

Essential Oil Therapies

Vol. 7 No. 6



Everyday Oils Collection Makes Every Day Healthier

Every sniffle, scratch and sneeze presents a new opportunity to make healthy choices for you and your family. If your medicine cabinet is already stocked with natural alternatives to over-the-counter medications, this newsletter will offer you many new options.

If you don't have a healthy medicine cabinet yet, then today's newsletter will show you which Young Living therapeutic-grade essential oils work for everyday health needs. You'll also see how easy it is to create a healthy medicine cabinet – especially with the Young Living® Everyday Oils Collection.



Everyday Oils Collection includes –

Thieves®, **Purification®**, **PanAway®**, **Valor®**, **Lavender**,
Peace & Calming®, **Frankincense**, **Lemon**, **Peppermint**



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The Everyday Oils Collection contains nine of Young Living's (YL) most popular essential oils. Millions use these oils daily because they offer the same as or better relief than over-the-counter medications, WITHOUT the health hazards AND at a significant savings.

Read on to learn how you can make healthier choices every day.

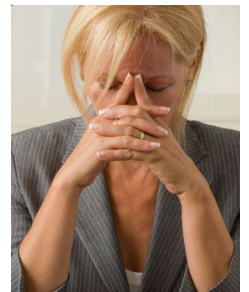
FOR ACHES & PAINS

YL's **Everyday Oils Collection** offers several essential oils which effectively relieve everyday, sports-related and chronic aches and pains.

INSTEAD OF PAINKILLERS, TRY...

Peppermint

erases headaches like magic due to its analgesic properties. Topically apply 1-2 drops of Peppermint and Lavender to your forehead, temples, back of neck.



Erase headaches with Peppermint



Soothe sore muscles, joints and back with Peppermint & PanAway

Peppermint and **PanAway** ease stressed muscles and joints. Make a custom massage oil by mixing six drops of either essential oil with one or more tablespoons of V-6 Pure Vegetable Oil Complex. Massage onto affected area. Or just apply topically and cover with a moist, hot towel. Feel the relief soak in deep.

Valor essential oil blend is a favorite of chiropractors and massage therapists because it balances the body's electrical energies.

Chiropractors who apply Valor on the spine before an adjustment tell us it makes adjustments easier and helps them last longer.

Essential Oils Make Every Day Healthier

FOR DIGESTIVE UPSETS INSTEAD OF THE PINK STUFF, TRY...

Peppermint essential oil is a simple way to deliver an age-old remedy for indigestion, gas, bloating. Make a soothing tea with one drop Peppermint in a cup of warm water. Or, apply 2-3 drops topically to the abdomen.

Lemon essential oil is one of the best remedies for heartburn. Place several drops in water and sip slowly. By ingesting Lemon essential oil, the stomach stops excreting digestive acids, thereby alleviating heartburn.

FOR COLD & FLU SYMPTOMS INSTEAD OF ANTIHISTIMINES, TRY...

Coughs, colds, sore throat

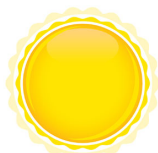
Thieves is indispensable for minor respiratory conditions. This very versatile oil can be inhaled, applied topically and taken internally. Apply to soles of feet, then inhale deeply (being careful not to get this "hot" oil near eyes and mucous membranes. One drop mixed well in a 12 ounce glass of cool water, sipped slowly, supports the immune system.

Fevers

Dilute one drop of **Peppermint** essential oil with V-6 Pure Vegetable Oil Complex and apply to soles of feet. Works great with children!

FOR ITCHY, OUCHY SKIN INSTEAD OF SPRAY-ON CHEMICALS, TRY...

Lavender has been soothing distressed skin for millenia. When applied topically to sunburn, windburn and other minor burns, it helps to hasten healing of damaged tissues. To moisten minor burns and reduce inflammation, use **LavaDerm Spray**, which combines **Lavender** essential oil with soothing aloe vera.



Heal sunburn,
minor burns with
Lavender

Insect bites and itchy skin

Because of their outstanding antiseptic properties, essential oils are ideal for treating the itchiness and irritation from most kinds of insect bites. Apply **Purification**, **Lavender** or **Peppermint** topically on location 2-4 times daily: 1-2 drops neat or diluted with 1-2 drops V-6 Pure Vegetable Oil Complex.

FOR INSECT REPELLENT INSTEAD OF DEET, TRY...

Dilute 6-10 drops of **Purification**, **Peppermint** or **Lavender** in 4 ounces of water and spray on exposed skin to repel insects and their bites.

FOR SORE GUMS & MOUTH, TRY...

Gingivitis pain and inflammation

Peppermint's natural menthol helps to relieve pain and reduce inflammation. Apply with a toothbrush or make a mild gargle with 1-2 drops of Peppermint in 3 ounces of water.

Gum Infection

Thieves essential oil blend eliminates the bacteria that cause periodontal disease. Place a small drop on a soft toothbrush and apply gently to gumline. Thieves contains "hot" spice oils such as cinnamon and clove, so sensitive users may wish to dilute first with 2-3 drops of V-6 Oil.

FOR INSOMNIA, RESTLESSNESS

Peace & Calming and **Lavender** are great favorites for those who have trouble getting to sleep and staying asleep. Apply 2-3 drops topically to the temples, back of your neck, then inhale the fragrance from the palms of your hands for a few minutes. Now, enjoy a peaceful night's sleep.

FOR A HEALTHY MEDICINE CABINET

These are just a few of the **hundreds** of ways Young Living Essential Oils are used for everyday health needs in homes around the world. See for yourself how well they work by ordering an Everyday Oils Collection and starting your own healthy medicine cabinet. You'll be taking a smart step towards a happier, healthier life.

IMPORTANT NOTE

When using essential oils internally, it is vitally important to choose therapeutic-grade essential oils. Select only those oils which are Generally Regarded As Safe for internal use (GRAS) by the U.S. Food and Drug Administration.

Featured Young Living Products

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Everyday Oils Collection 9-5 mL bottles	#3695	\$ 115.00 \$ 133.16 \$ 151.32
LavaDerm Cooling Mist	#3249 2 fl oz	\$ 12.75 \$ 14.76 \$ 16.78
V-6 Pure Vegetable Oil Complex	#3031 8 fl oz	\$ 17.75 \$ 20.55 \$ 23.36

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