



# INTRODUCTION TO ESSENTIAL OILS

# MY STORY

# THE ORIGINAL



GARY AND MARY YOUNG

# WHAT IS AN ESSENTIAL OIL?

- Aromatic liquids found in plants
- Used for centuries, all over the world
- Extracted primarily through steam distillation
- Potent, volatile, and versatile

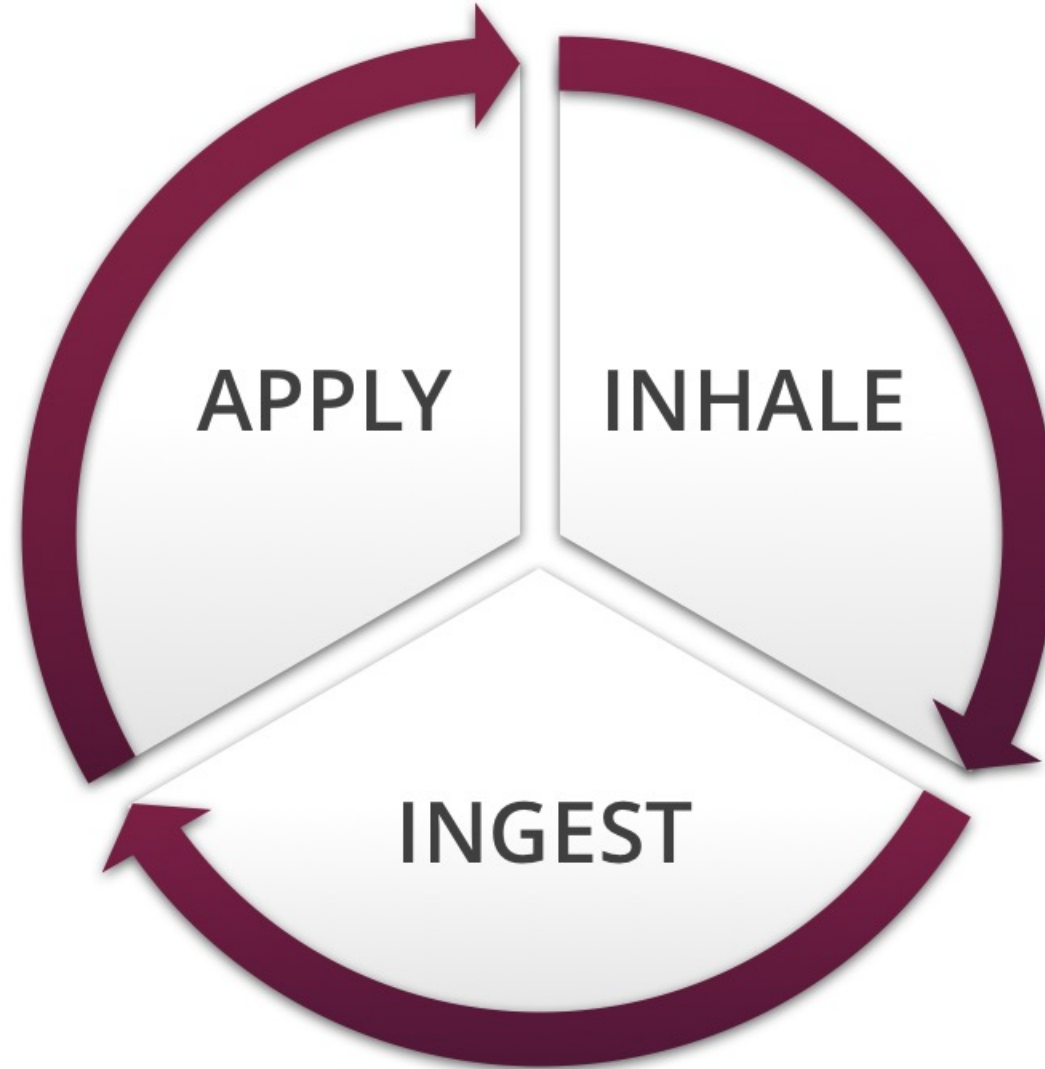




QUALITY FROM SEED TO SEAL



# HOW TO USE ESSENTIAL OILS



# INHALED

## YOU CAN INHALE MANY DIFFERENT WAYS:

Directly from bottle

From hands

From a diffuser

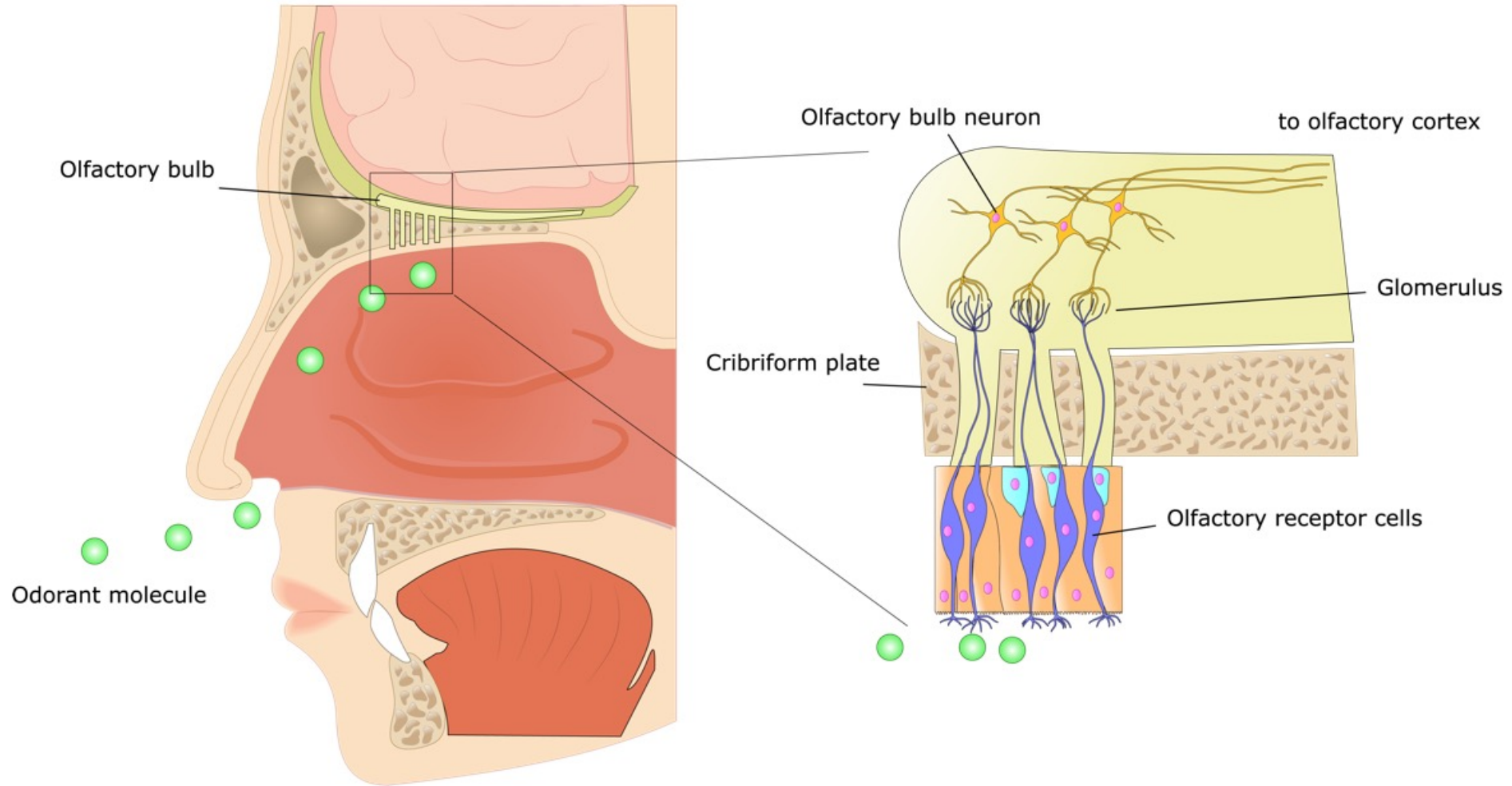
# STRESS AWAY™



- A sweet and spicy blend of Lime, Vanilla, Copaiba, Lavender, Ocotea, and Cedarwood essential oils
- Wear as a perfume
- Inhale during stressful car journeys, soccer games, or shopping trips



# WHAT HAPPENS WHEN YOU INHALE



# DIFFUSED

- Transform the environment by diffusing essential oils in to the air
- Diffusing can enliven, calm, purify and protect your home, office, even in cars and airplanes



# SELECTING A DIFFUSER

# CITRUS FRESH®



- Blend of Orange, Tangerine, Grapefruit, Lemon, Mandarin, and Spearmint essential oils
- Freshen air and eliminate odors
- You can also rub on your feet for a quick morning pick me up
- Add 4-6 drops to your favorite diffuser

# ON THE SKIN

- Essential oils can be applied to the skin by itself or with a carrier oil
- If an oil is uncomfortable, add a carrier oil
- Start on the bottoms of the feet
- Avoid eyes, mucous membranes, and private parts

# RAVEN™



- Blend of Ravintsara, Peppermint, Eucalyptus radiata, Lemon, and Wintergreen
- Drop 1-2 drops in palm of hand, rub hands together and then rub on chest during or after exercise



# PANAWAY®



- Blend of Peppermint, Wintergreen, Clove, and Helichrysum
- Great to use with a roller ball



# IN A DIY

## MAKE AN ESSENTIAL OIL DIY

- Body Scrub
- After Workout Balm
- Face Masks
- Eye Cream
- Bath Salts
- Bath Bombs
- Linen Spray
- Outdoor Spray
- Body Butter
- Lip Balm
- Play Dough
- And so much more!

# LAVENDER



- The Swiss Army Knife of essential oils
- Fresh, clean, floral, and calming aroma
- Gentle on the skin
- Add to many DIYs
- Diffuse at bedtime

The background image shows a serene bedroom. A bed with a light beige headboard and white linens is on the right. A nightstand with a white top and wood base holds a lamp with a textured beige shade and a white vase. Sunlight streams through a window on the left, creating a warm, peaceful atmosphere. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and ingredients list.

# LAVENDER BEDTIME SPRAY

- 4 oz water
- 4 oz witch hazel
- 1 tsp jojoba oil
- 10 drops Lavender
- 10 drop Stress Away

Whisk all ingredients together, and pour into a glass spray bottle. Spritz on linens at bedtime



# FRANKINCENSE



- Add to skin care routine and spiritual practices
- Apply to the top of the head
- Key ingredient in many personal care products, and supplements

# FRANKINCENSE EYE CREAM

- ¼ cup coconut oil
- ½ tsp Vitamin E liquid
- 10 drops Frankincense
- Gently melt coconut oil over medium-low heat in a pot. Once melted, turn off the heat and add the vitamin E liquid.
- Once cooled to room temperature, add frankincense essential oil and place mixture in a sealed glass jar.
- Place in refrigerator until firm. Once firm it no longer needs to be stored in the refrigerator





# INGEST

- The Vitality Oils are specifically labeled for ingestion
- Use Vitality Oils to enhance the aroma and flavor of both savory and sweet foods
- Use in a recipe, in a capsule or directly onto tongue



# LEMON VITALITY



- Includes limonene which enhances the flavor of foods and water and enhances wellness
- Is a key ingredient in NingXia Red and Inner Defense

# IN A CAPSULE

- Some essential oils have very strong flavors or be hot on the tongue, so you may choose to use them in a capsule.
- A great way to support digestive health, optimal immunity and respiratory health



# THIEVES<sup>®</sup> VITALITY



- Blend of Lemon, Cinnamon, Clove, Rosemary, and Eucalyptus radiata
- Supports healthy immune function
- May help maintain a healthy respiratory system

# COPAIBA VITALITY



- Promotes wellness
- May be an important part of a daily health regimen
- Includes the naturally occurring constituents beta-carophyllene and alpha-humulene.



# DIRECT INGESTION

- There is no better way to end a meal than with a drop of essential oil directly on the tongue





# PEPPERMINT VITALITY



- The perfect oil for after a meal and for sharing
- Supports gastrointestinal system comfort and promotes healthy bowel function
- May support performance during exercise

# DIGIZE™ VITALITY



- Tarragon, Juniper, Anise, Ginger, Fennel, Patchouli, Peppermint, and Lemongrass
- Can be taken with Essentialzymes-4 to support a wellness regimen
- Perfect as a dietary supplement in water when traveling abroad

# TOTAL BODY WELLNESS



# NINGXIA RED



- Wolfberries from the NingXia region of China are packed with ingredients that protect against oxidative stress and provide antioxidants
- Simply drink 2 oz every morning or as desired



# PREMIUM STARTER KIT





# ESSENTIAL REWARDS

- Easy Monthly Shipments
- Discounted Shipping
- Exclusive Rewards Points
  - Earn points for future purchases with every ER order
  - Months 0-3, earn 10% back
  - Months 4-24, earn 20% back
  - Months 24+, earn 25% back
- Exclusive Commission Bonuses
- Exclusive Loyalty Gifts
  - 3 consecutive months: Peppermint Vitality
  - 6 consecutive months: Thieves Vitality
  - 9 consecutive months: Tea tree essential oil
  - 12 consecutive months: exclusive Loyalty blend

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THE FARMACIST

[WWW.LINDSEYELMORE.COM](http://WWW.LINDSEYELMORE.COM)



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