

## Young Living Essential Oils User Guide

### Essence of the Season

How to use:

**Frankincense:** For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

**Myrrh:** For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

**Christmas Spirit™:** For aromatic use. Diffuse or sprinkle on logs in the fireplace, on Christmas trees, on cedar chips for dresser drawers, or on potpourri. Use all year round. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

#### Ingredients:

**Frankincense:** Frankincense.

**Myrrh:** Myrrh.

**Christmas Spirit™:** Orange (*Citrus aurantium*), cinnamon bark (*Cinnamomum verum*), and spruce (*Picea mariana*).

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Essential 7

How to use:

**Lavender:** For dietary, aromatic or topical use. When using as a supplement, put one drop in a capsule or in 4 fl. oz. of rice or goat's milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

**Peppermint:** For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Do not apply neat to a fresh wound or burn. Dilute before using

on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

**Lemon:** For dietary, aromatic or topical use. When using as a supplement, put one drop in a capsule or in 4 fl. oz. of soy or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children. Avoid using on skin exposed to direct sunlight or UV rays. Do not use near fire, flame, heat or sparks.

**Joy™:** For topical or aromatic use. Diffuse; use as a cologne or perfume; apply over heart; or enjoy as a body massage blended with V-6™ Enhanced Vegetable Oil Complex. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age. Avoid using on skin exposed to direct sunlight or UV rays.

**PanAway®:** For aromatic use. Apply to the bottoms of feet and follow with topical application on location. Rub on temples, back of neck, or forehead, or inhale for a soothing effect. Use with a warm compress along the spine. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

**Peace & Calming®:** For aromatic use. Diffuse in bedrooms, living areas and office. Apply to bottom of feet, wrists and outside of ears. Blend with V-6™ Enhanced Vegetable Oil Complex for a calming massage. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

**Purification™:** For topical or aromatic use. Diffuse, apply topically on location as needed, or put on cotton balls to place in air vents of home, car, hotel room and office. Diffuse and rub on feet for cleansing. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

### **Ingredients:**

**Lavender:** Lavender.

**Peppermint:** Peppermint.

**Lemon:** Lemon.

**Joy™:** Bergamot (Citrus bergamia), ylang ylang (Cananga odorata), geranium (Pelargonium graveolens), rosewood (Aniba rosaeodora), lemon (Citrus limon), mandarin

(Citrus reticulata), jasmine (Jasminum officinale), Roman chamomile (Chamaemelum nobile), palmarosa (Cymbopogon martinii), and rose (Rosa damascena).

**PanAway®:** Wintergreen (Gaultheria procumbens), helichrysum (Helichrysum italicum), clove (Syzygium aromaticum) and peppermint (Mentha piperita).

**Peace & Calming®:** Tangerine (Citrus nobilis), orange (Citrus aurantium), ylang ylang (Cananga odorata), patchouli (Pogostemon cablin) and blue tansy (Tanacetum annuum).

**Purification™:** Citronella (Cymbopogon nardus), lemongrass (Cymbopogon flexuosus), rosemary (Rosmarinus officinalis), Melaleuca (Melaleuca alternifolia) lavandin (Lavandula x hybrida), and myrtle (Myrtus communis).

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### **Golden Touch 1**

How to use:

**Di-Gize™:** For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

**EndoFlex™:** For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

**JuvaFlex™:** For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

**Melrose™:** For topical or aromatic use. Diffuse or apply topically on cuts, scrapes, burns, rashes and infections. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

**Raven™:** For aromatic use. Diffuse, apply topically on chest over lungs and throat, put on pillow at night, use in a suppository application with V-6™ Enhanced Vegetable Oil Complex. Alternate with R.C.™. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Do not use on children under age 6.

**RC™:** For topical or aromatic use. Diffuse in living areas and workplace. Apply on

chest, neck, ears and bottoms of feet. Use with a compress on chest and back. Alternate with Raven™. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children. Do not use near fire, flame, heat or spark. **Thieves®:** For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Diffuse for short periods of time (1/2 hour or less) in the work or home environment. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

### **Ingredients:**

**Di-Gize™:** Tarragon (*Artemisia dracunculus*), ginger (*Zingiber officinale*), peppermint (*Mentha piperita*), juniper (*Juniperus osteosperma* and *J. scopulorum*), fennel (*Foeniculum vulgare*), lemongrass (*Cymbopogon flexuosus*), anise (*Pimpinella anisum*), and patchouli (*Pogostemon cablin*).

**EndoFlex™:** A base of sesame seed oil, spearmint (*Mentha spicata*), sage (*Salvia officinalis*), geranium (*Pelargonium graveolens*), myrtle (*Myrtus communis*), nutmeg (*Myristica fragrans*), and German chamomile (*Matricaria recutita*).

**JuvaFlex™:** Sesame seed oil, fennel (*Foeniculum vulgare*), geranium (*Pelargonium graveolens*), rosemary (*Rosmarinus officinalis* CT 1,8 cineol), Roman chamomile (*Chamaemelum nobile*), blue tansy (*Tanacetum annuum*), and helichrysum (*Helichrysum italicum*).

**Melrose™:** Melaleuca (*Melaleuca alternifolia*), naouli (*Melaleuca quinquenervia*), rosemary (*Rosmarinus officinalis*), and clove (*Syzygium aromaticum*).

**Raven™:** Ravensara (*Ravensara aromatica*), lemon (*Citrus limon*), wintergreen (*Gaultheria procumbens*), peppermint (*Mentha piperita*) and Eucalyptus radiata.

**RC™:** Eucalyptus globulus leaf oil, myrtus communis oil, pinus sylvestris (pine) leaf oil, organum majorana (marjoram) leaf oil, eucalyptus radiata leaf oil, eucalyptus citriodora leaf oil, lavandula angustifolia (lavender) oil, cupressus sempervirens oil, tsuga canadensis leaf oil, and mentha piperita (peppermint) oil.

**Thieves®:** Clove† (*Syzygium aromaticum*), lemon† (*Citrus limon*), cinnamon† (*Cinnamomum verum*), Eucalyptus radiata† and rosemary† (*Rosmarinus officinalis* CT 1,8 cineol).

† 100% pure therapeutic-grade essential oil. \* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.