

# Essential Oil Therapies

## Find Balance During the Holidays



During the holidays the world moves at a blistering pace. Regrettably, this whirlwind of extended family, Christmas shopping and holiday parties will undoubtedly lead to stress and anxiety. Staying balanced during the holiday season may be the key to fully enjoying the most wonderful time of the year. Unfortunately, keeping your spiritual, mental and emotional health in balance can be easier said than done—especially around the holidays. Young Living understands the need for balance, especially during times of added stress.

As a means to rediscovering inner peace and emotional well-being, Young Living's Balance products, consisting of pure essential oils and blends, serve as a guide to spiritual, emotional and mental health—allowing you to live fully in the present moment. Discover your perfect balance by experiencing the healthy solutions of Young Living.

### Essence of the Season Essential Oil Collection

Embrace the spirit of the holiday season with the Essence of the Season Essential Oil Collection. Cherish the scents of myrrh, frankincense and Christmas Spirit—plus, enjoy frankincense and myrrh resins!

**Frankincense:** Useful for visualizing, improving one's spiritual connection and centering, it has comforting properties that help focus the mind and overcome stress and despair.

**Myrrh:** A rich, smoky, balsamic aroma that is purifying, restorative, revitalizing and uplifting.

**Christmas Spirit:** A sweet, spicy blend of orange, cinnamon and spruce essential oils that tap into the happiness, joy and security associated with the holiday season.



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# Young Living Balance Products

**Spiritual Health:** Young Living's incredible line of Spiritual Health products enhances moments of devotion and reverence with a host of essential oils and blends including biblical oils frankincense and myrrh.



**Mental Health:** Your path to mental clarity and strength starts with Young Living. Specially formulated to support mental health, this line of products helps you release occasional anxiety and embrace lasting peace.



**Emotional Wellness:** Stimulate emotional fortitude so you can reach your goals by awakening your creativity and passion for life with Young Living's Emotional Wellness line of products.



**Stress Relief:** The beautiful scents of Young Living Stress Relief products act as a natural solution for times of occasional tension and anxiety. These soul-soothing essential oils including lavender, sandalwood and spruce will help you overcome negativity and help you keep calm.

**Sleep Solutions:** Improve your bedtime routine with the unique, rest-enhancing properties of therapeutic-grade essential oils like Ruta graveolens and valerian. Doing so will ensure you of a good night's rest, naturally.



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