



# Nature's First Aid Kit for Everyday Living

## Introducing Young Living Essential Oils Starter Kit

Essential oils are the lifeblood of the plant, and contain complex constituents which cleanse, protect, oxygenate, nourish and offer many therapeutic benefits. Essential oils are 50 times more potent than herbs because their lipid structure allows them to penetrate the body's cells rapidly and effectively, promoting healing by transporting oxygen and other vital nutrients to the body.

The '**Starter Kit**' contains 9 of the most popular essential oils made by **Young Living Essential Oils**. These include 4 single oils, Lemon, Lavender, Peppermint, and Frankincense, as well as 5 essential oil blends called 'Thieves', 'Valor', 'Peace and Calming', 'Purification' and 'Pan Away'. These essential oils are able to support our health, and in fact, be our first aid kit!

The evening will feature a video presentation with Arlene Anisman, Certified Clinical Aromatherapist and Registered Psychotherapist in private practice for 30 years, who will share information about each oil/oil blend and the various ways to use the oils. You will leave this evening with a greater understanding of the power each of us have to help and heal ourselves every day using this kit of essential oils.

You will have an opportunity to interact with each of the oils first hand as you learn about each essential oil's unique properties and will enjoy nutritious snacks and drinks infused with essential oils.



**Bonus: FREE Draw for ZYTO Compass Personal Bioscan & Report**  
((\$25 value))

Let your body communicate to you its preference for essential oils and nutritional products most needed by your body moment by moment. A DEMO of the ZYTO Compass system will be offered by Angela Shim, Certified Nutritional Practitioner. There will also be a FREE DRAW for a ZYTO Compass personal bioscan & report (\$25 value).

**Date/Time:** Wednesday March 31, 2010 7-9pm

**Location:** Streams Health & Wholeness Centre, Thornhill Shopping Plaza  
300 John St., Suite#324, Thornhill  
(Free parking at Food Basics, take elevator to 3<sup>rd</sup> floor)

**Cost:** \$10 if RSVP before Mar 29 (handouts issued); \$15 cash at door (handouts emailed)

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