



# Aromatic transformations

Vol. 1 No. 2

## Rejuvenate, Regenerate Your Skin at the Cellular Level

*Your skin is a mirror of your internal well being. Fresh, glowing skin reflects real health. Conversely, drab, dry, wrinkled and blemished skin may be a sign that your health can be improved.*

"After hiking in the mountains of Nepal and sun baking on a beach in Thailand in 1988, I had the best tan of my life. Not only did I have a great tan - **my skin had aged 5 years in 5 weeks**. I was shocked. (Please understand that in Minnesota, where summer are short and winters are long, getting tan has been a perennial obsession for those with light skin. Being of Norwegian and Scottish ancestry, I REALLY qualify.)

When I thought about the long-term implications of all that sun damage, I felt sick. Had I laid the groundwork for skin cancer? That's when I got serious about rebuilding and protecting my skin. My first step was to avoid further damage by using sunscreen every single day (fifteen years later, I still apply sunscreen every morning). Next, I tried several reputable skin care lines - with no results. None of the products made a genuine difference in my skin.

### New Possibilities Emerged

Then a friend introduced me to therapeutic-grade essential oils and lent me a book by leading British aromatherapist, Valerie Worwood. In her book, *The Complete Book of Essential Oils & Aromatherapy*, I found a statement that gave me real hope for rescuing my skin:

"Cellular regeneration is the key to a youthful skin, and essential oils provide a way of doing this... The nutrients and proteins in essential oils help to maintain the mattress-like bounciness of collagen, upon which the outer layers of skin rest, and encourage the regeneration of new cells. The circulation-stimulating properties of the oils oxygenate the blood which in turn energizes the cells, allowing regeneration to take place."<sup>1</sup>

### Essential Oils Saved My Skin

Following Worwood's recommendations for "maturing skin", I nourished my skin with **ROSE, SANDALWOOD** and **GERANIUM** essential oils. When I saw genuine improvement in the texture, moisture level and smoothness of my skin, I was convinced that essential oils really DO work. Years later, my 47 year-old face is supple, smooth, with little evidence of sun damage. I am grateful for the restoration I experienced and for essential oils - my "weapon" against photo aging."

*Bonnie McDermid, Minneapolis, MN*

<sup>1</sup>Worwood, V.A. (1991). *Complete Book of Essential Oils & Aromatherapy*. San Rafael: New World Library.

<sup>2</sup>Lawless, J. (1995). *Rose Oil*. Thorsons: London.

<sup>3</sup>*Essential Oils Desk Reference*. (1995). (2nd ed.). USA: Essential Science Publishing.

### IMPORTANT SAFETY INFORMATION

#### Don't Let These Chemicals Get Under Your Skin!

Our skin absorbs up to 60% of certain ingredients in lotions, creams and bubble bath! According to a study at Mount Sinai School of Medicine in New York, these absorbed chemicals flow into our bloodstreams, then accumulate in target organs or are metabolized through our systems. One toxic family of chemicals known as **phthalates** have been detected in lipstick, nail polish and perfume, in spite of links to serious health problems such as liver and kidney failure.

#### Pure Products are the Only Choice

These findings make it clear that we should opt for those products with pure, non-synthetic ingredients. Choose Young Living products with NO chemicals, artificial dyes or harmful ingredients. In fact, they're so pure, you can eat them!

(CBS News, April 22, 2003)



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## REVITALIZE AND RESTORE YOUR SKIN with PURE Essential Oils

Skin care experts know that essential oils - unlike most cosmetic skincare products - actually stimulate cell renewal to repair and improve skin. Once the exclusive "secret ingredient" in custom skin preparations, the finest essential oils are now available in Young Living's skin care line. Pure, natural and simple to use, these products will make a visible difference!

### Rose

Gifted with powerful properties, Rose is effective even when used in minute amounts. Mix with carrier oil before use as follows:

Gently blend 5 drops of Rose in 100 drops of V-6 Mixing Oil to make a 5% dilution.

### Geranium

Great for cleansing and revitalizing all skin types - even those with acne.<sup>3</sup> Balances our skin's sebum, which keeps it young and supple.

### Sandalwood

Dry and dehydrated skin loves Sandalwood. Calming, warm scent. Dilute before use.

## NOURISH YOUR SKIN FROM THE INSIDE, TOO

### Sulfurzyme™

Cells degenerate in the presence of free radicals. We can fight back with Sulfurzyme, a super source of antioxidant MSM for healthy skin, hair and nails.

### BEST SELLERS -

### YOUNG LIVING SKIN CARE LINE

#### CLEANSE - Orange Blossom Facial Wash

Apply dime-sized drop onto moistened face, lather. Rinse and pat dry. Removes eye makeup.

#### TONE - Sandalwood Toner

After cleansing, pour a small amount in palms and pat on face. Reestablishes proper pH balance to skin.

#### HYDRATE - Sandalwood Moisturizer

Smooth on this luxurious, ultra hydrating formula after cleansing and toning.

#### HYDRATE - Boswellia Wrinkle Creme

A MUST for those living in dry climates - including dry northern winters. Rich formula with Frankincense.



**TIP** *The very best skin care IS affordable. A few drops is all you need each day, so one bottle lasts for months.*

### Rose skin treatment

*Blend 5 drops Rose (5% dilution) into one teaspoon V-6 Oil.<sup>2</sup> Pat around eyes, face, allow to absorb, then dab off excess.*

### Geranium/Sandalwood body moisturizer

*A heavenly scent! Blend 2 drops Geranium and 4 drops Sandalwood into one tbsp. V-6 Oil.<sup>2</sup> Smooth on legs, arms, everywhere.*



**TIP** *Many of us add extra drops of essential oils to our moisturizer for added effectiveness.*

## ORDER ONLINE & BY PHONE

QUESTIONS? CALL JAMES  
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ORDER ONLINE

[www.essentialoiltherapies.com](http://www.essentialoiltherapies.com)

YOUNG LIVING ORDER ENTRY

**1-800-371-2928**

NEW CUSTOMERS

When signing up, please place your sponsor or enroller's ID# on the enrollment form. If I am your sponsor, use my Young Living

Member ID # **290271**

# to Order	Product Name	Code # Size	Preferred Customer Price
	Geranium Essential Oil	# 3554 15 ml	\$27.00
	Sandalwood Essential Oil	# 3635 15 ml	\$51.00
	Rose Essential Oil	# 3623 5 ml	\$151.00
	V-6 Mixing Oil for diluting essential oils	#3775 4 fl oz	\$8.00
		#3772 16 fl oz	\$21.00
	Orange Blossom Facial Wash	# 5136 4 fl oz	\$29.00
	Sandalwood Moisture Creme	#5148 4 oz	\$46.00
	Boswellia Wrinkle Creme	# 5141 2 oz	\$55.00
	Sandalwood Toner	#5139 8 fl oz	\$36.00
	Sulfurzyme Capsules or Powder	# 3243 300 ct	\$62.00
		#3241 8 oz	\$47.00

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