

THE ESSENTIAL EDGE



NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



FOUNDER'S MESSAGE

I often think about our distillation process and my journey of building my first stiller.

When I was growing up, I learned the skills of farming and living off of what Mother Nature offered. So when I was introduced to essential oils many years after my accident, I instinctively wanted to know about the plants and how they were distilled.

I met Jean-Noël Landel in Los Angeles at a trade show and later visited him in France, and a whole new world began to open for me. I found myself traveling to France at least twice a year with an ever-growing passion to learn more. Jean-Noël introduced me to Marcel Espieu, the president of the Lavender Growers Association in France, who eventually became a dear friend and mentor. Five years later I met Henri Viaud, then considered to be the "father of distillation," and spent months in France learning from him.

The more I learned about operating a distillery, the more I wanted to build my own. So in 1990 I began by welding two pressure cookers together and distilling the lavender that grew in my backyard from seed I had brought home from France and planted in 1988. Lavender normally takes three years to mature, but I was so excited that I decided to distill it the second year.

I drilled holes in the bottom of the top cooker, so I could pour water into the bottom to make steam that would travel up through the plants that I put in the top part of the cooker. To condense the oil vapor into a liquid state, I added a copper pipe for the swan-neck, which went into the sink filled with cold water, where the essential oil separated from the water and floated to the top.

This was the beginning that launched Young Living into what has become a gigantic operation in our farms around the world. Every time I see the oil drops bubble up in a separator, I relive the excitement from that first distillation that I made on the top of the kitchen stove.

After more than 34 years of researching plants around the world, perfecting the distillation that varies with different plant material, and nearly 29 years of learning the art of blending oils for their greatest benefits, I still very much enjoy teaching and sharing what I have discovered. I often think about my journey and our vision of seeing our essential oils in every home, making a difference in the lives of millions of people around the globe.



NORTHERN LIGHTS GRAND OPENING

Young Living Hosts the First Farm Day in Canada

We welcomed members and the local community to our first Farm Day at our Northern Lights farm and distillery.

This year we're celebrating our Northern Lights farm and distillery with another first. During the 2016 Canadian Convention in August, we welcomed Young Living members and the Fort Nelson, British Columbia, community to our first Farm Day at the Northern Lights farm. This grand opening showcased our commitment to our Seed to Seal® promise, and as each visitor toured this farm, they saw how our unique partnership with nature comes to life.

"We are proud to officially open the gates and invite visitors to experience our farm in Canada," said Jared Turner, Young Living Chief Operating Officer. "This farm is one of our founder's greatest passions and achievements, and we are honored to share Northern Lights with our members and the local community, who have supported this endeavor from day one."

Established in 2014 to help ensure the supply of Black Spruce essential oil, the Northern Lights farm has been a passion project from the beginning for Young Living Founder D. Gary Young. Located in northern

British Columbia, the farm's diverse climate is ideal for cultivating hardy, essential oil-rich trees—a key factor in Gary's selection of the area.

At the 2015 International Grand Convention in Dallas, Texas, we celebrated our first distillation of Northern Lights Black Spruce essential oil with a special commemorative collection. This oil reflects the character of the trees from which it is distilled, echoing their resilient and deeply rooted strength, making it a key ingredient in some of our most popular blends like Valor II™ and Shutran™. The nutrient-rich soil at the farm is also ideal for cultivating ledum and yarrow, which grow naturally throughout the area.

In addition to the distillery, the farm includes a drying plant for the leftover distilled chips to make pellets for wood burning stoves, a conference and education center with about 20 guest rooms, a visitor center, campground, RV park, and one of our signature floral water spas.

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TESTING FOR QUALITY

Every Young Living Product Undergoes Rigorous Testing



Our quality assurance labs feature state-of-the-art equipment.

When you open a bottle of Thieves®, Lavender, or any other Young Living essential oil or blend, you have certain expectations. Namely, you expect it to be of the same quality as the bottle you received in your first Starter Kit—whether that was 20 days or 20 years ago.

We can assure you that you're getting the same quality in bottle after bottle because of the rigorous quality assurance protocols we've put in place—you know them as Seed to Seal®. This means that we choose to return or throw out oils that don't meet our standards rather than substitute or accept a lower quality product. It also means that we are constantly evaluating new farming methods to increase crop yield, botanical health,

and environmental sustainability. That goes for our reformulation process as well.

In the recent reformulations of Valor II™, Humility™, Gentle Baby™, White Angelica™, Egyptian Gold™, and Inspiration™, Young Living Founder and Chairman of the Board D. Gary Young helped our teams stay true to the intent of his original blends. As we reformulated these popular products to keep up with demand, we carefully balanced the needs of members with the impact on the earth and communities in which we operate. Held to the same Seed to Seal standard as the original formulas, these reformulations are of the quality you've come to rely on from these blends.

As always, we maintain our strict testing standards that start by verifying the seed identities and determining optimal harvesting time for a botanical before distillation. We follow best scientific practices when testing the oil that is produced from the distillation, performing many tests to examine and verify the oil's identity and quality before sending it to production. We then repeat much of the testing stage to be certain that the final product was handled correctly through the entire process.

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EMPOWERING UGANDA

Two Teams Help Make a Difference in Africa



The Foundation celebrated the ribbon-cutting of the African Hearts Nursery School.

In July two teams of Young Living members traveled with the D. Gary Young, Young Living Foundation to Uganda to serve the local communities through hands-on projects. Each member described the trip as life changing and returned with a sense of gratitude, humility, and a deeper passion for providing resources for underserved individuals and communities.

In a few short weeks, the teams made an incredible impact during their service trips. Our members served alongside each of the Foundation's partner organizations in the country: African Hearts, Sole Hope, and Healing Faith Uganda.

Our members started their service trip in Kampala, Uganda, by spending time with children who live in one of the biggest slums in Uganda. The children have nothing but the clothes they are wearing, and their living conditions are hard to imagine—starvation and violence are daily realities. "It's complete heartache and sadness," said Aaron McAlister, a Young Living member from Michigan. "You see things like this in photos, but seeing it up close, it's almost hard to wrap your mind around it."

The children have nothing but the clothes they are wearing, and their living conditions are hard to imagine—starvation and violence are daily realities.

Despite the shocking conditions, everyone was humbled by the beauty and resilience of each child. Young Living members worked directly with African Hearts to care for the children by sharing Young Living essential oils and providing them with a nutritious meal. Since partnering with the Foundation, African Hearts now provides these ministry services five days each week.

During the service trip, African Hearts also held a ribbon-cutting celebration for the new African Hearts Nursery School that was completely funded by the Foundation. The three-story building will be used to educate 200 children from the slums, ages 3–5.

"We are committed to investing in the future of this beautiful country and its people," said Young Living Senior Director of Global Philanthropy Nikki Davis. "We're very excited to see future leaders of Uganda

growing here."

After traveling from Kampala to Jinja, Uganda, members teamed up with Sole Hope to help children affected by jiggers—a parasitic sand flea that burrows into hands and bare feet, causing infection and disease, leading to ostracism. Each child saw a trained medical professional, who removed the jiggers. Once treated, the children received a new pair of shoes and were educated on how to remain jigger-free.

"Sole Hope has saved a lot of lives," said Sarah Nabuna, a trained medical professional with Sole Hope. "When people have jiggers, they feel like they are not needed anymore; they feel rejected. When groups like the Foundation come and help, we care for the children, and they know that they are also loved just like everyone else. It gives them hope."

Our members toured Sole Hope's offices, where they watched the tailors and shoemakers transform a pair of donated jeans into a new pair of shoes. These shoes are given to the children to protect them from jiggers.

During the last portion of the service trip, members traveled with Healing Faith Uganda to hang hundreds of mosquito nets in a remote village just outside of Jinja, Uganda. Malaria is one of the most widespread and devastating diseases in Uganda and Africa as a whole. Since partnering with Healing Faith Uganda, the Foundation has helped the organization protect 12,000 children each month from malaria—an increase of 1,000 percent!

"Healing Faith is educating the villagers about malaria," said Whitney Wardlaw, a Silver leader from Texas. "They teach them how to use and care for the mosquito nets properly and give them tools to help their families. We are really giving them a hand up and not a handout."

As the trips concluded, it was easy to see the impact each group provided for these communities in Uganda. One of the biggest takeaways, however, was the realization of how much work and service is still needed. Young Living members make life-saving projects possible through generous donations to the Foundation.

You can get involved today by learning even more about the projects, impact, and opportunities on YoungLiving.com/Foundation.

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NORTHERN LIGHTS GRAND OPENING

This farm upholds our unwavering commitment to the Seed to Seal promise. All Young Living essential oils are produced from plants that were grown the way nature intended them—free of synthetic chemicals and fertilizers.

Individuals who visit the Northern Lights farm can experience firsthand the role it plays in honoring our commitment to the Seed to Seal promise and our dedication to sustainable, independent producing and sourcing of pure, therapeutic-grade essential oils.

Continued from page 1

TESTING FOR QUALITY

Throughout these reformulations and the Seed to Seal process, we keep in mind the final test each of our products goes through before we can say it passes muster: your assessment. The moment you bring an oil into your home, you're trusting us to provide the best product for you and your loved ones, and we take that seriously.

Find out more about our testing and the Seed to Seal process at bit.ly/YLVideos.

BACK-TO-SCHOOL GOODIES

Infuse Your Kids' School Bags with YL



Sending your kids to school can be easier with the help of YL.

Now that summer is over, you might be looking for the perfect products to send with your kiddos to school—just a few small products can easily fit in any backpack. We have some great ideas on where to start! Our Training and Education team gave us a list of Young Living products to pack in your children's backpacks. Be sure to pack these must-haves to start the school year right!

Thieves Waterless Hand Purifier: You can easily store Thieves® Waterless Hand Purifier in any lunch or pencil box. It's convenient, portable, and long lasting. Your kids can use this on their hands before lunch and after recess.

Thieves Spray: By packing Thieves® Spray, your kids can use this product on desks, chairs, lunch tables, bathroom areas, and shoes to keep them smelling fresh. Help your kids be prepared for any out-and-about moments that call for a quick shot of clean.

Peppermint: Pack Peppermint essential oil, or a DIY diluted roll-on, in your kids' bags. They can apply a drop to their fingertips and rub it on the back of their neck for a cool, refreshing sensation after recess. Peppermint is also great for when they need an uplifting and energizing aroma.

NingXia Red: Young Living's NingXia Red® 2-oz. singles provide a revitalizing and refreshing way to keep kids energized throughout the day. These convenient, portable pouches are the perfect way to keep this perfect blend of superfruits and essential oils on hand.

Gary's True Grit™ Chocolate-Coated Wolfberry Crisp Bar: These bars are a great pick-me-up snack during the day. Packed with wholesome grains, fruits, and nuts, they're a delicious alternative to junk food. Your kids will love this satisfying and nutritious snack!

These back-to-school essentials and many others are sure to help jump-start the school year. You can learn more about each of these products by visiting YoungLiving.com.

ROYAL CROWN DIAMONDS



Vijay & Ulrike Churfuerst Hanzal (AUT)
Kathy Farmer (USA)
Alyssa & Troy Francis (USA)
Frances Fuller (SGP)
Carol Yeh-Garner & Scott Garner (USA)
Adam & Vanessa Green (CAN)
Lindsey & Evan Gremont (USA)
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)
Chérie Ross (USA)
Brenda & Scott Schuler (USA)
Teri Secrest (USA)
Christa & Jason Smith (USA)
Vivian Ting Wan (HKG)
Madison & Tyler Vining (USA)
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



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Wan Jiey & Tuan Alimin (MLY)
Laurie Azzarella (USA)
Karla Berger (USA)
Fee Boey (MLY)
Yonie Bonawi (SGP)
Marlo Bontempo (USA)
Dustin & Alana Bookhout (USA)
Tyler & Sandi Boudreau (USA)
Nat & Lauren Bretz (USA)
Heather & John Brock (USA)
Kimberly R. Bromelkamp (USA)
Marystarr & Jay Carter (USA)
Chelle Carter (USA)
Annie Chan (MLY)
Winnie Chan (HKG)
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Heather & Wade Doll (CAN)
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Denise Dunleavy (USA)
Denise Easthon (USA)
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Gailann Greene (USA)
Hitomi Harada (JPN)
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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)
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)
Jennifer Lim (MLY)
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)
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Shelby & Steven Nowak (USA)
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Anna-Maya Powell (USA)
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Erin & Bronce Rodgers (USA)
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Heidi Ross (CAN)
Catherine Rott (USA)
Melissa & Clay Sanches (USA)
Nancy Sanderson (USA)
Courtney Scruggs (USA)

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Michelle & John Skoczek (USA)
David & Lee Stewart (USA)
Sonya Swan (USA)
Jeremy & Hannah Tallo (USA)
Jihan Thomas (USA)
Amanda & Gabe Uribe (USA)
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Derek & Janell Vonigas (USA)
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Tammy & Eric Walton (USA)
Mary C. Ward-Farnham (USA)
Becky & Jonathan Webb (USA)
Dick & Nancy Weber (USA)
Ryan & Kim Prather (USA)
Josh & Paige Williams (USA)
Chris & Connie Wolverton (USA)
Korbut Wong (HKG)
John Wongwong (SGP)
Sum Sum Yip (HKG)
Chelsea Marie Young (USA)
Fred Zerr & Judy Klassen Zerr (USA)



We've designed Elite Express to take the success of Silver in 6 and expand it to reward even more members. Elite Express spans from Executive in 3 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 5 (Gi5), and Platinum in 4 (Pi4), with a bonus Elite 20 (E20) track for those who successfully complete all tracks within 20 months or less.



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Ursula Szypryt (USA)



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Clazina Rosbergen (NLD)
Grill Heather Grill (USA)
Kate Bashford (AUS)
Kelli Fras (USA)
Louise McCann (USA)
Niki Flynn (CAN)
Raja Rohaisham Raja Muhaiddin (MYS)

Roxanne Talamante (MEX)
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Synergy Project (USA)
Yeoh Loon (MYS)
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Atsuko Kato (JPN)
Binti Mohammad Marlina Ayu (MYS)
Binti Ramli Suhaila (MYS)
Bt Meor Anuar Shuhaili Wan Nur Ashikeen (MYS)
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Esther Hendriksma (NLD)
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Lo Lai San (MYS)
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Meliza Ko (MAC)
Michelle Rochester (USA)
Michelle Schneider (USA)
Min Li Yap (MYS)
Mind Bridge Media (USA)
Naoko Matsuzaka (JPN)
Nur Amirah Anwar (SGP)
Ooi Gee Gee (MYS)
Patricia Branch (USA)
Phui Leng Lam (MYS)
Priya Maithe (USA)
Pui Chi Liu (HKG)
Rachael Evans (USA)
Rachel Pelletier (CAN)
Raunette Vaughn (USA)
Rowena Leroy (CAN)
Samantha Desantis (USA)
Shirley Tong (HKG)
Siam Thian Goi (SGP)
Simon Wong Chu Vui (MYS)
Simone Bosgra (NLD)
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Weng Man Ng (MAC)
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Amanda Bell (AUS)
Amanda Boelter (USA)
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Anne Roberts (CAN)
Anouk Smit (NLD)
Arika Howell (USA)
Ashley Bush (USA)
Ashley Choyka (USA)
Ashley Odom (USA)
Beatriz Serrano Davila (MEX)
Bee Poh Tan (MYS)
Beth Byman (USA)
Bethany Kibble (USA)
Bobbi Barela (USA)
Brandon Roberts (USA)
Brittany Vail (USA)
Bryan Parker (USA)
Bt Nor Hashimi Aisyah Basirah (MYS)
Carl Edwards (USA)
Carla Attenborough (USA)
Carol Wilson (USA)
Caroline Eaton (USA)
Celeste Lizza (USA)
Chai Kok Leng (MYS)
Chantal Suët (BEL)
Cheng Ka Po (HKG)
Chia Lee Choon (MYS)
Chia Sin Ling (MYS)
Chiang Jiawei (SGP)
Chiat Sian Loh (SGP)
Chikako Akuta (JPN)
Ching Man Low (HKG)
Choong San Lau (MYS)
Chris & Christine Rayburn (USA)
Chris Nelson (USA)
Christel Holtmann (DEU)
Christina Rinaldi (USA)

Christine Green (USA)
Cimmy Chea (MAC)
Cindy Brown (CAN)
Claudia Lomeli Gutierrez (MEX)
Colleen Sleer (AUS)
Colleen Tuba (USA)
Courtnee Coolin (CAN)
Courtney Peters (USA)
Courtney Thompson (USA)
Cristina Morillas (ESP)
Crystal Menke (USA)
Cynthia Wong (MAC)
Daisy Chen (USA)
Dakotah Calhoun (USA)
Dan Putnam (USA)
Dana Curtis (USA)
Dana Friesen (CAN)
Dawn De Brantes (USA)
Deanna Maddox (USA)
Demmin Lim (MYS)
Denise Conrad (USA)
Denise Schaper (USA)
Diana Mumber (USA)
Diana Simon (USA)
Dina Ciotti (USA)
Dinnie Li (HKG)
Donna Nave (USA)
Eileen Yeung (HKG)
Elena Galperin (USA)
Elissa Gentry (USA)
Elke Lauck (DEU)
Elyse Bernardi (USA)
Emily Garmon (USA)
Emma Campbell (USA)
Er Fei Quah (SGP)
Erin Tobola (USA)
Evelin Doert (DEU)
Ewelina Chorazy (POL)
Faith Kemper (USA)
Farica Lam (HKG)
Faviola Monteddocca (USA)
Florea Denisa (ROU)
Francis Chung (HKG)
Frankie Lok (HKG)
Gabriel Mullins (USA)
Gabriela Salles Ramirez (MEX)
Gail Mackenzie (CAN)
Gia Hui Lee (MYS)
Gloria Hoffman (USA)
Grace Frick (USA)
Gwendolyn Switzer (USA)
Handoko Handoko (SGP)
Harati Teguh (SGP)
Hiu Ling Yim (HKG)

Please visit bit.ly/YLEi3 for a complete list of qualifiers.

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.

SILVER RETREAT

Please visit bit.ly/YLSilvers for Silver Retreat qualifiers.

GOLD RETREAT

Please visit bit.ly/YLGold for Gold Retreat qualifiers.

PLATINUM RETREAT

Please visit bit.ly/YLPlatinums for Platinum Retreat qualifiers.

DIAMOND RETREAT

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

You can get full details and information about each retreat by visiting bit.ly/YLRecRetreats.

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)

Oil of the MONTH

With a distinctly evergreen scent, Blue Cypress has a longstanding place in history as an incense and perfume. This remarkably blue oil is a product of a unique interaction during the distillation process of the heartwood and bark of the Australian cypress pine. Carefully handled according to Seed to Seal® standards in Darwin, Australia, this oil is used in some of our favorite blends such as Australian Blue™, Brain Power™, and Highest Potential™.



Some ways to use Blue Cypress essential oil:

- Smooth the appearance of skin by adding it to your favorite facial moisturizer each morning. Blend with other skin care favorites like Frankincense or Lavender.
- Invigorate your senses by adding a couple drops to your palms, rubbing them together, cupping your hands, and inhaling directly.
- Add 3–5 drops to V-6™ Vegetable Oil Complex for a post-workout 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

CINNAMON PLUM FOOL with Orange Cream



INGREDIENTS

For the Plums:

- 1 tablespoon coconut oil
- 2 tablespoons maple syrup
- ½ stick of cinnamon
- 4 small plums, pitted and sliced into wedges
- 1 drop Cinnamon Bark Vitality essential oil
- A pinch of sea salt

For the Orange Cream:

- 1 can of regular coconut milk, chilled for 24 hours
- 1 tablespoon fresh pressed orange juice
- 1 tablespoon orange blossom honey
- 4 drops Orange Vitality essential oil

INSTRUCTIONS

Make the Plums:

- In a medium saucepan, warm the coconut oil, maple syrup, cinnamon stick, and sea salt over medium-high heat until mixture thickens and looks syrupy, about 3 minutes. Add the plums to the mixture and stir to coat.
- Cook, stirring occasionally, until plums are tender and starting to break down, about 3 to 5 minutes. Remove from heat and let stand for 1 or 2 minutes before adding the Cinnamon Bark Vitality essential oil.
- Remove the cinnamon stick and transfer the mixture to a small blender or food processor. Blend the mixture until smooth; then pass it through a fine sieve into a bowl. Cover and refrigerate until completely cooled.

Make the Orange Cream:

- Place a metal mixing bowl in the refrigerator 1 hour before making whipped cream.
- Open chilled can of coconut milk and scoop out just the coconut cream into the mixing bowl.
- Using an electric hand mixer, beat the coconut cream until soft peaks form, 3 to 4 minutes. Add the orange juice, honey, and Orange Vitality essential oil. Beat the mixture for another minute until fluffy.

Assemble the Fools:

- Fold two thirds of the plum purée gently into the whipped coconut cream using a large spatula, leaving streaks throughout. Do not over mix.
- Transfer to individual serving dishes, drizzling the remaining plum purée throughout, and refrigerate until set, at least 1 hour. Serve cold.



Hong Kong's best-selling essential oils and blends: Thieves®, Lavender, Lemon, R.C.™, and Peppermint

Also called the Pearl of the Orient, Hong Kong is a special administrative region (SAR) of China, where old traditions blend with Western culture and contemporary trends. Densely populated with 7.2 million people in 426 square miles, Hong Kong has a high degree of autonomy thanks to its independent governing framework and legislation.

Young Living Hong Kong officially opened in 2013, and the region has climbed to Young Living's No. 3 market in the three years since then. Influenced by member unity and Young Living's passionate commitment, the business continues to flourish in the market. Together with the area's three Royal Crown Diamonds, one Crown Diamond, five Diamonds, and their teams, Young Living furthers the mission to bring Young Living essential oils to every home in the world.

Check out [Facebook.com/YoungLivingHongKong](https://www.facebook.com/YoungLivingHongKong) for more updates from Young Living Hong Kong!

UPCOMING EVENTS

Join Us for Incredible Experiences!

- September 8: Ignite, Sioux Falls, South Dakota
- September 10: Empower: YL Fit, Seattle, Washington
- September 12: Accelerate, Cleveland, Ohio
- 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, Alabama (Sold Out)
- October 8: Empower: Raindrop Technique, Berkeley, California
- November 15–20: Platinum Retreat, Ecuador
- December 2–3: Beauty School, Winter Wonderland, Midway, Utah

