



# Essential Oil Therapies

*The Holiday Gift of Essential Oils*

What a joy it is to delight loved ones with gifts both beautiful and healthful. This year, find perfect gifts for everyone on your list at Young Living's holiday boutique.

One of the best things about gifts from Young Living is that they last and last. Months from now, your family and friends will remember you as they dab on that essential oil, turn on the diffuser or slick on the lip balm. You can't go wrong!



Starting at the top of your list, the exquisite essential oil collections and diffusers in this issue will make your special ones especially happy. They'll find every opportunity to use and diffuse these lovely holiday scents from the moment received, throughout the holidays, and far into the New Year.

## *Tips to Controlling Stress During the Holidays*



It used to be that the so-called "holiday season" didn't start until after the turkey had been consumed and the cornucopia had been tucked away for another year. Now, as soon as the jack-o-lanterns are off your porch it's time to start planning for the holidays.

However, with the added excitement of the holiday season comes additional stress—and according to the American Physiological Association [APA], more than half of all women and men experience heightened stress during the holidays. This added stress could be enough to put you at

increased risk for physical and mental health effects. Here are some tips to help you find a healthy balance and enjoy the holiday season.

**1** Have an outlet or a hobby to be used as a diversion outside of work.

**2** Do whatever you can to make the sources of your stress more predictable or learn to develop more control over those stressors. This means to identify patterns related to when your stressors might appear.

**3** Associate with friends and avoid social isolation. Tough times are made easier when you're around other people, and the holidays are a perfect time to get together with friends and family.

**4** Learn to differentiate between "big" issues and "small" issues and how to look on the bright side of things. As simplistic as it sounds, it can help to psychologically buffer the stress in other areas of your life.

**5** Remember that the unique blend of Young Living Essential Oils offers relief from daily stress and encourages relaxation, while reducing nervous tension. As you give the gift of Essential Oils to others, don't forget to save some for yourself as well.



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### NingXia Red

Elevate your toasts and health with NingXia Red Spritzers. Start with 1-2 oz NingXia Red, add bubbly mineral water, and enjoy!

Product # 3003 1 liter  
 Preferred Customer Price: \$46.03  
 Customer Price: \$52.30



### Sacred Frankincense

Rare and beautiful, this is the only true distilled Omani frankincense on the market.

Product # 3550  
 Preferred Customer Price: \$57.89  
 Customer Price: \$65.79



### Holiday Lip Balm Trio

Now this is a stocking stuffer. Three essential lip balms soften and protect. Lavender, Cinnamint and Grapefruit.

Product # 4790  
 Preferred Customer Price: \$11.58  
 Customer Price: \$13.16



### Everyday Oils Collection

For the YL business builder on your list. Includes the Home Experience Kit.

Product # 3695  
 Preferred Customer Price: \$133.16  
 Customer Price: \$151.32



### Scents of the Season

Spread holiday cheer throughout your home with essential oils of Cassia, 3 Wise Men, Balsam Fir, Christmas Spirit and Frankincense.

Product # 4786  
 Preferred Customer Price: \$98.42  
 Customer Price: \$111.84



### Essence of the Season

This collection includes Myrrh, Frankincense and Christmas Spirit essential oils. Also, Frankincense and Myrrh resin for burning in your fireplace.

Product # 3118  
 Preferred Customer Price: \$80.76  
 Customer Price: \$91.78



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