

# Everyday Oils



YOUNG  LIVING  
ESSENTIAL OILS



## Pure, Potent Plant Remedies

Uplifting, protective, calming, and regenerating, essential oils are a unique gift from the natural world. Often referred to as “nature’s living energy” or the very essence of a plant, essential oils are aromatic liquids derived from shrubs, flowers, trees, roots, bushes, and seeds. They not only determine the plant’s aroma, but are vital for plants to grow, live, evolve, and adapt. Essential oils also help defend plants from insects, environmental conditions, and disease. Today, research shows that when used aromatically, applied topically, or taken internally, essential oils can calm, energize, balance, purify, and rejuvenate the mind and body.

From perfumes and aromatherapy to cooking and medicinal purposes, essential oils have been a vital part of everyday life, dating back to 4500 BC. After personally experiencing the many benefits of essential oils, D. Gary Young, Founder and President of Young Living Essential Oils, began a personal campaign to promote the ancient healing art of essential oil therapy. The result? An abundant line of pure, therapeutic-grade essential oils, including over 140 single essential oils and unique essential oil blends, and the world’s largest community dedicated to achieving wellness via nature’s purest, most potent gift.

# Therapeutic-Grade: The Young Living Standard

There is a significant difference between essential oils that simply smell good and those that are *therapeutic-grade*.

Independent laboratory testing proves that Young Living essential oils meet and often exceed industry requirements, and as stewards of nature's plant remedies, Young Living maintains higher internal standards, built upon the magnitude of our own rigorous Quality Assurance requirements. This standard is known as "therapeutic-grade." In order to achieve therapeutic-grade classification, each essential oil must achieve the designation naturally, without excess manipulation and refinement, and meet specific criteria in four key areas: *Plants, Preparation, Purity, and Potency*.

- 1 PLANTS** Young Living products are produced from the right plants, grown in exceptional soil, and harvested at exactly the right time.
- 2 PREPARATION** Honoring a strict commitment to respect and protect the time-honored methods of distillation, Young Living makes every effort to preserve "nature's living energy" in a manner as close to its natural state as possible. Using pure mountain water free of additives, Young Living has a proprietary, stainless steel distillation process that uses low temperature and low pressure to better preserve plant properties, capture the pure essence of the plant, and preserve the quality of the oils.
- 3 PURITY** Achieved through the use of quality plants and meticulous preparation, and not through ultra-refinement, our finished product is 100% pure. Young Living essential oils are unadulterated, uncut, and free of chemicals, pesticides, and heavy metals.
- 4 POTENCY** To guarantee our products exceed existing world standards and meet our own higher internal standards for potency, we analyze the finished oil's phytochemical profile to ensure it delivers optimal amounts of every key plant compound.

# How To Use Essential Oils

## 1 AROMATHERAPY

*Direct Inhalation* Directly inhale the oil from the bottle.

*Diffusion* Use Young Living's Essential Oil Diffuser to disperse oil in a micro-fine vapor into the air.

*Humidifier* Fill a humidifier with water then place a tissue or cloth, sprinkled with a few drops of oil, in front of the escaping vapor.

*Steam* Place a few drops of oil in hot water, cover your head and the container with a towel, and breathe deeply and slowly.

## 2 TOPICAL APPLICATION

*Direct* Essential oils can be applied directly to the crown of the head, to the temples, behind the ears, over vital organs, to the feet, and many other locations. Dilution may be required.

*Massage* Essential oils can be used before, during, and after therapeutic massage.

*Perfume* With natural, earthy, and exotic aromas, essential oils can also be worn as perfume.

## 3 INTERNAL USE

*Capsule* Add several drops of oil into an empty capsule and swallow with water.

*Water or Milk* Add 1–2 drops of oil to a glass of water or rice milk.

*Bread* Add 1–2 drops of oil on a piece of bread.

*Cooking* Use oils in place of herbs and spices in your everyday cooking.

*Blue Agave* Add 1–2 drops of essential oil into a teaspoon of Young Living's Blue Agave sweetener.

*Direct* Drop directly onto the tongue and swallow.



# Everyday Oils

*Make oils an essential part of your day, every day!* It is always important to have Young Living's therapeutic-grade essential oils on hand for your home and family. To help you get started, Young Living recommends nine of our most popular essential oils and essential oil blends for a wide range of uses and benefits. Try them in the following favorite everyday applications.

## AIR PURIFICATION

Essential oils can help rid the air of unpleasant odors and unwanted bacteria. Diffuse a cleansing oil like lemon or Purification in your children's bedrooms, or help control mold by diffusing Thieves. Oils like Thieves, Purification, Citrus Fresh, or peppermint can be used in a humidifier or dropped onto cotton balls and placed in home air vents.

## AROMATHERAPY + FRAGRANCE

Keep a diffuser in every room of your home! Essential oils can be diffused for stress relief, respiratory discomfort, energy, mood balance, and emotional support. Try adding several drops of peppermint or PanAway to bath water to help ease muscle tension or calm the mind and body. Create your own bath and shower gel by adding a favorite essential oil like grapefruit to Young Living's Bath & Shower Gel Base. When hosting a holiday party or a baby shower, add the pleasant smell of tangerine, lemongrass, or geranium to potpourri or an essential oil blend like Christmas Spirit to pinecones and cinnamon sticks for festive holiday ambiance and aroma. Wear Valor or White Angelica for confidence and a positive attitude.

## CLEANING

A few drops of an essential oil like lemon, Thieves, or Purification can be added to a dishwasher, washing machine, spray bottle, or to Young Living's Thieves Household Cleaner. This cleaner can be used on a variety of surfaces including tile, Formica, walls, linoleum, and even carpet.\*\*



### COOKING

Pure essential oils like rosemary, oregano, cinnamon, and spearmint can be used in place of herbs, spices, and flavoring agents in your everyday cooking. Use lemon oil to grill vegetables, add peppermint oil to hot tea, or use black pepper oil to spice up a favorite marinade or salsa.

### FIRST AID

Drop PanAway oil blend on stressed muscles and massage or cover with a moist, hot towel. Rub Purification on exposed skin to avoid bug bites. Apply lavender oil to help soothe burned or stressed skin. Drop R.C. on the chest to ease respiratory discomfort. Add Roman chamomile to healing salves for minor bruises, cuts, and scrapes. Massage Di-Gize on the abdomen to help soothe minor stomach discomfort. Utilize 2–3 drops of valerian in a capsule and swallow to aid with peaceful sleep.

### PET CARE

Try rubbing Peace & Calming or lavender behind the ears of overactive pets. Use helichrysum and Roman chamomile to help soothe minor discomforts and wounds.

Essential oils are highly concentrated and should be used with caution. Please refer to Young Living's Essential Oils User's Guide for more information about using essential oils safely.

\*\* Before cleaning upholstery, fabric, or carpet, perform a spot test with Thieves Household Cleaner in an inconspicuous area. Discontinue use in the unlikely event of staining or skin irritation.



## FRANKINCENSE

A sweet, warm, balsamic aroma that is stimulating and elevating to the mind, frankincense is useful for visualizing, improving one's spiritual connection, and centering. Frankincense also has comforting properties that help focus the mind and overcome stress and despair. Frankincense is also a valuable ingredient in skincare products for aging and dry skin.

*Inhale, diffuse, or apply topically on the body to deepen breathing and induce calmness.*

*Drop onto the skin to minimize or soothe scarring and stretch marks.*

*Apply 1–2 drops directly onto a bug bite to help reduce itching and swelling.*

*Diffuse to enrich prayer and meditation.*

*Drop onto minor cuts, scrapes, and bruises to reduce redness and discomfort.*

*Rub on gum, glue, or tough adhesives to remove from household surfaces or skin.*

*Apply 1–2 drops of frankincense to the face and neck daily to help repair sun damage and renew healthy-looking skin.*

*Massage several drops on the temples or back of the neck for stress relief.*

*Drop in a capsule and swallow for immune support.\**

*Apply frankincense on the face to minimize oil production and breakouts.*

*Rub on the feet or the back of the neck to soothe overactive children.*

## FRANKINCENSE

ITEM NO. 3548 15 ML

WHSL. \$69.75 / PREF. CUST. \$80.76 / RETAIL \$91.78 / PV 69.75

\*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.

## LAVENDER

One of the most versatile essential oils, lavender has a sweet, floral, herbaceous aroma that is calming and soothing. Often used for relaxation, lavender oil offers balancing properties that boost stamina and energy, is highly regarded for skin care and beauty, and is often used to cleanse minor cuts, bruises, or skin irritations.

*Massage into the back of the neck or the bottom of the feet for calming.*

*Rub a drop on your palm and smooth over pillow to aid with sleep.*

*Soothe a minor burn by applying 2–3 drops to the affected area.*

*Place a drop on the tip of the tongue, around the navel, or behind the ears to soothe minor stomach discomfort associated with travel.\**

*Relieve dry or chapped skin by rubbing it on the affected area.*

*Rub several drops onto scalp area to help soothe minor irritations.*

*Add a few drops to a cotton ball and place in closets and drawers to scent linens and repel moths and insects.*

*Reduce or minimize scar tissue by massaging it on or around affected areas.*

*Place a few drops on a wet cloth or dryer sheet to deodorize and freshen your laundry.*

*Diffuse to minimize seasonal reactions to pollen and dust mites.*

*Apply 2–3 drops to relieve itching and soothe skin.*



### LAVENDER

ITEM NO. 3575 15 ML

WHSL. \$20.75 / PREF. CUST. \$24.03

RETAIL \$27.30 / PV 20.75

## LEMON

Offering a clean, refreshing, and purifying citrus scent, lemon oil is revitalizing and uplifting. Lemon contains 68 percent d-limonene, a powerful antioxidant, has cleansing properties, and contains compounds that have been studied for their effects on immune function.

Use 1–2 drops to remove gum, oil, grease spots, glue or adhesive, and crayon on most surfaces.

Substitute lemon oil for lemon juice or lemon seasonings to flavor seafood, vegetables, beverages, and desserts.

Combine 2–3 drops with water in a spray bottle to help cleanse and sanitize surfaces.

Place a drop on oily skin or blemishes to help balance oil glands and minimize oil production.

Soothe or prevent corns, callous, or bunions by rubbing oil on affected area, morning and evening.

Fill a bowl with cold water, add 2–3 drops of oil, and drench fruit in water to preserve shelf life.

Add a drop to your dishwasher before the wash cycle for spot-free dishes.

Massage oil into cellulite to help improve circulation and help eliminate waste from the cells.

Put 10–15 drops in a gallon of carpet cleaning solution to help pull out stains, brighten carpet and rugs, and leave a fresh smell in the room.

CAUTION: LEMON OIL SHOULD NOT BE APPLIED TO SKIN THAT WILL BE EXPOSED TO DIRECT SUNLIGHT OR ULTRAVIOLET LIGHT WITHIN 12 HOURS.



### LEMON

ITEM NO. 3578 15 ML

WHSL. \$9.75 / PREF. CUST. \$11.29

RETAIL \$12.83 / PV 9.75



## PEPPERMINT

Peppermint is one of the oldest and most highly-regarded herbs for soothing digestion.\* Research shows the inhalation of peppermint oil helps trigger a sense of fullness after meals, enhances your sense of taste and smell, and improves concentration and mental activity. Applied topically, peppermint oil leaves a soothing, cooling sensation that can alleviate bodily discomfort.

*Add a drop to herbal tea to help aid in digestion.\**

*Inhale before and during a workout to help boost your mood and reduce fatigue.*

*Massage several drops on the abdomen, place a drop on the tip of the tongue or wrists, or inhale to soothe minor stomach discomfort associated with travel.\**

*Rub 1 drop on the temples, forehead, over the sinuses (avoid contact with eyes), and on the back of the neck to help soothe head pressure.*

*Place 2 drops on the tongue and rub another drop of oil under the nose to help improve concentration and alertness.*

*Diffuse for energy and mental clarity.*

*Combine with lavender oil for a soothing and invigorating body, neck, or foot massage.*

*Apply to the back of the neck and shoulders repeatedly to keep energy levels up during the day.*

*Massage 2–3 drops onto the chest or drop into a humidifier to ease discomfort associated with the winter season and to support normal breathing.*

## PEPPERMINT

ITEM NO. 3614 15 ML

WHSL. \$19.75 / PREF. CUST. \$22.87 / RETAIL \$25.99 / PV 19.75



## **PANAWAY**

**CONTAINS** *wintergreen, clove, peppermint, and helichrysum*

A proprietary blend of soothing essential oils, PanAway oil blend is most often used for body massage to support the circulatory system and can help ease muscle and joint discomfort.

*Apply topically to help relieve an area of discomfort, stressed muscles, or cramping.*

*Rub a drop on the temples, forehead, and back of the neck to help alleviate head pressure.*

*Mix oil with Young Living's V-6 massage oil and use topically to ease growing discomfort in children and young adults.*

*Massage 2–3 drops at the base of the spine to soothe back pressure.*

*Apply several drops onto the bottoms of feet for a soothing, relaxing foot massage.*

*Add 3–4 drops onto a hot towel and place over the abdomen to ease cramps and bloating.*

*Massage 3–4 drops on the body to ease muscle and joint discomfort associated with exercise.*

## **PANAWAY**

**ITEM NO. 3390 15 ML**

**WHSL. \$59.75 / PREF. CUST. \$69.18 / RETAIL \$78.62 / PV 59.75**

## **PANAWAY**

**ITEM NO. 3391 5 ML**

**WHSL. \$29.75 / PREF. CUST. \$34.45 / RETAIL \$39.14 / PV 29.75**

## PEACE & CALMING

**CONTAINS** tangerine, ylang ylang, blue tansy, orange, and patchouli

A gentle, fragrant blend that is specially designed for diffusing, Peace & Calming promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

*Rub 1–2 drops on the bottom of feet and on the shoulders before bedtime to help get a good night’s sleep.*

*Diffuse to help calm overactive children and pets.*

*Use 1–2 drops on the bottoms of feet or in a warm bath to soothe fussy babies.*

*Mix with Young Living’s V-6 massage oil for a soothing, relaxing massage.*

*Rub on the temples and the stomach to help soothe the mind and alleviate stress and anxiety.*

*Add several drops to a warm bath to relax the mind and body.*

*Wear behind the ears or on the wrists for calming.*

*Add several drops into a spray bottle and lightly mist linens and bed pillows to aid with peaceful sleep.*



**PEACE & CALMING**

**ITEM NO. 3393 15 ML**

**WHSL. \$29.75**

**PREF. CUST. \$34.45**

**RETAIL \$39.14 / PV 29.75**

## PURIFICATION

**CONTAINS** citronella, rosemary, lemongrass, lavandin, *Melaleuca alternifolia*, and myrtle

Formulated for diffusing to cleanse and sanitize the air and neutralize mildew, cigarette smoke, and other disagreeable odors, Purification can also be used directly on the skin to cleanse and soothe insect bites, cuts, and scrapes.

Combine several drops with water in a spray bottle and use to repel insects. The same combination can be used on linens to help with bed bugs.

Place a drop on insect bites to cleanse and soothe itching.

Apply several drops on a cotton ball and place in air vents at home, in the office, inside a hotel room, or in other enclosed areas to control odors and pollution.

Apply a drop on blemishes to help clear skin.

Diffuse to clean the air and neutralize foul or stale odors.

Blend with lemon oil and water in a spray bottle to use as an air freshener.

Rub a drop on your hands after using a public restroom.



## PURIFICATION

ITEM NO. 3399 15 ML

WHSL. \$16.25

PREF. CUST. \$18.82

RETAIL \$21.38 / PV 16.25



## **THIEVES**

**CONTAINS** clove, cinnamon, rosemary, lemon, and *Eucalyptus radiata*

Based on the historical account of four thieves in France who protected themselves with clove, rosemary, and other aromatics while robbing plague victims, this proprietary blend was university tested for its cleansing abilities and found to be highly effective against airborne bacteria.

*Place 2–3 drops in a capsule and swallow daily for extra protection.*

*Drop 4–5 drops onto a dryer sheet to freshen laundry.*

**Add 4–5 drops of oil to dishwasher or dishwasher to thoroughly clean dishes and eliminate bacteria and odor.**

*Diffuse to eliminate bacteria and odors in the air.*

*Drop directly on the tongue, in a spoonful of Young Living's Blue Agave, or on a piece of bread and swallow for unpleasant breath.*

*Add several drops of oil onto a tissue and place in home, office, or hotel air vents to mask odor and purify the air.*

*Dilute with V-6 massage oil and apply directly to the feet for immune support,\* especially during winter or while traveling.*

*Add to cinnamon sticks or to potpourri for home fragrance.*

## **THIEVES**

**ITEM NO. 3423 15 ML**

**WHSL. \$31.75 / PREF. CUST. \$36.76 / RETAIL \$41.78 / PV 31.75**



## **VALOR**

**CONTAINS** spruce, blue tansy, rosewood, and frankincense

Valor is an empowering combination of therapeutic-grade essential oils that works with the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. It has also been found to help the body self-correct its balance and alignment.

*Rub on the bottom of feet to help align and balance the body systems.*

*Drop onto the wrists to ease anxiety and yield confidence.*

*Massage on the temples or the back of the neck to help ward off negative energy.*

*Massage onto neck, chest, and shoulders to release tension.*

*Drop onto hands and deeply inhale to ease stage fright or other phobias.*

## **VALOR**

**ITEM NO. 3429 15 ML**

**WHSL. \$19.75 / PREF. CUST. \$22.87 / RETAIL \$25.99 / PV 19.75**



## Oils For The Body

When applied topically or taken internally, essential oils provide significant benefits to the body, including skin care, digestive health, tired muscles, respiratory support, sore joints, and other bodily discomforts. Essential oils can also be worn as perfume.

Aroma Life	ImmuPower	Purification®
Aroma Siez	Joy	Raven
Balsam fir (Idaho)	Juniper	Ravensara
Cedarwood	JuvaFlex	R.C.
Cistus	Lavender	Relieve It
Citrus Fresh	Ledum	Roman chamomile
Clary sage	Lemongrass	Sage
Clove	Longevity	Sandalwood
Coriander	M-Grain	Spearmint
Cypress	Marjoram	Spruce
Di-Gize	<i>Melaleuca alternifolia</i>	Tangerine
Dill	<i>Melaleuca ericifolia</i>	Tarragon
EndoFlex	Melissa	Thieves®
<i>Eucalyptus globulus</i>	Melrose	Thyme
<i>Eucalyptus radiata</i>	Mister	Trauma Life
Exodus II	Mountain Savory	Valor®
Fennel	Myrrh	Vetiver
Galbanum	Myrtle	White Angelica
Gentle Baby	Nutmeg	White fir
Geranium	Orange	Wintergreen
Ginger	Oregano	Ylang ylang
Goldenrod	PanAway®	
Grapefruit	Patchouli	
Helichrysum	Peppermint	
Hyssop	Pine	

# Oils For The Mind + Emotions

Support mental clarity and emotions with essential oils. The following essential oils can be worn or diffused for stress relief, energy, motivation, forgiveness, courage, mood balance, anxiety, libido, and relaxation.

Abundance	Hope	Rosemary
Acceptance	Idaho tansy	Rosewood
Aroma Life	Inner Child	Sacred Mountain
Australian Blue	Inspiration	Sage
Awaken	Into the Future	SARA
Basil	Jasmine	Sensation
Believe	Joy	Spearmint
Bergamot	Juniper	Spikenard
Brain Power	Lady Sclareol	Spruce
Christmas Spirit	Lavender	St. Maries lavender
Cistus	Lemon	Surrender
Citrus Fresh	Lemongrass	Tangerine
Clarity	Magnify Your Purpose	3 Wise Men
Clary sage	Marjoram	Transformation
Dragon Time	Melissa	Trauma Life
Dream Catcher	Melrose	Valerian
En-R-Gee	M-Grain	Valor®
Envision	Mister	Vetiver
Fennel	Motivation	White Angelica
Forgiveness	Mountain savory	Ylang ylang
Frankincense	Myrrh	
Gathering	Orange	
Gentle Baby	Oregano	
Geranium	Patchouli	
Goldenrod	Peace & Calming®	
Grapefruit	Peppermint	
Gratitude	Present Time	
Grounding	Release	
Harmony	Roman chamomile	
Highest Potential	Rose	

# Oils For The Home

Essential oils can be used for many purposes in the home, such as aromatherapy, cleaning, air purification, fragrance, cooking, pet care, and first aid.

Basil	Ginger	Purification®
Black pepper	Grapefruit	Ravensara
Cassia	Lavender	Rosemary
Christmas Spirit	Lemon	Sage
Cinnamon bark	Lemongrass	Spearmint
Citrus Fresh	Marjoram	St. Maries lavender
Clary sage	Melrose	Tangerine
Clove	Nutmeg	Tarragon
Coriander	Orange	Thieves®
Dill	Oregano	Thyme
<i>Eucalyptus globulus</i>	Patchouli	Tsuga
Evergreen Essence	Peace & Calming®	Wintergreen
Fennel	Peppermint	





## EVERYDAY OILS AUTOSHIP PACK

Ensure you'll always have the benefits of Young Living's therapeutic-grade essential oils on hand with our brand new Everyday Oils Autoship Pack. Automatically sent to your door each month, the oils in this select collection will provide ongoing support for your home, health, and body, all at discounted pricing! Exclusively available for autoship customers, this kit is ideal for making oils an essential part of your day, every day.

### PACK INCLUDES

frankincense (5 ml), lavender (5 ml), lemon (5 ml), peppermint (5 ml), Purification (5 ml), PanAway (5 ml), Peace & Calming (5 ml), Thieves (5 ml), and Valor (5 ml)

ITEM NO. 3695

WHSL. \$115.00 / PREF. CUST. \$133.16 / PV 115

\*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.

3125 West Executive Parkway  
Lehi, UT 84043  
[www.youngliving.com](http://www.youngliving.com)

© 2008 Young Living Essential Oils  
All rights reserved. Lehi, UT 84043

For more information,  
please contact this Independent Distributor: