



INTRODUCTION TO ESSENTIAL OILS

MY STORY

THE ORIGINAL



GARY AND MARY YOUNG

WHAT IS AN ESSENTIAL OIL?

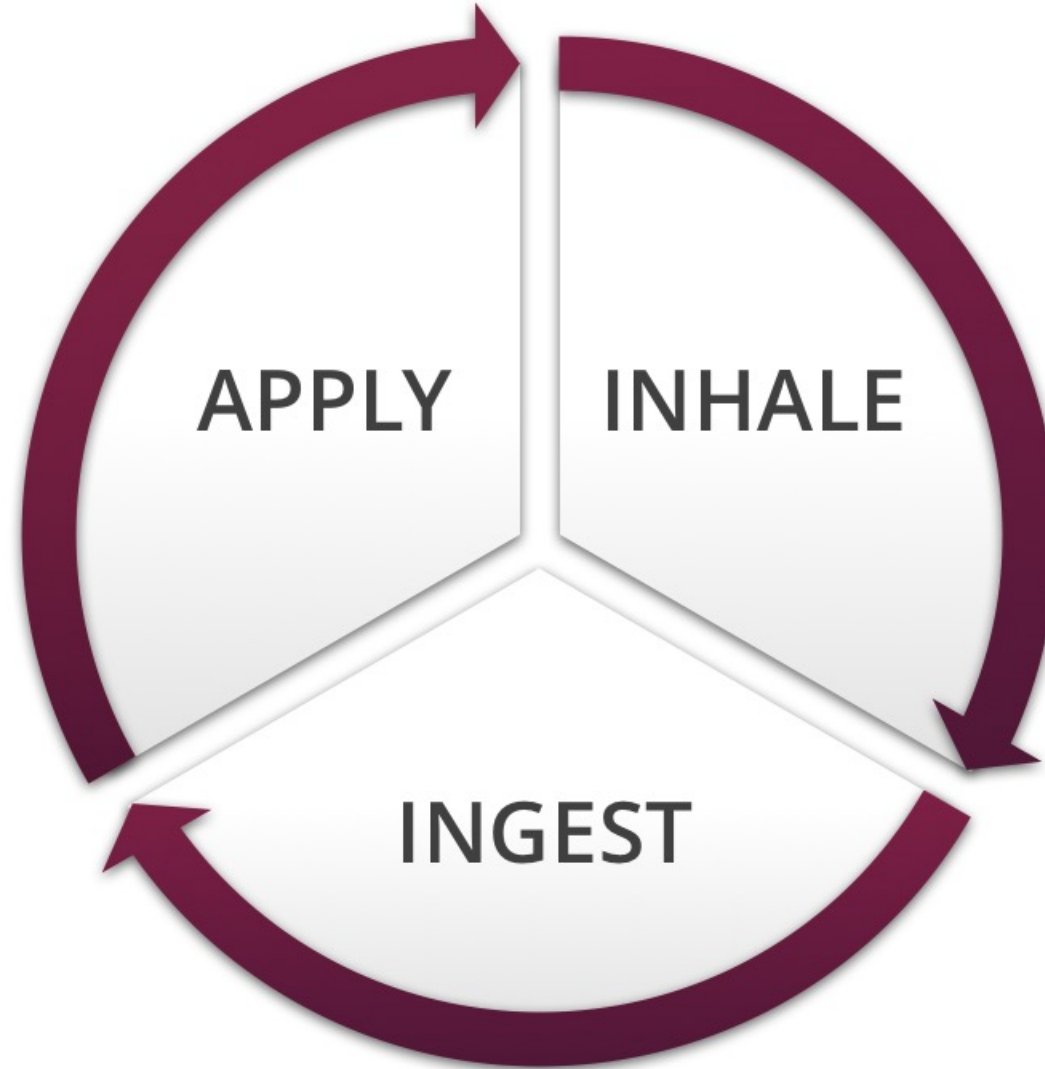
- Aromatic liquids found in plants
- Used for centuries, all over the world
- Extracted primarily through steam distillation
- Potent, volatile, and versatile





QUALITY FROM SEED TO SEAL

HOW TO USE ESSENTIAL OILS



INHALED

YOU CAN INHALE MANY DIFFERENT WAYS:

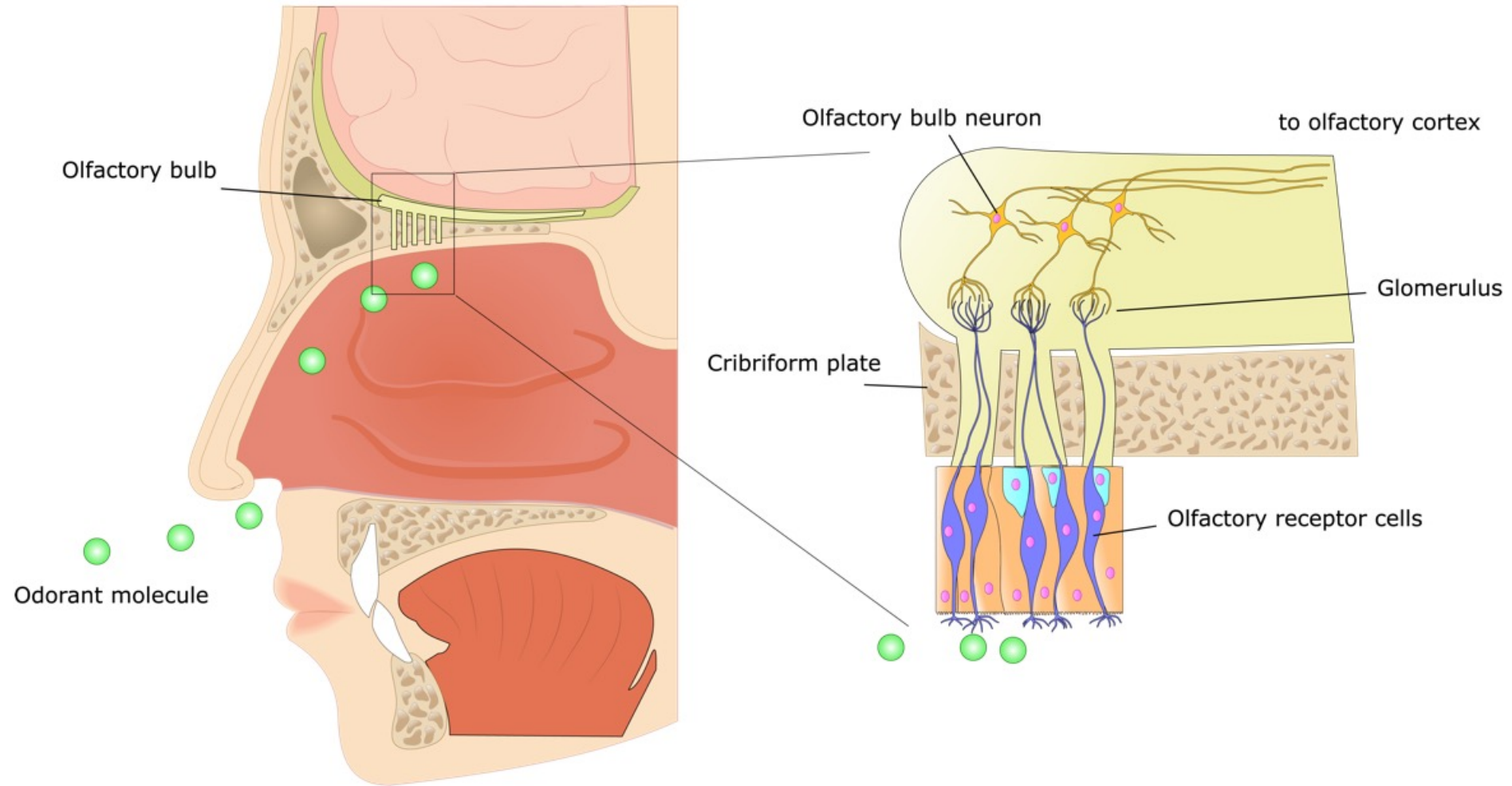
- Directly from bottle
- From hands
- From a diffuser

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



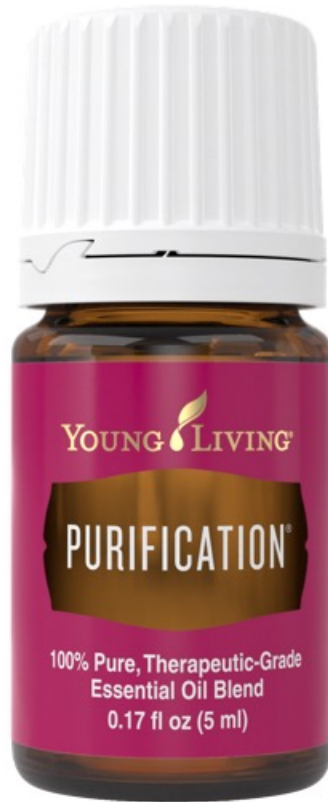
DIFFUSED

- 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

PURIFICATION[®]



- Blend of citronella, lemongrass, rosemary, tea tree, lavandin, and myrtle
- Freshen air and eliminate odors
- 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

R.C.™



- Blend of three types of Eucalyptus, myrtle, marjoram, pine, lavender, cypress, black spruce, and peppermint
- Drop 1-2 drops in palm of hand, rub hands together and then rub on chest before 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



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

LEMON MACAROONS

- 2 Tablespoons agave syrup
- 2 Tablespoons orange marmalade
- 2 tsp lemon zest
- 3 drops Lemon Vitality
- 2 Tablespoons ground raw sugar
- 2 Tablespoons coconut milk
- 1/8 teaspoon sea salt
- 1/8 teaspoon ginger powder
- 1 cup shredded coconut
- 1/4 cup Einkorn flour
- 3/4 teaspoon baking powder



LEMON MACAROONS

- Preheat oven to 350 degrees.
- In a bowl, mix all wet ingredients, and in another mix dry ingredients.
- Add dry ingredients to the wet and mix well. Chill dough for 15 minutes.
- Create 1 tbsp sized balls either with a measuring spoon or by rolling in hands.
- Place on parchment-lined pan for baking.
- Bake 10-12 min until slightly golden, turning the sheet half way through. Do not overbake.
- Roll in coconut flakes to finish.
- Cool on a rack.



LEMON MACAROONS

LEMON DIPPING SAUCE

- 1/4 cup coconut milk
- 2 drops Lemon Vitality
- 2 tsp lemon zest
- 2 TBSP Agave Nectar
- 2 TBSP Raw Sugar
- Mix all ingredients and drizzle over macaroons.



LEMON VEGETABLE MARINADE

- 1 drop Oregano Vitality
- 2 drops Lemon Vitality
- 1 drop Black Pepper Vitality
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ cup soy sauce
- 1 tbsp red wine vinegar
- 1 clove garlic



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[®] 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

NINGXIA RED PUNCH RECIPE

- 16 oz soda water
- 6 oz NingXia Red
- 5 drops Tangerine Vitality
- 2 drops Slique Essence
- Stir all ingredients together



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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