

Essential Oil Therapies

Vol. 3 No. 3



James Niederland, LCSW

Psychotherapist &
Wellness Consultant

office 201-567-8119

cell 201-906-2994

www.essentialoiltherapies.com

oilman@essentialoiltherapies.com

Healthy Holidays Ahead!

This year, Young Living™ treats us to several special gift collections certain to please your loved ones and help you complete your shopping with ease.

Featured in these collections and offered FREE with others are more than a dozen of Young Living's most popular, practical, and luxurious essential oils. Below, you'll find health tips and holiday ideas for each of these essential oils. Pass them along to those lucky people on your gift list.

Holiday Collection

All the treasured fragrances of the season are captured in this special edition tin. Nine essential oils offer a banquet of healthful fragrances to fill homes and families with the holiday spirit.



Frankincense

Diffuse to spread its fragrant, immune-building properties in your home.

Apply topically on temples, forehead and on spine for relief of tension.

Myrrh

Like **Frankincense**

and **Cassia**, **Myrrh** builds the immune system when applied topically and diffused. **Myrrh** is also the esthetician's secret for revitalizing skin. Make your own luxury skin treatment with two drops of **Myrrh** and **ART Night Reconstructor** cream.

Christmas Spirit™

Exclusive essential oil blends spruce, cinnamon and orange to bring joy, happiness and security. Diffuse for its antibacterial and antiviral properties. Sprinkle **Christmas Spirit** on logs in fireplaces, on potpourri.

Holiday Collection continued

Evergreen Essence™

Crisp and invigorating,

Evergreen Essence combines the scents of aromatic pine, cedar and spruce trees. Diffuse, add to potpourri for a clean environment.

Balsam Fir (Idaho)

Indispensable for bone, muscle and joint discomfort, **Idaho Balsam Fir** soothes pain and promotes healing. Apply topically with massage for extra relief.

Peppermint

We're still counting! Over 100 uses for **Peppermint** essential oil, from headaches, muscle aches to tummy aches. Apply to forehead and temples for headaches, directly on sore muscles. Refreshing in drinking water, too.

Cassia

Scented like rich cinnamon, **Cassia** has powerful immune-building properties and antimicrobial activity when inhaled and applied topically (diluted).

Orange

Uplifting **Orange** raises spirits with its sparkling scent. Diffuse generously. Add to holiday foods, water for a potent burst of antioxidants and flavor.

Clove

Diffuse this warm, spicy oil for its antimicrobial properties. Used widely in dental industry, **Clove** soothes and numbs sore gums when diluted and applied topically.



*Blessings to you & yours
this holiday season*



ART Skin Care™ System & Starter Kit

Turn back the hands of time with ART age-defying skin care system. Both ART kits include FREE **Peace & Calming** and **Joy** essential oils in a gift bag!



Peace & Calming is everyone's favorite. Gentlemen (and ladies) wear this gentle blend as cologne. Diffuse to promote feelings of relaxation and to lift spirits.

Joy is pure bliss! This exotic blend of rose, citrus and jasmine is equal to any designer perfume.

Essence of the Season™

Beautifully gift-boxed, **Essence of the Season** is a pleasure to give. It features both the essential oils and gum resins of **Frankincense** and **Myrrh** PLUS **Christmas Spirit** essential oil blend. Diffuse and apply topically. Enjoy a special treat by placing the gum resins in your holiday fire and potpourri.

Diffuser Gift Set

Diffusing daily cleanses the air, transports helpful essential oils to your lungs and creates a beautiful environment in which friends and family will want to gather. Young Living's diffuser works without heat to protect the delicate therapeutic value of the oils.

Thieves™

Young Living's #1 oil virus and bacteria killer, **Thieves** is a spicy blend of Clove, Cinnamon and Rosemary essential oils. Apply to soles of feet for immune system strength and diffuse daily at home and work.

Purification™ is an exhilarating blend of citronella, lemongrass and melaleuca. Diffuse 15-30 minutes every 3-4 hours to purify the air. Apply topically to disinfect and cleanse.

Citrus Fresh™

Sparkling clean air is the result when you diffuse **Citrus Fresh**. Add to bathwater and massage oil, wear as perfume for a holiday pick-me-up.

Need more gift ideas? Give me a call and I'll be happy to assist you.

Product Name	Product Number/ Quantity	Wholesale Prices
Essential Oil Holiday Collection	#4601 9-5 ml ess oils	\$99.75
ART Skin Care System	#3131 2-5 ml ess oils	\$109.75
ART Starter Kit	#3158 2-5 ml ess oils	\$149.95
Essence of the Season	#3118 3-5 ml ess oils	\$56.75
Diffusing Kit	#4605 bronze #4606 blue #4607 pink #4608 green 3-5 ml ess oils	\$99.75
Gift Bags in gold, burgundy and white	large medium small extra small	\$6.00 \$5.00 \$4.00 \$3.00

ORDER ONLINE & BY PHONE

QUESTIONS? CALL JAMES

office **201-567-8119**

cell **201-906-2994**

ORDER ONLINE

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**

Radiant Health News

EDITOR

Bonnie McDermid
(612) 920-9205

EMAIL

RadiantHealthNews@mn.rl.com

CONTRIBUTING EDITOR

Teri Williams

Copyright 2005 All Rights Reserved
DISCLAIMER The information contained in this newsletter is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. The publisher and subscriber assume no responsibility to or liability for any person or group for any loss, damage or injury resulting from the use or misuse of any information in this newsletter.