



## 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!

Guest speaker Arlene Anisman will present information about each oil/oil blend, how to use it, and answer any specific questions relating to these 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.

Arlene Anisman is a Certified Clinical Aromatherapist and a Registered Psychotherapist in private practice for over 30 years. Join Arlene as she shares her wealth of knowledge on the many uses of therapeutic grade essential oils in the home and in clinical practice.



**Bonus: FREE Draw for ZYTO Compass Personal Bioscan & Report**  
(\$20 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 (\$20 value).

**Date/Time:** Thursday July 23, 2009 7-8:30pm  
**Location:** 45 Carlton Rd., Suite 1016, Toronto  
**Cost:** \$10 (handouts provided)  
**RSVP:** Sharon Walsh 416.351.7475 perfectbalancetherapies@yahoo.ca  
Limited Seating, Book Early to Reserve a Spot