



# Essential Oil Therapies

## A New Year, A New Level of Health

The holiday season tends to be a time when exercise routines and eating habits take a turn for the worst, leaving people feeling exhausted, stressed, and unhealthy. As the New Year presents a fresh start, however, there is no better time than now to make the change you want to see in your life. Whether it's weight loss or just overall health, Young Living offers the perfect products to help you ring in a healthier New Year.

### Essential Oils

Essential Oils, known as nature's living energy, are natural, aromatic volatile liquids found in shrubs, flowers, trees, roots, bushes, and seeds. While essential oils often have a pleasant aroma, their chemical makeup is complex and their benefits vast—which make them much more than an air freshener.



#### **Thieves Essential Oils**

Effective in supporting the immune system and promoting overall better health.

Item No. 3423  
Pref. Customer Price: \$36.76  
Customer Price: \$41.78



#### **Clary Sage Essential Oils**

For those stressful times, Clary Sage offers a mellow, warm, herbal scent for supporting a normal, healthy attitude.

Item No. 3521  
Pref. Customer Price: \$51.82  
Customer Price: \$58.88

### Essential Nutrition

From antioxidants to probiotics, Essential Nutrition fills the nutrient deficiencies in our diets. Essential oil supplements, multivitamins, and meal replacements offer solutions to our overall health concerns.



#### **NingXia Red**

Naturally delicious, nutrient-infused wolfberry provides a rich, widespread spectrum of antioxidants.

Item No. 3003  
Pref. Customer Price: \$46.03  
Customer Price: \$52.30



#### **Omega Blue** (90 Softgels)

A clinically proven dose of omega-3 fatty acid nutrients critical for heart, eye, brain, and joint health.

Item No. 3190  
Pref Customer Price: \$34.45  
Customer Price: \$39.14

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#### **Radiant Health News**

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## Cleansing and Weight Management

Cleansing is an excellent way to get a jump-start on a healthy diet. Experts suggest that participating in a mild nutrient and fiber-rich cleanse four times a year allows your digestive system to take a break from the high-calorie, low-nutrient diet typical of many people.



### **5-Day Nutrient Cleanse**

This nutritive cleanse includes NingXia Red, Balance Complete, and Digest + Cleanse, which supports healthy digestion.

Item No. 3296  
Pref. Customer Price: \$112.89  
Customer Price: \$128.29



### **Balance Complete**

A super-food-based meal replacement that is both a powerful nutritive energizer and a cleanser.

Item No. 3292  
Pref. Customer Price: \$51.82  
Customer Price: \$58.88

## Targeted Health

Essential oil-infused supplements offer a variety of wellness solutions from supporting bone health to balancing digestive function. Formulated specifically to target certain areas of the body, Young Living's supplements encapsulate essential oils like peppermint, clove, and oregano in rapid release softgels that deliver immediate, lasting results.



### **BLM Capsules** (90 CT)

Supports normal bone and joint health with all-natural ingredients, which may also support cell function and encourage fluid movement.

Item No. 3234  
Pref. Customer Price: \$46.03  
Customer Price: \$52.30



### **Life 5** (30 Capsules)

Builds and restores core intestinal health by providing five clinically proven probiotic strains that also help sustain energy.

Item No. 3099  
Pref. Customer Price: \$28.66  
Customer Price: \$32.57



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