increasing their crops, which increases the capacity to produce this precious oil.

Rosewood has also been a difficult oil to procure, but I have found another oil with the same constituents that is so close that it can easily be substituted, and with a few other tweaks, we'll have another spectacular blend.

I am just as concerned about our oil supply chain as you are, and we are making a lot of progress with solutions. We are constantly adding new growers and partner farms, which is the only possible way that we will be able to meet the demand. We are continually expanding our current farms and being very calculating in the decisions we make.

Our Ecuador farm is very well managed, and the fields of oregano and dorado azul are breathtaking, expanding as far as the eye can see. The ylang ylang groves are immense, and new extraction chambers have been installed for the increased production. We are fortunate to be able to grow year-round in Ecuador, but the other farms have short seasons, so we have to move quickly and hope that the season and temperatures are favorable to hardy crops.

I hope that I have given you enough of a picture of how important the production of our oils is to all of us, so when you are in a department store and see lavender, frankincense, melissa, etc., on their shelves for a fraction of the Young Living price, you will know the difference.

God's purity is not cheap and is not always consistent with demand. God's pure oils come with intense labor and care, but what you get is the very best.

God bless,

PROVIDING HOPE

The Foundation's Global Service Project



Sole Hope will receive over 3,000 shoes cut from old denim during the Foundation's global service project.

In a three-day effort to benefit Uganda-based nonprofit Sole Hope, Young Living members and employees came together during an international service project from November 9–11. The D. Gary Young, Young Living Foundation partners with Sole Hope to, in part, protect children in Uganda against a parasitic foot infection called jiggers by providing them durable footwear made from upcycled jeans. To help with their efforts, over 20,000 members from the United States, Canada, Mexico, Europe, Australia, Hong Kong, and Southeast Asia gathered for "shoe cutting" parties to cut out several thousand pairs of shoes from old jeans.

Social media and the Foundation's website were buzzing during the three-day service project. "This recent Sole Hope Party that I hosted was my first experience with the Young Living Foundation," said Young Living member Alexandra Rivera from Virginia. "This experience has motivated me to be on the look out for other opportunities to give back through this Foundation, and I love that 100 percent of donations goes directly to the projects and partnerships."

Senior Director of Young Living Global Philanthropy Nikki Davis was excited to help spearhead the effort. "Because jiggers are misunderstood in Uganda, infected children are often ostracized and cast out of their village without treatment and support," she said. "We are proud to partner with Sole Hope to provide services that will change the lives of children in Africa and empower them to rise above their circumstances."

During the event, Sole Hope's Executive Director Drü Collie visited Young Living headquarters and shared the story of his organization. "We are grateful for the overwhelming support from Young Living and its members," he said. "The Foundation's efforts have enabled us to change lives by providing hope and treatment to hundreds of individuals every week."

The Foundation's efforts have enabled us to change lives by providing hope and treatment to hundreds of individuals every week.

In addition to helping provide thousands of shoes, the Foundation—thanks to Young Living members' generosity—will be breaking ground on a new outreach house, where Sole Hope will be able to provide much-needed resources to victims who have been shunned from their communities. Sole Hope's remarkable efforts don't stop at footwear and housing, however. The organization also strives to offer hope, healthier lives, and freedom from foot-related diseases through education, jobs, and medical relief.

This mission aligns in profound ways with that of the Foundation—which envisions a world where children are provided with the resources and opportunities necessary to become confident, self-reliant leaders, who can take control of their own health, provide for their families, and positively change their communities. You can help this vision come to life. Simply visit YoungLivingFoundation.org to find how you can connect your passions with service.

GIFTS THAT KEEP GIVING
2016 HOLIDAY CATALOG

bit.ly/YLHoliday2016

ROYAL CROWN DIAMONDS



Kathy Farmer (USA)
Alyssa & Troy Francis (USA)
Frances Fuller (SGP)
Carol Yeh-Garner & Scott Garner (USA)
Adam & Vanessa Green (CAN)
Lindsey & Evan Gremont (USA)
Vijay & Ulrike Churfuerst Hanzal (AUT)
Marcella Vonn Harting & Jim Harting (USA)
Jeanmarie Hepworth (USA)
Max & Karen Hopkins (USA)
Gregg & Carol Johnson (USA)
Jen & Adaryll Jordan (USA)
Joanne Kan & Eric Yang (HKG)
Gretchen King-Ann (HKG)
Mark & Melissa Koehler (USA)

Connie Marie McDanel (USA)
Jeremiah & Monique McLean (USA)
Lindsay Teague & Michael Moreno (USA)
Vicki Opler (USA)
April & Jay Pointer (USA)
Debra Raybern (USA)
Cherie Ross (USA)
Brenda & Scott Schuler (USA)
Teri Secrest (USA)
Christa & Jason Smith (USA)
Madison & Tyler Vining (USA)
Vivian Ting Wan (HKG)
Jill & James Young (USA)



CROWN DIAMONDS

Hailey & Jeremy Aliff (USA)
Artemis (AUS)
Nicole Barczak (USA)
Terry & Ladonna Beals (USA)
Crystal & Verick Burchfield (USA)
Courtney & John Critz (USA)
Sha-Faun Enterprises, Shauna Dastrup (USA)
Kristy & Jake Dempsey (USA)
Rainbow Forever Trust (USA)
Danette & Jim Goodyear (USA)
Patricia Gwee (SGP)
Mary Hardy (USA)
Prakama & Markus Hauser (AUT)
Carol & Ben Howden (CAN)

Darren & Sera Johnson (USA)
Chip & Kathy Kouwe (USA)
Zach & Kari Lewis (USA)
Fiona Lui (HKG)
Diane Mora (USA)
Anita Ochsenhofer (AUT)
Nathan & Jessica Petty (USA)
Melissa Poepping (USA)
Doug & Jordan Schrandt (USA)
Callie & Jeremy Shepherd (USA)
Nanette & Ward Symes (USA)
Sharnael Wolverton (USA)
Kelli & Les Wright (USA)
Dietfried Wruss (AUT)
Myra & Ernie Yarbrough (USA)

DIAMONDS



NEW
HOI KI LI (HKG)

Franciela & Juan Arévalo (MEX)
Wan Jiey & Tuan Alimin (MYS)
Laurie Azzarella (USA)
Karla Berger (USA)
Fee Boey (MYS)
Yonie Bonawi (SGP)
Marlo Bontempo (USA)
Dustin & Alana Bookhout (USA)
Kyler & Sandi Boudreau (USA)
Nat & Lauren Bretz (USA)
Heather & John Brock (USA)
Kimberly R. Bromelkamp (USA)
Mary Starr & Jay Carter (USA)
Chelle Carter (USA)
Annie Chan (MYS)
Winnie Chan (HKG)
Paul & Tina Ciesla (USA)
Christi Collins (USA)
Bryan & Summer Davis (USA)
Anni & Dave Dayan (USA)
Judy De La Rosa (USA)
Sabina M. Devita (CAN)
Gordon & Corie Devries (USA)
Kirk & Britta Dimler (USA)
Amie Dockery (USA)
Heather & Wade Doll (CAN)

Claudia Dosamantes (USA)
Karen J. Douglas (USA)
Denise Dunleavy (USA)
Denise Easton (USA)
Pam & Gary Edwards (CAN)
Debbie & Daniel Erickson (USA)
Rhonda & Frank Favano (USA)
Julia Kay Ferguson (USA)
Jamie & Chelsea Flaman (CAN)
Katie & Kevin Ganger (USA)
Lori Gasca (USA)
Jessica & Rit Gianelloni (USA)
David & Teresa Gingles (USA)
Carla & Bill Green (CAN)
Gailann Greene (USA)
Hitomi Harada (JPN)
Zach & Katie Harris (USA)
Dallas Harting (USA)
Reuben & Stacie Hartzler (USA)
Jilene & Duane Hay (CAN)
Andrea M. Hayes (USA)
The Collected, Tan Kai Hiang (SGP)
Greg Hitter (USA)
Candace & Jimmie Don Hoke (USA)
Carol & Delaine Holden (USA)
Rachel & Ryan Holland (USA)

Jonathan & Laura Hopkins (USA)
Crystal & Larry Hoskins (USA)
Jennifer Howard (USA)
Shannon & JD Hudgens (USA)
Brian & Shannon Hudson (USA)
Reagan & Danny Jewitt (CAN)
Danielle & Michael Keen (USA)
Dan Keskey (USA)
Erika & Tim Kilcher (USA)
Nancy Knittle (USA)
Andrea Lahman (USA)
Sherry Lamarche (USA)
William & Joan Lansing (USA)
Claire Lee (HKG)
Sarah Lee (USA)
Janie Leek (USA)
Jeffrey Lewis (USA)
Hoi Ki Li (HKG)
Jennifer Lim (MYS)
Yvonne Litza (USA)
Stacie & Todd Malkus (USA)
My Joanna Malone (USA)
Kristi Mangan (USA)
Skyla & Brian Mann (USA)
James & Stacy McDonald (USA)
Brian & Jodi McKenna (USA)

Ryan & Ashley McKenney (USA)
Tyson & Wendy Mercure (USA)
Mark & Angela Meredith (USA)
Jodie Meschuk (USA)
Stephanie Moram & JP Paradis (CAN)
David & Star Moree (USA)
James Niederland (USA)
Shelby & Steven Nowak (USA)
Aditya Nowotny (DEU)
Niccole Perez (USA)
Heather & Christian Portwood (USA)
Anna-Maya Powell (USA)
Ryan & Kim Prather (USA)
Evangeline & Thomas Reed (USA)
Kim Rinaldi-Robey (USA)
Robert Rinato (USA)
Erin & Bronce Rodgers (USA)
Vanessa Romero & Tom Nikkola (USA)
Heidi Ross (CAN)
Catherine Rott (USA)
Melissa & Clay Sanches (USA)
Nancy Sanderson (USA)
Courtney Scruggs (USA)
Alan & Linda Simpson (AUS)
Michelle & John Skoczek (USA)
David & Lee Stewart (USA)

Sonya Swan (USA)
Jeremy & Hannah Tallo (USA)
Jihan Thomas (USA)
Maggie Tong & Hill Ngan (HKG)
Amanda & Gabe Uribe (USA)
Karen Vavrick (USA)
Derek & Janell Vonigas (USA)
Justin & Sara Wallace (USA)
Tammy & Eric Walton (USA)
Mary C. Ward-Farnham (USA)
Becky & Jonathan Webb (USA)
Dick & Nancy Weber (USA)
Casey Wiegand (USA)
Matt & Darlene Weir (USA)
Josh & Paige Williams (USA)
Chris & Connie Wolverson (USA)
Korbut Wong (HKG)
John Wongcw (SGP)
Sum Sum Yip (HKG)
Chelsea Marie Young (USA)
Darreck Chen Yoon Yung (MYS)
Fred Zerr & Judy Klassen Zerr (USA)

RECOGNITION RETREAT QUALIFIERS



Our recognition retreats immerse our members in an unforgettable Young Living adventure. Members who consistently strive and achieve Silver, Gold, Platinum, or Diamond—for at least 3 consecutive months—are rewarded with a trip to one of our flagship farms, where they experience the Seed to Seal process firsthand in addition to dynamic leadership development.

DIAMOND RETREAT

Please visit bit.ly/YLDiamonds for Diamond Retreat qualifiers.

PLATINUM RETREAT

Corinne Delis (NLD)

GOLD RETREAT

Yohana Bte Bonawi (SG)
Classic Concierge (SG)
Naomi & Warren Dyer (AU)
Kaitlyn McCabe (US)
Melissa Russo DBA Yoga Massage And Bodyworks (US)
Susan Jane Sturos (US)
Teresa Valmonte (US)
Yuen Yi Wong (HK)

SILVER RETREAT

Sofiah Alhamid (SG)
Pamela Bedgood (US)
Ann & Roy Brown (AU)
Kristan Carroll (US)
Chui Chan (MY)
Shan Chung (HK)
Belinda Dalton-Super (US)
Susan Downer (US)
Vicki Dupree (US)
Magaly Garza Cavazos (US)

Bernadette Glasgow (US)
Valerie Gospodarek (US)
Louise Grieve (CA)
Ellen Gunst (NL)
Mathieu Haack (CA)
Gary Hardouin (US)
Liza Holgado (US)
Lee Huy Rene (MY)
Eloise Jantzi (CA)
Eryn Jones (US)

Tsang Ka Man (HK)
Masami Kawano (JP)
Maureen Koehler (US)
Greta Laborde (US)
Winki Lam (HK)
Hoong Fatt Lau (MY)
Felicia Lawrence (US)
Alyssa Leroy (CA)
Michelle Marsh (AU)
Chua Muhammad Rafie

Muhammad Hadi (SG)
Jessica Olson (US)
Peppiina Anni Pitkänen (FIN)
Sara Poff (US)
Siti Syuhadah Sharin (MY)
Melissa Sieks (US)
Candice Van Bree (US)
Bridget Wallace (US)
Sina Wedel (DEU)
Lucy Wilman (GBR)

Patricia Wood (US)
Ika Yuanita (SG)
Saari Zilal (MY)
Deborah Jean Sagisser Heart And Soul Reflexology (US)
Alexandra Stuart (AU)



We've designed Elite Express to reward the success of even more members. Elite Express spans from Executive all the way to Platinum and offers big rewards every step of the way. Elite Express is a 20-month program and is available for members across the globe in four tracks, lasting from 3 to 6 months each: Executive in 3 (Ei3), Silver in 6 (Si6), Gold in 6 (Gi6), and Platinum in 5 (Pi5), with a bonus Elite in 20 (Ei20) track for those who successfully complete all tracks within 20 months or less.



Yohana Bonawi (SG)
Niki Flynn (CA)



Amiza Fazlina Aminuddin (MY)
Amanda O'Brennan (CA)
Christie Mohamed (US)
Siti Nur'Rahmah Bte Muhab Shah (MY)



Bt Nor Hashimi Aisyah Basirah (MY)
Cathy Alegre (PHL)
Dawn Ashton (CA)
Bin Md Yusof Azizul (MY)
Norhayah Binti Bonawi (SG)
Cheryl Brown (CA)
Shun Png Chan (AU)
Oh Chu How (SG)
Kelly Cone (US)
Courtnee Coolin (CA)
Kristin Crosby (US)
Dana Curtis (US)
Justin Debois (US)
Joann Edwards (US)
Carl Edwards (US)
Yunita Gomeedi (SG)
Karen Graf (CA)
Lindsey Heintz (US)
Tiffany Huebner (US)
Margot Innes (CA)
Keenan Jacobsen (US)
Yue E Joanna Koh (MY)
Lo Lai Mei (MY)
Tracy Leask (CA)
Vui Thin Liew (MY)
Yichun Lin (TW)
Chung Hau Ma (HK)
Roslina A. Majid (SG)

Mj Mccarthy (CA)
Shannon McClure (US)
Karen Mitchell (CA)
Florin Moise (Rou)
Danielle Okano (US)
Kristine Olivas (US)
Nataschja Plusje (NLD)
Colin Quigg (US)
Siti Abdul Rahman (AU)
Jennifer Richardson (US)
Stacey Rosse (CA)
Chad Scott (US)
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Heather Tisserand (US)
Robyn Vidor (US)
Hui Wai Mei (HK)
Christina Weidner (DEU)
Alifah Luthfia Ya'CoF @ Yaakop (MY)
Lin Meng Yap (MY)
Nur Amanina Zainal Mubarak (MY)



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Bt Alikabar Azrin Hayati (MY)
Norhayah Binti Bonawi (SG)
Mary Bishop (CA)
Annie Bradley (AU)
Alison Chan (HK)
Bing Yee Chan (HK)
Chung Yan Chan (HK)
Hsio Chan (MY)
Siu Ling Chan (HK)
Sui Lin Chang (MY)
Chi Ling Cheng (TW)
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Mikki Crosby (CA)
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Darla Farrington (CA)
Todd Gallagher (CA)
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Amy Gray (CA)
Eva Grosser-Heinz (DEU)
Sarah Gutierrez (AU)
Janelle Hague (CA)
Bt Hamdan Haniza (MY)
Allison Hayes (US)
Charlee Helton (US)

Yen Ting Ho (HK)
Jasmine Hope (CA)
Suzanna Hung (HK)
Heather Huxham (CA)
Liz Johnson (CA)
Jessica Jordan (US)
Wendy Keedy (US)
Nurul Haniza Khamsuni (MY)
Hui Hui Khor (MY)
Josephine Lei (MAC)
Foong Li Theen (MY)
Kam Wa Lo (HK)
Shannon Macleod (CA)
Binti Hosnodin Mahayu (MY)
Shuping Mao (TW)
Amy Mcgough (US)
Ai Meng Lau (SG)
Jeffrey Montgomery (US)
Beatriz Morales Gil De La Torre (MX)
Emily Musika (US)
Yong Ngik Hee (MY)
Tai Siong Ong (MY)
Denise Pen Well (US)
Muhammad Abdul Rahman (MY)

Logan Randazzo (US)
Corinna Robinson (US)
Syarifah Syaifanur S Mohamad Salleh (MY)
Carlyon Sahetapy (SG)
Siti Saliyah Saiun (MY)
Shaun Keshiv Sarjeet Singh (SG)
Chad Scott (US)
Tan Sean Chin (MY)
Ting Siew Ching (MY)
Abd Rahman Siti Nur Hidayah (MY)
Shauna Skinner (CA)
Shawna Snyder (US)
Kristi Stanton (US)
Joni Stricker (US)
Siew Fong Tai (MY)
Heather Tan (MY)
Jennifer Varney (US)
Chet Vonbargen (CA)
Edward Walker (US)
Jenna Waltz (CA)
Sherri Woolsey (CA)
Christy Wynne (US)
Shu-Ting Yang (TW)
Kee Ling Yap (MY)
Ee Von Yech (AU)

RANK ADVANCEMENTS

Please visit bit.ly/YLRankAdv for a complete list of all Rank Advancements.

RETREAT QUALIFIERS

Please visit bit.ly/YLRetreats for a complete list of Retreat qualifiers and to get full details and information about each retreat.

Oil of the MONTH

Myrrh has long been seen as a symbol of sharing during the holiday season. Since biblical times, this precious botanical has been sought after for its rich, earthy aroma and skin benefiting properties and at one point may have been even more valuable than gold. Myrrh essential oil comes from the resin of the Commiphora tree, common in the Middle East, and is often used during meditation to promote feelings of spirituality.



Some ways to use Myrrh essential oil:

- Fill your home with the essence of the holidays by diffusing Myrrh with Frankincense and Orange.
- Mix a few drops into your daily moisturizer to help support the healthy appearance of skin.
- Add 3-5 drops to V-6™ Vegetable Oil Complex for a comforting massage.

Gourmande

in the kitchen



Sylvie Shirazi is the recipe developer, food photographer, and real food lover behind *GourmandeInTheKitchen.com*. There you'll find a collection of recipes that celebrate your inner gourmand with fresh, seasonal ingredients that are free from gluten, refined sugar, and processed ingredients. The recipes on Gourmande in the Kitchen are fast and fresh with a focus on quality ingredients and minimal preparation that let the natural flavors of the food shine because you don't need a lot of time or a long list of ingredients to make good-for-you, satisfying, and delicious food if you start with the best ingredients possible.

GourmandeInTheK Gourmande in the Kitchen GourmandeInTheK

DAIRY-FREE DARK CHOCOLATE

Peppermint Mousse



INGREDIENTS

- 8 oz. filtered water
- 10 oz. bittersweet (70%) chocolate, chopped
- 1 tablespoon Yacon Syrup (optional)
- 3-4 drops Peppermint Vitality™ essential oil
- Ice and water for ice bath

INSTRUCTIONS

- Place enough water and ice into a large (preferably stainless steel) mixing bowl to cover the bottom and nestle a slightly smaller bowl inside to create an ice bath. Set aside.
- Bring the filtered water to a boil in a saucepan, turn off heat, add the Yacon Syrup and chopped chocolate, and whisk until melted and smooth. Add Peppermint Vitality essential oil and whisk again.
- Pour the melted chocolate into the mixing bowl sitting on top of the ice bath and whisk vigorously until mixture becomes thick and ribbon-like. If you over mix your mousse, it will become grainy. If this happens, add more chopped chocolate to mixture, melt over the heat, and whisk again until thick and ribbon-like.
- Spoon mousse into serving cups to serve or cover and refrigerate to firm.



More than 1,000 members and guests gathered at the Malaysia office on October 16 to celebrate the market's second anniversary. This fun-filled, all-day event featured a product exhibition and was topped off by international speakers, who elevated the experience for everyone in attendance.

One of the highlights of the event was the launch of Essence of Hope, a community project initiated by Young Living Malaysia to support children and families in need and to fulfill the company's vision of bringing Young Living essential oils into every home in the world.

Malaysia's office also recently welcomed our new Vice President of Asia Pacific, Tai Tolman. Tai has an impressive track record in the direct sales industry and brings with him extensive experience in developing new markets. He will be based in Kuala Lumpur, and we look forward to working with him to take Young Living Asia Pacific to new heights!

A few favorite oils of Malaysia's members include Peppermint, Lavender, Lemon, R.C.™, and Thieves®. We also recently shipped NingXia Red® singles to Malaysia for sale, and members are excited to take this Young Living favorite on the go and to share its goodness with their loved ones.

Want to follow what's going on in Malaysia and see more photos from the anniversary celebration? Head over to [Facebook.com/YLMYOfficial](https://www.facebook.com/YLMYOfficial) to learn more!



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