

Essential Oil Therapies



Bloom again with more youthful skin



These are the three essential oils used in spas for skin rejuvenation.

Are you ready to see a fresher face in your mirror? If you are, then this newsletter is for you. It shows how to give both dry and mature skin the tender, loving care it needs to regain more youthful firmness, a finer texture and a healthy glow.

You can be confident your skin will improve because Young Living® skin care products are formulated with the top three essential oils for skin rejuvenation – Frankincense, Myrrh and Sandalwood. Their skin-restoring properties are legendary AND clinically proven – which is why they are essential for your skin care.

Frankincense rejuvenates aging skin by improving skin tone and condition and returning dry and oily skin to a normal, balanced state. It firms skin, promotes healing and fights inflammation.¹

Myrrh maintains firm, youthful skin by helping to prevent tissue degeneration. It cools, soothes and heals, especially useful for chapped, cracked and infected skin.¹

Sandalwood firms, soothes and softens skin. It protects from infection and is useful for wrinkles, acne and scars.¹

Beautiful skin takes time

A little patience is necessary. Expect to see real improvement in about three to four months. It will take that time for the plump, new cells from the bottom layer of skin to reach the epidermis.² It will be worth the wait.



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Beautiful skin starts with A·R·T®

Never neglect the basics of good skin care: Cleanse, tone and treat morning and night with the A·R·T Skin Care System – Gentle Foaming Cleanser, Purifying Toner, Day Activator and Night Reconstructor.

Orange Blossom Facial Wash™

This long-time customer favorite gently removes dirt and makeup without stripping skin of natural oils. Orange Blossom Facial Wash contains MSM to promote healthier, clearer skin, wolfberry seed oil to hydrate and essential oils to soothe.



Satin Facial Scrub™

Your skin WILL look and feel like satin after using Satin Facial Scrub. Its safe, gentle ingredients cleanse, exfoliate and refresh without damaging the skin's natural pH balance.

Formulated for normal skin with MSM, antioxidant vitamins and botanicals.

Use 1-2 times each week for silky skin. You'll love the energizing mint scent.



Rejuvenate dry skin with Sandalwood Moisture Cream™

Parched skin loves this ultra-hydrating formula, rich with Shea butter and wolfberry seed oil plus Young Living essential oils of Sandalwood, Lavender, Rosewood, Myrrh and Rosemary. Its botanical oils and extracts protect tender skin with antioxidants.

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Shrug off fine lines with Boswellia Wrinkle Cream™

Mature skin needs more collagen to regain youthful resiliency. Boswellia Wrinkle Cream helps restore that “bounciness” with an abundance of nutrients and proteins from Frankincense, Sandalwood, Geranium, Myrrh, and Ylang Ylang essential oils. Their circulation-stimulating properties also play an important role in skin regeneration. This luxurious cream soothes, softens and nourishes the skin with wolfberry seed oil and rich Shea butter.

Erase years with Wolfberry Eye Cream™

Reduce puffiness and dark circles by applying just a tiny bit of this cream around the eyes morning and night. The delicate skin is tightened and nourished by wolfberry seed oil, highly regarded by Asian women for its regenerative properties, its ability to protect and add luster to aging skin.³ Wolfberry Eye Cream also contains rich Shea butter and botanicals.

Recipes for custom-blended skin treatments at home

With just a few essential oils, you can create spa-quality skin treatments for daily use at a fraction of the price.

Enrich your moisturizers

Mix one drop of Frankincense, Myrrh or Sandalwood with Sandalwood Moisture Cream before applying.

Resources

¹<http://www.essentialoils.co.za/glossary.htm>.

²Worwood, V. Complete Book of Essential Oils & Aromatherapy. CA. 1991. pg 112.

³Essential Desk Reference. 4th ed. 2007.

⁴Lavabre, M. Aromatherapy Workbook. VT. 1997.

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Which essential oils are best for your skin condition?⁴

Skin type/ problem	Essential oils for skin care	Skin type/ problem	Essential oils for skin care
Rejuvenation	Frankincense, sandalwood, cedarwood, geranium, lavender, myrrh, rosemary	Sensitive skin	Roman chamomile, rosewood
Wrinkles	Fennel, lemon, myrrh, frankincense, clary sage	Inflamed skin	Helicrysum, clary sage, lavender, myrrh, patchouli
Normal or balanced skin	Clary sage, geranium, lavender, ylang-ylang, rosewood	Acne	Tea tree, eucalyptus, frankincense, juniper, lavender
Dry skin	Clary sage, cedarwood, sandalwood, rose	Broken capillaries	Rose, ylang ylang
Oily skin	Lavender, lemon, geranium, basil, frankincense, rosemary		

Make a nourishing facial oil

By mixing a pure base oil with the specific essential oils that are best for your skin you'll have a custom-blended facial treatment that you can use daily.

Select from the chart above one or two essential oils which are suited to your skin condition. If you have dry skin, you can also try one of the following recipes.

Sandalwood 10 drops
Geranium 20 drops

OR

Frankincense 5 drops
Myrrh 5 drops
Rosewood 20 drops

In a clean cobalt or brown glass bottle, place 30 drops of your choice of oil(s). If you're using more than one essential oil, gently roll the bottle between your hands to blend them together.

Now, add two tablespoons of a pure vegetable oil base such as sweet almond oil, apricot kernel oil or jojoba oil. Feel free to mix one, two or all three of these recommended facial oils together. Gently roll the bottle again to blend. That's all there is to it.

To use as a night skin treatment, dot on clean, damp skin as you would a moisturizer. Massage lightly with damp fingers until the skin absorbs the oils and you're left with a satiny smooth face or leave on for a few minutes, then wipe off any excess with a soft tissue. You'll really like how it feels - rich and nourishing, not heavy or greasy.

And this is just the beginning: Within a few weeks, you'll like what you see in the mirror better every day.

Featured Products

Product Name	Code# Size	Prices in \$US Wholesale Pref Cust Retail
ART Skin Care - Cleanser, Day and Night treatments	#3131	\$112.50 \$130.26 \$148.03
Boswellia Wrinkle Cream	#5141 2 oz	\$64.75 \$74.97 \$85.20
Orange Blossom Facial Wash	#5136 4 fl oz	\$36.75 \$42.55 \$48.36
Rose Ointment	#3709 1 fl oz	\$20.75 \$24.03 \$27.30
Sandalwood Moisture Cream	#5148 4 fl oz	\$59.75 \$69.18 \$78.62
Satin Facial Scrub Mint	#3735 2 oz	\$15.50 \$17.95 \$20.39
Wolfberry Eye Cream	#5145 .5 oz	\$44.75 \$51.82 \$58.88

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