

# Essential Oil Therapies

## Ways to Use Essential Oils – Part 1

Among the most versatile of nature's therapeutic solutions, essential oils may be used in a variety of ways to ensure improved wellness and emotional healing. Over the next three issues we will focus on the various ways to put essential oils to good use. This month we look at the benefits of diffusing your favorite essential oils.



## Diffusing Your Essential Oils



As the most popular method of using essential oils, diffusion is a great way to receive the vast health benefits but also enjoy the pleasing aroma of your favorite oils. Whether you choose to use an essential oil diffuser or simply apply a few drops to a tissue or cotton ball and inhale for a few minutes, aromatic use of therapeutic essential oils is soothing to the brain, lungs, sinuses and other vital systems of the body. You can diffuse your oils anywhere, at home, in the car or even at work. And Young Living offers a host of essential oil diffusers that are guaranteed to help you spruce up any room—both aromatically and visually.

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## Travel Fan Diffuser

The Travel Fan diffuser introduces convenience and portability to essential oil diffusing. The Travel Fan is capable of diffusing any essential oil. It diffuses by blowing cool air through the essential oil pad, releasing the therapeutic benefits of the essential oil into the air and allowing the oils to be easily absorbed. The Travel Fan Diffuser uses a quiet but powerful mini fan and all natural high-density essential oil pads, and has output that can fill room as large as 1000 sq. ft.

The travel fan diffuser includes 1 Lavender essential oil (5ml).



## Home Diffuser

Young Living's newly designed Home Diffuser combines a humidifier, air purifier, atomizer, and aromatherapy diffuser into one product that safely releases essential oils into the air to eliminate odors and create a spa-like atmosphere.

Includes free 5 ml bottles of citrus fresh and peppermint essential oils.

## Aria Ultrasonic Diffuser

Young Living's Aria™ Ultrasonic Diffuser is a unique, natural way to bring the benefits of essential oils into your home or workplace.

This Aria combines the latest in ultrasonic technology with a variety of useful features. The included remote lets you choose from a selection of soothing, built-in sounds or enjoy the multicolored LED lights. With the built-in speakers, you can plug in your own personal music player and enjoy the music of your choice.

The Aria comes with free 5ml essential oil bottles of Lavender & Citrus Fresh.



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