

Essential Oil Therapies

Treat Yourself This Valentine's Day

For many, the word February is synonymous with love. According to legend, Saint Valentine was a Roman healer who was imprisoned for performing illegal weddings for soldiers. Just before his death on February 14, he wrote a letter signed "Your Valentine." Today, we mark this date by giving presents and cards to the people we love most. But as you're showering your significant other with gifts and affection, don't forget to show yourself some love, too. Here are just a few ways that Young Living can help you pamper yourself:



♥ **Make your snoozes more restful.** Studies have associated lack of sleep with a myriad of health problems, including hypertension and glucose intolerance. But even though most people agree that slumber is great for your health, it doesn't come easy for everyone.



Young Living's SleepEssence combines lavender, vetiver, valerian and Ruta graveolens essential oils with the hormone melatonin. It's a great, natural sleep aid that will help you fall asleep and stay that way.

♥ **Take a good, long soak.** If you're feeling overwhelmed or stressed, there may be an easy solution: take a bath. The combination of hot water and essential oils can relax your muscles and clarify your focus.



Try adding sage to help you cope with mental fatigue or lavender to help you adapt to stress. A bath can be a luxurious and simple way to balance your body and mind.

♥ **Rub it out.** According to the Mayo Clinic, the benefits of massage are far-reaching. Whether you're suffering from a sports injury, anxiety, headaches, etc., a massage can be an effective form of relief. Young Living offers a full line of massage oils with numerous benefits that will help you detoxify, relax and heal.



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The Simple Joy of Convenience

These days, it can be increasingly difficult to find a spare moment to do anything. Thanks to Young Living's Roll-Ons, you can take the benefits of essential oils with you at all times, without wasting a second. If you're sore or tense, pull out a Deep Relief Roll-On for immediate aid. When you're on the go all the time, a Tranquil Roll-On can offer calmness and relaxation wherever you are. Other Roll-Ons include Breathe, RutaVaLa, Stress Away and Valor, so whatever your schedule is like, you can always feel your best.



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