101 Uses for 10 Everyday Oils Kit

WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS
10 reasons why you should never leave home without them!

1. You or someone you know, your dog or horse might have a mishap or accident.
2. You might be sleepy after lunch and having trouble concentrating.
3. You might have eaten something that did not agree with you.
4. You might have met someone that did not agree with you.
5. You might be stuck in traffic and feel agitated.
6. You might find yourself in a public restroom that doesn’t have soap or hot water.
7. You might get a bruise or bite.
8. You might suffer the discomfort of the sun.
9. You might have sore muscles after exercising.
10. You just simply want to smell good and feel even better!

Read on for many ideas on how to enjoy each of these 10 powerful oils!

VALUE OF THE 10 Everyday Oils Kit:

This Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains five single oils: Lavender (Lavandula angustifolia), Lemon (Citrus limon) Peppermint (Mentha piperita), Frankincense (Boswellia carterri), and five oil blends: RC, DiGize, PanAway, Thieves, Stress Away and Citrus Fresh in the member box.

HOW TO USE YOUR KIT:

🔥 Dietary Supplements: All single oils may be used as dietary supplements.
🔥 Diffuse: All of the oils may by diffused. The diffuser from YLEO is a special air pump that is custom designed to disperse the oils in a micro fiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. Diffusing also freshens the air with natural fragrances, eliminating the need for synthetic air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective.
🔥 Direct Application: All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with YLEO’s Bath Gel Base, applied topically or used with body and foot massage.
**Lavender:** (Lavandula angustifolia) has a sweet, floral aroma that is soothing and refreshing. Lavender’s aroma is great for relaxing and winding down before bedtime; add to bath or diffuse to create a calming and comforting environment. Lavender essential oil may compliment your favorite shampoos, lotions and skin care products. Because it is the most versatile of all essential oils, no home should be without it. THIS PLANT IS GROWN AND DISTILLED AT THE YOUNG LIVING FARMS.

1. Rubbing Lavender oil on the feet may cause a calming effect on the body.
2. Rubbing a drop of Lavender oil on your palms and smoothed on your pillow may help you sleep.
3. Apply to skin to soothe and cleanse.
4. Use in a capsule, teaspoon of honey, or swipe directly around the nose or on the inside of the cheek to help support healthy lung, sinus, and immune function.
5. Soak, use in epsom salt bath, or apply topically to promote relaxation and restful sleep.
6. Massage into abdomen to help with menstrual discomfort.

**LEMON & Citrus Fresh Blend:** (Citrus limon) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. **CAUTION:** Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

1. Add to drinking water (glass only) to assist with water retention and appetite suppression.
2. Supports digestive function, especially of the gallbladder.
3. Using 1 drop of Lemon oil may help add flavor to baked goods or beverages.
4. Use in an epsom salt bath to accelerate detoxing and to refresh to body and mind.
5. Diffuse during testing or homework to improve mental accuracy & concentration.
6. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
7. Adding 2-3 drops of Lemon oil to water and spraying counter tops may help sanitize them.
8. Soaking your dishcloth overnight in a bowl of water with a drop of Lemon oil may sanitize it.
9. Use directly to easily remove sticky residue or add to natural household cleaner to help remove stains.
Peppermint: (Mentha piperita) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. PEPPERMINT IS GROWN AND DISTILLED AT THE YOUNG LIVING FARMS.

1. To ease tension, uplift and energize, apply diluted to temples, and back of the neck or forehead, or press a drop on the roof of the mouth.
2. Use in a capsule with carrier oil to help support normal digestion and appetite suppression.
3. Dilute as instructed and apply to trunk area and back of neck for cooling and refreshing relief.
4. Improve concentration and focus by placing 1-2 drops on the tongue, diffusing for 20 minutes or inhaling slowly from the bottle.
5. Applying a drop of Peppermint oil topically on unbroken skin may help to stop itching.
6. Mixing Peppermint oil in a footbath may help relieve sore feet. Keep water agitated while soaking feet.

Thieves® essential oil blend was inspired by the legend of four 15th-century French thieves who formulated a special aromatic combination composed of clove, rosemary, and other botanicals they used while robbing the dead and dying. Young Living’s one-of-a-kind Thieves blend, crafted in the spirit of that legendary combination, can be found in all of our Thieves products. When taken internally, Thieves supports healthy immune function*, and it includes Eucalyptus radiata essential oil, which may help maintain a healthy respiratory system.* When taken as a dietary supplement, Thieves is an ideal complement to a daily wellness regimen.*

1. Brush and gargle with Thieves for a clean mouth to support dental health.
2. Thieves diffused for 20 – 30 minutes to cleanse air.
3. Apply to bottom of feet or on the thymus gland daily to aid a healthy immune system.
4. Thieves, use at the first sign of upset stomach to hasten recovery.
5. Mix with a tablespoon of water, gargle, and swallow for occasional throat discomfort.
6. Add one drop to warm apple juice for an immune supporting and comforting cider.
**Frankincense:** (Boswellia carterii) includes the naturally occurring constituent boswellic acid, and has a woody, warm, balsamic aroma. Diffuse Frankincense during meditation for grounding and purpose. Applying this oil topically may help smooth the appearance of healthy-looking skin, and is excellent to use for massage after activity.

1. Diffuse or inhale directly to increase spirituality and inner strength, lift mood, and inspire balanced emotions.
2. Use 5 drops of Frankincense in a capsule with 5 drops each of Idaho Balsam Fir and Copaiba to help relax muscles and ease tension.
3. Frankincense supports healthy skin health by applying directly to wrinkles, and age spots.
4. Frankincense enhances our communication with God through prayer and meditation.

**Copaiba:** essential oil may promote wellness, and can be an important part of a daily health regimen*. This oil includes the naturally occurring constituents beta-caryophyllene and alpha-humulene, and can be mixed with honey and warm water for a warming, essential oil-infused tea. *This powerful essential oil from South America is the amplifier to all other oils.*

1. Apply directly to back or joints to help ease occasional discomfort.
2. Mix 3-4 drops in a teaspoon of honey and take to help lessen throat irritation.
3. Apply to bruises or inflamed skin.
4. Rub into stomach area or add to a vegetable capsule to relieve occasional stomach distress.
5. Mix 4 drops with 1/2 cup epsom salt and add to a warm basin of water and soak tired or swollen feet and ankles.
**PanAway®** A blend of wintergreen (Gaultheria procumbens), which has an active constituent similar to cortisone; clove (Syzygium aromaticum), which contains eugenol, used by dentists to numb gums; peppermint (Mentha piperita), which is calming for nerves; and helichrysum (Helichrysum italicum), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

1. Applying PanAway oil topically or use in an epsom salt bath to reduce discomfort from everyday aches.
2. Applying PanAway oil topically may help soothe sore muscles after exercising.
3. Rubbing a drop of PanAway oil on the temples, forehead and back of the neck may help with head pressure.
4. Add Wintergreen essential oil to enhance PanAway’s effects on healthy bone structure.
5. For occasional aches caused from tension, apply diluted to temples, back of neck, or forehead.

**Purification®** Essential Oil Blend helps freshen the air and eliminate odors with its unique combination of Citronella, Lemongrass, Lavandin, Rosemary, Tea Tree, and Myrtle essential oils, and includes naturally occurring compounds cineol, neral, and geranial. Add Purification oil to Animal Scents™ products to moisturize skin and improve the appearance for healthy looking skin or apply topically to enjoy the outdoors annoyance free.

1. Add Purification essential oil blend to your washing machine to freshen laundry.
2. Add a couple drops of Purification essential oil blend to shoes to help neutralize odors.
3. Add a few drops of Purification essential oil blend to a cotton ball to help eliminate stale air in the office or your child’s room.
4. Diffuse Purification essential oil blend to dispel unpleasant odors and clear the air of impurities.
5. Diffuse Purification essential oil blend to eliminate odors after the dog returns from playing outdoors in the rain.
**R.C.™** is an invigorating blend of pure essential oils - including Spruce, Cypress and three varieties of eucalyptus that is relaxing when used in massage. **ESSENTIAL OILS:** Eucalyptus Globulus, Eucalyptus Radiata, Eucalyptus Citriodora, Myrtle, Spruce, Peppermint, Pine, Lavender, Marjoram, Cypress

1. Apply two drops to a warm wet towel to use as a hot compress.
2. To promote healthy lung function, massage into chest and throat 2–3 times a day.
3. Add RC to a bowl of hot steaming water. Then place a towel over the head and inhale. Combine with Raven or Thieves to enhance the effect.
4. Rub RC on feet or chest before exercise.
5. Diffuse RC at bedtime to clear the mind or head and promote restful breathing and sleep.

**Stress Away™** essential oil blend is a natural solution created to combat normal stresses that creep into everyday life. Stress Away is the first product to contain the unique stress-relieving combination of Lime and Vanilla pure essential oils. **ESSENTIAL OILS:** Copaiba, Lime, Cedarwood, Vanilla*, Ocotea, Lavender *Vanilla is an absolute or essence rather than essential oil. Consult individual product labels for safety information.

1. Stress Away can help induce relaxation and reduce occasional nervous tension.
2. Diffusing Stress Away oil in the room may calm overactive or hard to manage children.
3. Apply Stress Away oil with massage oil for a relaxing massage.
4. Putting Stress Away oil mixed with Bath Gel Base in warm water for a relaxing bath.

**DiGize™** is one of Young Living's exclusive and proprietary dietary supplements. This unique blend contains Ginger, Anise, Fennel, Peppermint, Tarragon, Lemongrass, Patchouli, and Juniper essential oils, and includes naturally occurring constituents like menthol, citrol, and zingiberen.

1. Massage or use as a compress on the stomach to relieve occasional discomfort.
2. Apply to Vita Flex points on the feet associated with the stomach and intestines.
3. While traveling abroad, use DiGize as a dietary supplement in drinking water.
4. Use Di Gize with every meal, along with Essentialzymes-4 to support daily wellness.
GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS.

1. Always keep a bottle of V-6 Vegetable Mixing Oil, Massage Oil Base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.
3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
5. Direct sunlight and essential oils. Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays with 3 to 4 days of use.
6. Keep essential oils away from eye area and do not put into ears. Do not handle contact lenses or rub eyes with essential oils on fingers. Oils with high phenol content – oregano, helichrysum, cinnamon, thyme, clove. Lemongrass, bergamot, Thieves and ImmuPower – may damage contacts and irritate eyes.
7. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as clary sage, sage, Idaho tansy, juniper and fennel.
8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel and Idaho tansy oils.
9. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
10. Before taking GRAS (Generally Regarded as Safe) essential oils internally, always dilute with an oil-soluble liquid like honey, olive oil or soy milk.
11. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician. THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

For more information please contact:

KAREN BALISTRERI  sponsor/enroller # 1273,
262-227-9874
www.youngliving.com/signup