

THE ESSENTIAL EDGE

NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



FOUNDER'S MESSAGE

Leadership is a word that might be explained in many different ways. I think everyone has a different idea about what it means to be a leader. In reality, I think it is a word used loosely, offering so many opinions. Many people don't think of themselves as leaders and often feel like they don't know what to do. However, in the world of network marketing, everyone who sponsors someone new becomes the leader for that new person. That gives everyone an opportunity to learn how to be a leader and develop leadership skills.

A "good" leader is responsible and works for the good of all those they lead, which means to help and guide new people as they learn about our products and our business. Many people say they don't want to sell but only want to share. To define these two words differently doesn't change the action. If you are sharing, you are hoping that those with whom you share will buy, which means you are selling; so it's important to learn how to be a "good" leader.

There are books, courses, seminars, tapes, etc., that offer great insights into the world of leadership. For me, a leader is one who cares and offers assistance with ways to help those we lead become successful, which is the greatest reward.

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Whether it is developing our exhaustive testing processes or finding the best locations for our farms and distilleries, I have always been dedicated to lead by encouraging and inspiring those around me. A successful organization is built on a strong foundation of honesty, integrity, and dedication to the success of others.

There will always be obstacles, but a dynamic leader inspires people to be the best they can be, to accomplish their goals, and to follow their dreams regardless of those obstacles.

Develop your personal leadership style by watching those around you. Every day, as Young Living members, you have the opportunity to lead those around you and to create a legacy of empowerment and passion. Whether you are just starting with Young Living or have been with us since the beginning, being a leader is your opportunity to grow and to help others.



The Convention Brings Young Living Members from Across the Globe Together for an Incredible Experience.

Are you ready for the convention? So are we! This year is going to be packed with the best of YL, and we can hardly wait for you to join us in Salt Lake City, Utah—it'll be our biggest convention yet!

From exploring the expansive Lifestyle Expo to immersing yourself in learning from industry leaders, you're going to have an experience that'll allow you to Live Your Passion with more empowerment than ever before. Here's a rundown of some of the highlights you can expect.

The Expo

Once you arrive at the convention, you won't be able to miss the Young Living Lifestyle Expo. This one-stop destination gives you an up-close look at the latest products and business resources. The expo also highlights some of the best YL classics in a fun way—including classes on the main stage and Club Red, where you get to create your very own infused NingXia Red® shots.

Awards Night

We're excited to be joined by Mario Lopez, host of TV's *Extra* and star of *Saved by the Bell*. Mario will be our host for Awards Night, a night where we showcase our members' accomplishments. This black-tie event will be a great time to recognize the hard work of your peers from across the world and, of course, to celebrate your own!

Extra Events

If you want to experience an in-depth look at Young Living, you can see the Seed to Seal® process firsthand during our Mona, Utah, farm tours. You'll join other members on a tour through our farm and distillery while learning about our

industry-leading standards.

Also, don't forget to pamper yourself by making an appointment at the Young Living Spa. Put yourself first while licensed massage therapists treat you to an essential oil-infused experience. Register for either of these extra events ahead of time—spots are filling up, so don't wait.

Lady Antebellum Concert

What's a convention without a concert? Grammy Award-winning Lady Antebellum will be our headline entertainer. Selling over 11 million albums worldwide and earning 6 Platinum singles, Lady Antebellum has also earned 3 ACMs and CMAs for "Vocal Group of the Year." Don't miss this Young Living-exclusive concert!

Young Living Foundation Festival

If you want to have fun and help a good cause, be sure to join us for the Foundation Festival, hosted by the Young Living Foundation. This event will include an interactive performance by Recycled Percussion! Having played over 4,000 shows and over 400 corporate events in over 15 countries, the group has been featured on the cover of USA Today and voted National Act of the Year for a record-breaking 6 times.

Workshops and Keynote Speakers

Our workshops feature world-renowned experts, including Baby Einstein founder Julie Clark, who will give you exclusive trainings that'll help you share Young Living more effectively than ever. The learning doesn't stop there.

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BUILD FOR SUCCESS

Use and Share These Three Tips to Boost Your Young Living Business



We all love Young Living and the products that help support our wellness, but sometimes it's hard to know the best ways to share the love. Harder still, it can be awkward to share Young Living in a way that builds a foundation of a successful, full-time business. So how do you get people energized and excited about the potential of Young Living? You create your own Young Living story and then share your journey with others.

If you're ready to do what it takes to build a business and earn through Young Living's industry-leading compensation plan, we've got three easy steps that could help you create your own inspiring Young Living story.

1. Create a Foundation

Every business needs a solid foundation. Young Living offers the Essential Rewards (ER) program as a great way to discover products that will ignite your passion. After you sign up, your ER order will be automatically shipped to you each month, and you may change the items in your order each month before your autoship date. Based on the amount of your order and the length of time you have been enrolled in the Essential Rewards program, you will earn points each month that you can use to order FREE products. This is a terrific way to try new products every month.

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A SMALL INVESTMENT LEADS TO BIG IMPACT

Join the Young Living Foundation to Change Lives



On a Recent Trip to Ecuador, Young Living Members Served the Community in Chongon.

Giving back has never been easier! Not only is the Young Living Foundation offering more projects and opportunities to make a difference than ever before, but they've also created lots of super easy ways to get involved. Check out these three simple ways to make an even bigger impact in the lives of disadvantaged people all around the world.

AmazonSmile

You've probably spent some time on *Amazon.com*. Did you know that the online retailer recently launched a program called AmazonSmile that allows you to select an organization of your choice to receive a portion of your order's proceeds? The foundation has partnered with the AmazonSmile team, and a percentage of each eligible purchase you make on *Smile.Amazon.com* will go directly to the Young Living Foundation's projects. The next time you're placing an Amazon order, just select the Young Living Foundation as your designated charity.

Direct Donation

Becoming a donor is a great option to give back—find the donation form on *YoungLiving.com/Foundation*. Fill out the form; select which foundation program you'd like to support; decide the monthly, one-time, or percentage amount you'd like to donate; and provide

the info to pay via credit card or monthly commission check. Once you submit the form, your donations will support the important work happening across the world.

Round Up

When placing an order in Virtual Office, click the box that says: "Check here to round up to the nearest dollar." This will automatically round up your order amount and donate the difference to the foundation. Recently, the foundation challenged members to make a difference through this easy option, and it has been a major success! In the first three months of 2016, the foundation received nearly \$121,000 from members rounding up their orders. Share the news about this easy, effective, and affordable option and help us keep that great momentum going!

We told you the foundation has more than one way to get involved! The next time you're wondering how you can make a real impact in the world's communities, donate through AmazonSmile, fill out a donation form at *YoungLiving.com/Foundation*, or round up on your order. Each of these easy investments will lead to life-changing impacts, maximized by Young Living's commitment to cover 100 percent of the administration costs. Find your way to donate!

CHAMPIONS OF THE YL LIFESTYLE

Young Living Adds Two Brand Ambassadors



Rosanna Queirolo (front right) and Bryan Clay (back right) Join Our Brand Ambassador Team.

We are excited to introduce our two newest Young Living brand ambassadors: Bryan Clay and Rosanna Queirolo. Just as with our other brand ambassadors, their lives blend perfectly with the Young Living lifestyle. Both Bryan and Rosanna live purposeful lives of wellness and balance.

Bryan Clay is an Olympic athlete from the United States who won the silver medal in the 2004 Summer Olympics. In 2008 Bryan once again qualified for the Summer Olympics in Beijing, China. This time he took the gold medal. In addition to his success in the Olympics, Bryan is also a four-time U.S. National Champion and a three-time World Champion. "At the

highest levels of competition, you need the utmost confidence in the partners you choose and the products you use," Bryan said. "I've experienced firsthand the excellence that drives Young Living, and I am proud to be part of the Young Living family!"

Rosanna was born in the home of our scenic Finca Botanica farm in Guayaquil, Ecuador. She is known for many projects, including her health magazine, *Sanna*; hosting TV shows *Decisiones* and *Quiero ser Supermodelo*; and her restaurant *Gourmet Market* in her native Ecuador. Rosanna graduated from the Institute for Integrative Nutrition in New York as a certified health coach. Rosanna said, "My ambition is to change the lifestyle of thousands of families, inspiring them with new ideas and concepts about nutrition, exercise, and leading a healthy lifestyle."

Bryan and Rosanna join six other Young Living brand ambassadors. All of these accomplished individuals provide valuable testimonies to the vision of Young Living. Welcome Bryan and Rosanna! Visit bit.ly/YLBrandAmbassadors to learn more about our amazing team of ambassadors.

YOUNG LIVING
ESSENTIAL OILS

Beauty School

YOUNG LIVING
2016

CRUISE
August 15-19

CASTLE
October 8-9

Register today at bit.ly/YLBeautySchool

YOUNG LIVING
ESSENTIAL OILS

Order your
ACTIVE & FIT KIT
today!

bit.ly/YLActiveFit

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LIVE YOUR PASSION

We've pulled out all the stops this year, and our general sessions will feature awe-inspiring keynote speakers.

After attending the general sessions with our Founder D. Gary Young and best-selling author and world-renowned personal development trainer Brendon Bruchard, you'll be even more inspired to Live Your Passion.

We weren't kidding when we said the 2016 International Grand Convention is going to be the biggest yet. Want even more details about the convention? Visit YoungLiving.com/2016Convention to get an agenda, register for events, and get full details.

Get ready to experience the best of Young Living. Get ready to Live Your Passion!

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BUILD FOR SUCCESS

2. Build Your Business

Once you've seen the benefits of our products, you're ready to share your experiences with others. Build on your foundation by adding others to your team to achieve success together. With amazing perks and added incentives, like our Elite Express program, you'll be able to build your team and celebrate with each other every step of the way.

3. Serve Your Team as a Leader

With an established business and a passion for inspiring wellness through Young Living, you're already taking our mission worldwide as you lead others to success. In this stage, it's important to mentor up-and-coming leaders in your team and help them to create and share their own Young Living journeys.

Now, more than ever, is the perfect time for you to work toward your personal abundance. Use the products in your daily life, try new ones, and share your experiences with those around you. You'll discover a story that makes sharing both natural and all your own.

*For information about distributor incomes, please visit YoungLiving.com/ids.

YOUNG LIVING RECOGNITION

March 2016

ROYAL CROWN DIAMONDS

ADAM GREEN (CAN)
ALYSSA & TROY FRANCIS (USA)
APRIL & JAY POINTER (USA)
BRENDA & SCOTT SCHULER (USA)
CAROL YEH-GARNER & SCOTT GARNER (USA)
CHÉRIE ROSS (USA)
CHRISTA & JASON SMITH (USA)
DEBRA RAYBERN (USA)
FRANCES FULLER (SGP)
GREGG & CAROL JOHNSON (USA)
GRETCHEN KING-ANN (HKG)
JEN & ADARYLL JORDAN (USA)
JEREMIAH & MONIQUE MCLEAN (USA)
JILL & JAMES YOUNG (USA)
JOANNE KAN & ERIC YANG (HKG)
KATHY FARMER (USA)
LINDSAY TEAGUE & MICHAEL MORENO (USA)
LINDSEY & EVAN GREMONT (USA)
MADISON & TYLER VINING (USA)
MARCELLA VONN HARTING & JIM HARTING (USA)
MARK & MELISSA KOEHLER (USA)
MAX & KAREN HOPKINS (USA)
TERI SECREST (USA)
VICKI OPFER (USA)
VIJAY & ULRIKE CHURFUERST HANZAL (AUT)
VIVIAN TING WAN (HKG)
WISE CHOICE RESOURCE CENTER, INC. (USA)

CROWN DIAMONDS

ANITA OCHSENHOFER (AUT)
ARTEMIS (AUS)
CALLIE & JEREMY SHEPHERD (USA)
CAROL & BEN HOWDEN (CAN)
CHIP & KATHY KOUWE (USA)
COURTNEY & JOHN CRITZ (USA)
CRYSTAL & VERICK BURCHFIELD (USA)
DANETTE & JIM GOODYEAR (USA)
DARREN & SERA JOHNSON (USA)
DIANE MORA (USA)
DIETRIED WRUSS (AUT)
DOUG & JORDAN SCHRANDT (USA)
HAILEY & JEREMY ALIFF (USA)
KELLI & LES WRIGHT (USA)
KRISTY & JAKE DEMPSEY (USA)
MARY HARDY (USA)
MELISSA POEPPING (USA)
MYRA & ERNIE YARBROUGH (USA)

NANETTE SYMES (USA)

NATHAN & JESSICA PETTY (USA)
NICOLE BARCZAK (USA)
PATRICIA GWEI (SGP)
PRAKAMA & MARKUS HAUSER (AUT)
RAINBOW FOREVER TRUST (USA)
SHA-FAUN ENTERPRISES, SHAUNA DASTRUP (USA)
SHARNAEL WOLVERTON (USA)
TERRY & LADONNA BEALS (USA)
ZACH & KARI LEWIS (USA)

DIAMONDS

ADITYA NOWOTNY (GER)
ALAN & LINDA SIMPSON (AUS)
AMANDA & GABE URIBE (USA)
AMIE DOCKERY (USA)
ANDREA LAHMAN (USA)
ANDREA M. HAYES (USA)
ANNA-MAYA POWELL (USA)
ANNI & DAVE DAYAN (USA)
BECKY & JONATHAN WEBB (USA)
BRIAN & JODI MCKENNA (USA)
BRIAN & SHANNON HUDSON (USA)
BRYAN & SUMMER DAVIS (USA)
CANDACE & JIMMIE DON HOKE (USA)
CARLA & BILL GREEN (CAN)
CAROL & DELAINE HOLDEN (USA)
CATHERINE ROTT (USA)
CHELLE CARTER (USA)
CHELSEA MARIE YOUNG (USA)
CHRIS & CONNIE WOLVERTON (USA)
CHRISTI COLLINS (USA)
CLAIRE LEE (HKG)
CLAUDIA DOSAMANTES (USA)
COURTNEY SCRUGGS (USA)
CRYSTAL & LARRY HOSKINS (USA)
DALLAS HARTING (USA)
DAN KESKEY (USA)
DARRECK CHEN YOON YUNG (MYS)
DAVID & LEE STEWART (USA)
DAVID & STAR MOREE (USA)
DAVID & TERESA GINGLES (USA)
DEBBIE & DANIEL ERICKSON (USA)
DENISE DUNLEAVY (USA)
DENISE EASTON (USA)
DEREK & JANELL VONIGAS (USA)
DICK & NANCY WEBER (USA)
DUSTIN & ALANA BOOKHOUT (USA)
ERIKA & TIM KILCHER (USA)
ERIN & BRONCE RODGERS (USA)
EVANGELINE & THOMAS REED (USA)
FEE BOEY (MYS)
FIONA LUI (HKG)
FRANCIELA & JUAN ARÉVALO (MEX)

FRED ZERR & JUDY KLASSEN ZERR (USA)
GAILANN GREENE (USA)
GIRIJA & HAL TROPP (AUS)
GORDON & CORIE DEVRIES (USA)
GREG HITTER (USA)
HEATHER & CHRISTIAN PORTWOOD (USA)
HEATHER & JOHN BROCK (USA)
HEATHER & WADE DOLL (CAN)
HEIDI ROSS (CAN)
HITOMI HARADA (JPN)
JAMES & STACY MCDONALD (USA)
JAMES NIEDERLAND (USA)
JAMIE & CHELSEA FLAMAN (CAN)
JANIE LEEK (USA)
JEFFREY LEWIS (USA)
JENNIFER HOWARD (USA)
JENNIFER LIM (MYS)
JEREMY & HANNAH TALLO (USA)
JESSICA & RIT GIANELLONI (USA)
JIHAN THOMAS (USA)
JILENE & DUANE HAY (CAN)
JODIE MESCHUK (USA)
JOHN WONGCW (SGP)
JONATHAN & LAURA HOPKINS (USA)
JOSH & PAIGE WILLIAMS (USA)
JUDY DE LA ROSA (USA)
JULIA KAY FERGUSON (USA)
JUSTIN & SARA WALLACE (USA)
KAREN J. DOUGLAS (USA)
KAREN VAVRICK (USA)
KARLA BERGER (USA)
KATIE & KEVIN GANGER (USA)
KIM RINALDI-ROBEY (USA)
KIMBERLY R. BROMELKAMP (USA)
KIRK & BRITTA DIMLER (USA)
KORBUT WONG (HKG)
KRISTI MANGAN (USA)
KYLER & SANDI BOUDREAU (USA)
LAURIE AZZARELLA (USA)
LORI GASCA (USA)
MARIANNE BLACK BILLETER (USA)
MARK & ANGELA MEREDITH (USA)
MARLO BONTEMPO (USA)
MARY C. WARD-FARNHAM (USA)
MARYSTARR & JAY CARTER (USA)
MATT & DARLENE WEIR (USA)
MELISSA & CLAY SANCHES (USA)
MICHELLE & JOHN SKOCZEK (USA)
MY JOANNA MALONE (USA)
NANCY KNITTLE (USA)
NANCY SANDERSON (USA)
NAT & LAUREN BRETZ (USA)
NICCOLE PEREZ (USA)
PAM & GARY EDWARDS (CAN)
PAUL & TINA CIESLA (USA)
RACHEL & RYAN HOLLAND (USA)
REAGAN & DANNY JEWITT (CAN)
REUBEN & STACIE HARTZLER (USA)

RHONDA & FRANK FAVANO (USA)
ROBERT RINATO (USA)
RYAN & ASHLEY MCKENNEY (USA)
RYAN & KIM PRATHER (USA)
SABINA M. DEVITA (CAN)
SARAH LEE (USA)
SHANNON & JD HUDGENS (USA)
SHELBY & STEVEN NOWAK (USA)
SHERRY LAMARCHE (USA)
SKYLA & BRIAN MANN (USA)
SONYA SWAN (USA)
STACIE & TODD MALKUS (USA)
STEPHANIE MORAM & JP PARADIS (CAN)
SUM SUM YIP (HKG)
TAMMY & ERIC WALTON (USA)
THE COLLECTED, TAN KAI HIANG (SGP)
TYSON & WENDY MERCURE (USA)
VANESSA ROMERO & TOM NIKKOLA (USA)
WILLIAM & JOAN LANSING (USA)
WINNIE CHAN (HKG)
YONIE BONAWI (SGP)
YVONNE LITZA (USA)
ZACH & KATIE HARRIS (USA)

PLATINUMS (NEW)

BETH ROMANOWSKI (USA)
CORINNE DELIS (NLD)
JOY & CLINT BALLARD (USA)

GOLDS (NEW)

AMANDA & EDWARD WILSON (USA)
ANGELIKA TEKET (AUT)
CHELSEA FENUS (USA)
NURUL AFZAN AINI MAT TONI (MYS)
PARAPAK LISE GAY (SGP)

SILVERS (NEW)

AH ENG LIEW (MYS)
ALIA FEBYANI SUYITNO (SGP)
ALISON STEWART (USA)
AMY EVANS (USA)
ANITA EVERAARDT (NLD)
ANSLEY TINGLE (USA)
AUKSES LOPATIENES II (LTU)
AUSRA TALETIENE (LTU)
BIBIANA MESSERSCHMIDT (DEU)
BRENDA WILSON (USA)
CAITLIN KING (USA)
CAMELLIA MORRISON (USA)
CASSIES KHOO (MYS)
CHEAH LEE SUN (MYS)
CHELSEA JONES (USA)
CHIN MEE YEE (MYS)
CHIN SIEW CHIN (MYS)
CHOI TENG SI TOU (MAC)
CHOON YING YIP (SGP)
CHRISTOPHER ADITYA (SGP)
CHUO NGIE WONG (MYS)
DEBORAH ERICKSEN (USA)
DEBRA LEPORATI (USA)
EDISON YENNY KUSUMO (SGP)
ELISA CHAN KAM FUNG (HKG)
ELIZABETH VAN NICE (USA)
ERICA BOWER (USA)
EU JIN SEOW (MYS)
EVARINY FERNANDES (SGP)
HANNA BURAKOVA (UKR)

HANNAH SHIELDS (USA)
HEIDI CHICHESTER (USA)
HELLINA MARIJANA DAUN (SGP)
JACOB BERNARD (HTI)
JACQUELINE MANG HIU TUNG (HKG)
JEAN MISKO (CAN)
JEAN-ERIC DUVAL (HTI)
JEANNE KRAUSE (USA)
JENNIFER & MARC EBINGER (USA)
JESSICA & TRAVIS GREMILLION (USA)
JODY & GLENN BRENNAN (CAN)
JOHN HENDRICKSON (USA)
KARIN AUER (USA)
KATHIE LAKE (USA)
KAYLA BALL (USA)
KWAN YEE LAM (HKG)
LAURA GOMEZ COMPEAN (MEX)
LAUREN MANNING (USA)
LIM MUI LAN CLARE (MYS)
LINDA THEODOROU (USA)
LISA SHINN (USA)
LORI MARSCHALL (USA)
MAGHFARAH MANSOR (MYS)
MARIA CHACON ALMADA (MEX)
MARISHA TALTON (USA)
MELISSA PLUMMER (USA)
MICHELLE HAGER (USA)
MUHAMMAD FAIROUS YUSMAN (SGP)
NORA BURTON (USA)
OKSANA APANAVICIENE (LTU)
OLGA MURASHOV (USA)
PEIJIA KOH (SGP)
RISA ISHIKAWA (JPN)
RUTH SUNDEEN (USA)
SARINI BUJANG (MYS)
SHUK KAM LAU (HKG)
SIDNEY MCLEOD (USA)
SILVY SANJAYA (SGP)
SO YING LAM (HKG)
SOK FONG CHAI (MYS)
STACEY & MIKE HERRING (USA)
STACEY TRESS (CAN)
STEPHANIE BENNETT (USA)
TERESA RISQVI (USA)
THONY JEAN LOUIS (HTI)
TONYA STEVENS (USA)
TRACY OBERLIES (USA)
WAI MAN KWOK (HKG)
WONG KAI HANG (HKG)
ZUBAIDAH TAIB (SGP)

SILVERS IN SIX

TERESA RISQVI
MICHELLE HAGER
STEPHANIE BENNETT
ERICA DAWN BOWER
KATHIE JEANNE LAKE
CHELSEA JONES
MELISSA PLUMMER
SIDNEY ELLE MCLEOD
MARISHA TALTON
KAYLA RENEE BALL
NORA LEIGH BURTON
BRENDA S. WILSON
OLGA MURASHOV

Bold = Newly Qualified

Countries

Australia (AUS)
Austria (AUT)
Canada (CAN)
Costa Rica (CRI)
Czech Republic (CZE)
Denmark (DNK)
Germany (DEU)
Finland (FIN)
Hong Kong (HKG)
Iceland (ICE)
Japan (JPN)
Lithuania (LTU)

Malaysia (MYS)
Mexico (MEX)
New Zealand (NZL)
Panama (PAN)
Peru (PER)
Puerto Rico (PRI)
Romania (ROU)
Singapore (SGP)
Sweden (SWE)
Taiwan (TWN)
United Kingdom (UK)
U.S. Virgin Islands (USVI)

For a complete listing of Young Living leaders, see the online edition of *The Essential Edge* at YoungLiving.com.

UPCOMING EVENTS

Join Us for Incredible Experiences!

- May 2–7: Spring Planting, Highland Flats Farm
- May 3: Ignite, Lincoln, Nebraska
- May 4–8: Drive to Win, Hawaii
- May 9–14: Diamond Retreat, Hawaii
- June 22–26: International Grand Convention, Utah
- July 9: Lavender Day & 5K Run, Mona Lavender Farm
- August 2–6: Gold Retreat, St. Maries Farm
- August 15–19: Beauty School Cruise
- September 29–October 2: Silver Retreat, Mona Lavender Farm
- September 29–October 2: Fall Festival & Draft Horse Show, Mona Lavender Farm
- October 8–9: Beauty School Castle
- November 15–20: Platinum Retreat, Ecuador

bit.ly/YLEOEvents

SPRING IS IN THE AIR

Greet Spring with These Custom Blends



This Photo Shows Our Lavender in Bloom at the St. Maries, Idaho, Farm.

Creating your own DIY spring-inspired blends is the perfect way to bring a breath of fresh air into your home. Diffuse any of these three great blends to embrace the cheery brightness of spring!

Spring Blossom

With an invigorating aroma and hints of floral sweetness, this rejuvenating blend is perfect for bright spring mornings.

- 2 drops Jasmine
- 2 drops Eucalyptus Globulus
- 1 drop Peppermint

Hawaiian Sunrise

Get the uplifting scents of Hawaii without having to brush the sand out of your shoes! Sandalwood provides a warm, beachy smell, while

- 2 drops Lime
- 3 drops Royal Hawaiian™ Sandalwood

Sweet Springtime Renewal

Combining aromas that are clean, relaxing, and romantic, this blend brings together three favorite essential oils for a uniquely uplifting experience.

- 2 drops Grapefruit
- 2 drops Lavender
- 2 drops Ylang Ylang

Oil of the MONTH

May brings with it more sunshine, longer days, and warmer weather. Because of all these pleasant perks, it's no wonder that life seems to get busier as spring transitions into summer. With Geranium's floral aroma and calming scent, we've chosen it as May's oil of the month to help you enjoy the spirit of spring!

Geranium essential oil is produced by steam distilling the plant's fragrant flowers and leaves, and this oil is known for its peaceful, balancing, and calming aroma.



How can you make the most of Geranium essential oil? Here are a few suggestions!

- Diffuse Geranium to freshen the air in busy rooms of the home.
- Dilute with V-6™ Vegetable Oil Complex for a relaxing back massage in the evening.
- Add 4–5 drops to 1 cup Epsom salt for a calming bath before beginning an eventful day.
- Use to help maintain the appearance of tender skin.

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

GLUTEN-FREE YOGURT WAFFLES

with Lemon-Lavender Blueberry Syrup



INGREDIENTS

For the Yogurt Waffles:

- 1 ½ cups Gary's True Grit™ Gluten-Free Pancake and Waffle Mix
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- 2 tablespoons coconut sugar
- 8 ounces plain whole-milk yogurt (preferably with a loose consistency)
- 2 large eggs
- ¼ cup melted coconut oil (plus more for waffle iron)
- 1 teaspoon vanilla extract

For the Lemon-Lavender Blueberry Syrup:

- 1 ½ cups frozen wild blueberries
- ⅓ cup unfiltered honey
- 3 tablespoons fresh lemon juice
- 1 drop Lavender Vitality™ essential oil
- 3 drops Lemon Vitality essential oil

INSTRUCTIONS

- In a large bowl, whisk together flour, baking powder, salt, and coconut sugar. In another bowl, whisk together yogurt, eggs, melted coconut oil, and vanilla extract until smooth. Stir egg mixture into flour mixture and mix well to combine. Let batter sit 10–15 minutes for the flour to fully hydrate. While waiting, make the syrup.
- Combine the blueberries, honey, and lemon juice in a small saucepan and bring to a boil. Reduce heat and simmer for 5–10 minutes or until the mixture is syrupy. Set aside to cool slightly; then add Lavender and Lemon Vitality essential oils, stirring well to combine.
- Heat waffle iron at medium heat and brush with melted coconut oil. Pour ¼ of the batter onto iron and close; cook until waffle is golden brown and crisp, about 4 minutes. Transfer to a wire rack set on a baking sheet in a low-temperature oven to keep warm; repeat with remaining batter.
- Serve immediately topped with the Lemon-Lavender Blueberry Syrup.



Our youngest Young Living office is going strong into its second year of operation, growing tremendously in the past year. With the recent appointment of Michelle Low as Sales and Marketing Manager and the launch of new products, the Malaysia office and its members have a lot to celebrate!

Michelle brings extensive experience and background in the direct selling industry, and we expect that she'll help bring Young Living Malaysia to greater heights. We're so happy to have Michelle on board as part of the Young Living family!

Our Malaysia team successfully launched 16 new products in the market this quarter, including the long-awaited ART® line in March. The office has more products coming this quarter, along with other exciting events!

Together with our loyal members, this office overcame challenges and celebrated successes. In the near future, they are striving for continuous improvement in our system and services to provide greater support to the ever-growing market.

Reach Young Living Malaysia by email at custservmy@youngliving.com.

SEED TO SEAL SPOTLIGHT

Research & Development and Quality Assurance



Our dedication to our proprietary Seed to Seal® process is what distinguishes Young Living as the world leader in essential oils. The fourth step in Seed to Seal is Test, which includes ensuring that every batch of essential oils meets our unwavering standards of quality.

Our Research & Development and Quality Assurance programs include advanced scientific testing and processes during every detailed stage of this step. We've invested millions of dollars into state-of-the-art facilities, equipment, and qualified scientists and experts with over 180 years of combined industry-leading experience to help us bring our partnership with nature into the lab and to ensure quality in every drop.

This makes our Test phase of the Seed to Seal process the most exhaustive and accurate it can be. How exhaustive? If a shipment of raw materials from one of our farms or partner farms does not meet our strict quality standards, we reject it. In addition to in-house testing, Young Living continues to invest millions of dollars into third-party quality testing and quality-monitoring software. Expensive? Yes, but this attention to quality every step of the way is what sets Young Living apart.

And we don't stop there. We're currently tripling the size of our warehouse labs, from 2,500 to 7,500 square feet of space, to accommodate new testing equipment and an expanded team of talented quality control personnel. In conjunction with outside labs, these facilities will run hundreds of thousands of tests, submitting multiple samples of each new batch of each product we offer, from single essential oils to nutritional and personal care products.

That's why we stand by our Seed to Seal guarantee—because without it, we wouldn't be Young Living.