



# 121 Uses for the 11 Oils of the Premium Starter Kit

## Welcome to Young Living

You must be so excited! Your Premium Starter Kit has arrived! Use this handout to get some ideas on how to start using your oils. The most important thing is to OPEN THE BOX! Plug in that diffuser, take out your oils, and have fun.

## Quick Disclaimer

I am not a medical professional. Just a Young Living enthusiast who loves to collect and share experiences with these products. The information in this handout is not intended to treat, cure or diagnose any illness, nor is it meant to replace professional medical attention or advice. Advice and testimonies are all based on use of Young Living brand of oils specifically. Use and application of this information is done solely at your own risk.

## What are Essential Oils?

Before we get going on the various uses, thought you might enjoy a little background.

Essential Oils are:

- The volatile oil of a plant, meaning they evaporate, unlike a fatty oil like olive oil or canola oil.
- Extracted from trees, shrubs, flowers and stems and seeds.
- The purest, most potent form of an herb, often called the “life blood” of the plant
- Nothing new. Historically, essential oils are the oldest known form of medicine, dating back to 4500 BC.
- Helpful for supporting ALL body systems: skeletal, muscular, cardiovascular, digestive, endocrine, nervous, respiratory, lymphatic, urinary, reproductive and integumentary; as well as the structures and functions of the body.

## Why Young Living? What makes it special?

Young Living’s Purpose:

- Bringing greater wellness and abundance to people all over the world.
- Young Living takes the stewardship of our planet seriously.
- Their state-of-the-art production process brings you the purest oils on Earth.
- Young Living offers a promise of purity from “Seed to Seal.”

Growth Facts:

- In 2014, Young Living launched 21 new products, 13 of which are new essential oils.
- In 2014, their active members and sales more than doubled.
- Young Living essential oils come from over 50 different sources and are all worthy of the “Seed to Seal” distinction.



## Ways to Use Essential Oils

1. **AROMATICALLY:** When inhaling, it takes 22 seconds for an oil to reach the brain. The only way to reach limbic system is through smell, which is why oils are such a great option for those for those needing emotional support and support for their nervous system. Diffusing is another way we inhale oils (point out diffuser in room), it purifies the air, makes your home smell good without chemicals, great for respiratory support, stubborn spouses and crazy kids. Having more than one diffuser is a plus too.
2. **TOPICALLY:** Because of their molecular structure, essential oils are rapidly absorbed by the skin. Sometimes when you apply an oil to the skin, it almost seems to disappear into the body. When applied topically, it takes 2--3 minutes for an oil to reach the bloodstream, 20 minutes to affect every cell in the body, then metabolized within 2½ hours. It's not rocket science -- apply oils to the area where you want to provide support. Some favorite places are wrists, behind the ears, neck, temples, stomach or especially feet.
3. **INTERNALLY:** In water/drinks, cooking/baking, in capsules etc. Be sure to use glass or stainless steel when drinking essential oils in water. Citrus oils especially can digest petrochemicals, so it's important not to use plastic.

## Safety

A few safety notes:

YES, Young Living can be used on babies and children of all ages.

YES, You can mix-and-match them and use several at once.

But, essential oils are potent gifts from nature that can often be more powerful than expected.

A few important tips:

- You should never place essential oils inside the ear, or near or in the eyes.
- You may need to dilute some oils with "carrier" oils if you experience any kind of irritation-- any fatty oil such as olive oil, vegetable oil, etc. Young Living makes a great blend of 6 vegetable oils-- it's called V-6, and it comes with a pump. NOT GREASY! A good ratio to start with is 1 part oil to 2 parts dilution, but pay attention to your skin and see what you need.

## Lavender

Let's dive into the oils that come in the Starter Kit! First up? LAVENDER essential oil. Young Living's Lavender oil is so potent that it takes 170 pounds of plant material for 1 pound of oil. As a member, you are welcome to visit YL farms and participate in plantings and harvest.

Lavender is known as the "Swiss Army Knife" essential oil because it has so many uses!

1. Diffuse for a comforting and calming aroma that helps the body adapt to occasional stress.
2. Add a few drops to a nighttime bath to prepare for a relaxing night's sleep.
3. Add Lavender to face/body creams or baby lotion to soothe skin.
4. Create your own linen spray by mixing with water, or place cotton balls with Lavender oil in your linen cabinet.
5. Rub Lavender oil on the feet before bed for a calming effect on the body.
6. Rub Lavender between your palms and smooth over your pillow to help you sleep.
7. Put 1 drop of Lavender on a bee sting or insect bite to stop itching and reduce swelling.

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8. Put 2-3 drops of Lavender on occasional skin irritation for immediate soothing.
  9. Place 1 drop of Lavender on the end of the tongue, around the naval or behind the ears for the prevention and treatment of nausea and vomiting or dizziness associated with motion.
  10. To stop a nosebleed, put 1 drop of Lavender on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops.
  11. Massage 1-2 drops of Lavender onto dry/chapped skin or lips.
  12. To revitalize healthy skin, massage Lavender oil on and around the affected area.
  13. Dab 1-2 drops of Lavender oil in each armpit to use as a natural deodorant.
  14. Massage 2-3 drops of Lavender into the scalp to help eliminate occasional dryness.
  15. Place a drop of Lavender in your water fountain to scent the air and prolong the time between cleanings.
  16. Place 2-3 drops of Lavender on a wet cloth and throw into the dryer to deodorize and freshen your laundry.
  17. Massage 2-3 drops of Lavender, mixed with 1 tsp. coconut oil into skin to soothe occasional skin discomfort associated with being outdoors.

## Peppermint

Peppermint essential oil has a wonderful, refreshing and uplifting aroma. It's one of the oldest and most highly regarded herbs for supporting the digestive system. It promotes concentration and mental accuracy.

1. Place 1-2 drops directly on the tongue or place a drop on your thumb and press to the roof of your mouth to curb the desire to snack in between meals.
2. For recipes requiring peppermint extract, replace  $\frac{1}{8}$  teaspoon of Young Living Peppermint essential oil per teaspoon of peppermint extract.
3. Rub 4-6 drops in the palm and rub over stomach and around the navel to support normal digestion, including promoting healthy intestinal function and gastrointestinal system comfort.
4. Add a drop of Peppermint oil to herbal tea to aid in normal digestive function.
5. Massage several drops of Peppermint oil to aid the body's natural response to irritation and injury.
6. Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
7. Massage several drops of Peppermint oil on the abdomen for the prevention and treatment of nausea and vomiting or dizziness associated with motion.
8. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
9. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
10. Diffuse Peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall.
11. Rub 4 drops of Peppermint oil on chest and stomach to support the body during travel.
12. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to encourage proper nasal function.
13. To deter rats, mice, ants or cockroaches, place two drops of Peppermint oil on a cotton ball and place along the path or point of entry for these pests.
14. Mix one 15 ml. bottle of Peppermint oil into a 5 gallon can of paint to dispel the fumes.
15. Place a couple of drops of Peppermint oil in a cup of hot water or coffee.
16. To kill aphids, add 4-5 drops of Peppermint oil to 4 ounces of water and spray the plants.

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17. Drink a drop of Peppermint oil mixed in a glass of cold water to cool off on a hot day.
  18. Rub Peppermint oil on joints to support healthy joint and cartilage function.
  19. Place a drop of Peppermint oil on the tongue for good breath.
  20. Inhale the fragrance of Peppermint oil to help support normal weight loss.
  21. Remove ticks by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to un-hedge its head and remove from your pet.

## Lemon

Lemon oil has been widely used in skin care throughout history. It is also known for helping improve mental accuracy and concentration. Lemon essential oil is cold-pressed from the rind, meaning the oil doesn't contain the acid that the pulp does. Aids the body's natural response and contains compounds that have been studied for their effects on supporting immune function.

1. Add 2-3 drops in a bowl of water and use to wash fruits and vegetables.
2. Apply to tough laundry stains or add to laundry detergent to brighten whites.
3. Use directly to easily remove sticky residue or add to household cleaners.
4. Substitute 1 drop of Lemon essential oil for 1 teaspoon of lemon juice or extract.
5. Put 1-2 drops of lemon on soiled clothing as a spot remover to lift stains. Apply oil directly to stain, and immediately wash the clothing in cold water.
6. Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon.
7. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
8. Use 1-2 drops on the tip of a towel to help polish and remove smudges from stainless steel appliances.
9. Apply a drop of lemon behind the ears or under your nose 2-3 times a day to support the lungs and sinuses and to encourage proper nasal function during seasonal times of the year. You can also apply it to the bottoms of your feet.
10. Put 1-2 drops of Lemon on the cardboard tube of your toilet paper roll for a burst of freshness every time it is used.
11. To clean and increase the shelf life of fresh fruit, fill a bowl with cold water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
12. Add 2-3 drops of Lemon to water and spray counter tops to sterilize them.
13. Diffuse lemon for a fresh smelling home and an instant boost in your mood.
14. Put 1-2 drops of Lemon on a fresh wound to support normal healing.
15. Soak your dishcloth overnight in a bowl of water and a drop of Lemon to freshen it up and thoroughly clean it.
16. Add a drop of Lemon to your dishwasher before the wash cycle to help clean and sterilize your dishes.
17. Rub 1 drop of Lemon on your hands after using a public restroom.
18. Add 10-15 drops of lemon to an 8oz spray bottle filled with water and use as an all-natural glass cleaner.
19. Use a paper towel soaked with several drops of Lemon oil to sanitize bathroom fixtures.
20. Put a drop of Lemon on gums to support a healthy mouth.
21. Put a drop of Lemon on oily skin or non-cystic acne to balance sebaceous glands (oil glands).
22. Massage several drops of Lemon mixed with a carrier oil on areas of the skin to support smoothness, circulation and healthy cells.

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23. Apply 2 drops of Lemon topically to the feet to support healthy skin. (Thieves and Melaleuca are other great oils for this.)
  24. Use 6 drops of Lemon oil and 6 drops of Purification oil in an aluminum spray bottle mixed with 8 oz. distilled water to use in the bathroom as an air freshener.

## Frankincense

Frankincense essential oil is considered the holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years. Frankincense was valued more than gold during ancient times, and only those with great wealth and abundance possessed it. It is known for promoting healthy immune function, promoting emotional well-being and self-renewal, supporting the muscular system. It also stimulates the limbic system of the brain, and the hypothalamus, pineal, and pituitary glands. Frankincense supports normal cellular function.

1. Create a beauty face serum with 2 drops of Frankincense + 2 drops of Lavender + an ounce of carrier oil.
2. Apply 1-3 drops to the bottoms of feet to support the immune system.
3. Apply 1-2 drops on signs of aging skin, such as liver spots, 2 times daily until gone.
4. Dilute 50/50 with a carrier oil and apply 3-5 times daily on location to aid the body's natural response to irritation and injury; to support normal healing and revitalize healthy skin.
5. Apply 1-2 drops twice daily on location to support healthy skin. (May take up to two weeks)
6. Diffuse or inhale to help the occasional blues one feels from time to time and to elevate mood.
7. Add a drop to your daily facial skin-care routine to slow the signs of aging and revitalize healthy skin.
8. Use 1-2 drops of Frankincense on back of neck and temples to improve concentration.
9. Apply 1 drop on nails to help strengthen brittle or weak fingernails.
10. Add to your bath water, massage into your scalp or on your chest to help with restoring mental alertness when experiencing fatigue.

## Purification

Purification essential oil is a cleansing blend of Citronella, Lemongrass, Lavandin, Rosemary, Melaleuca (aka: tea tree oil), Myrtle.

1. Add 4 drops to a cup of Epsom salts for a soothing foot soak.
2. Add 1 drop to a cotton ball and place in the bottom of trash cans or diaper pails to neutralize odors.
3. Add 2 drops to a wet cloth and put in a clothes dryer to refresh stale, wet laundry.
4. Diffuse Purification oil to clean the air and neutralize foul or stale odors.
5. Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
6. While traveling, inhale Purification oil during flights to protect yourself from the recirculated air.
7. Apply a drop of Purification oil on location to support occasional skin irritations and support normal healing.
8. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.

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9. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
  10. Dilute Purification oil with a carrier oil and swab the nasal cavity support the immune system.
  11. Spray several drops of Purification oil mixed with water to support a pest-free environment.
  12. Apply Purification oil and Peppermint oil diluted with a carrier oil to a cotton swab and rub just inside the ear flap to support healthy ears from minor irritations in cats and dogs.

## PanAway

PanAway essential oil is a blend of Helichrysum, Wintergreen, Clove, Peppermint.

1. Apply topically to sore muscles after exercising, either 'neat' or with a carrier oil.
2. Apply to the skin for a soothing aromatic experience.
3. Apply after a long day in the sun for a pleasant, cooling sensation.
4. Apply daily to support healthy joint and cartilage function.
5. Apply to support normal healing of occasional skin irritation.
6. Mix Panaway oil and massage oil and massage on location to relieve discomfort from growing pains.

## Thieves

Thieves essential oil is a blend of Clove, Lemon, Cinnamon Bark, Eucalyptus, Rosemary. Inspired by the legend of four 15<sup>th</sup> century French thieves who formulated a special aromatic combination composed of clove, rosemary, and other botanicals they used while robbing the dead and dying. In exchange for a more lenient punishment they revealed what they used. Thieves essential oil blend is highly regarded for its ability to support the immune system.

1. Add a drop of Thieves to warm tea to support healthy immune function.
2. Apply a drop of Thieves to your toothbrush to support oral health (Thieves has an amazing line of dental products as well).
3. Combine 12-15 drops of Thieves with distilled water in a spray bottle for an all purpose household cleaner (Thieves has an amazing line of cleaning and household products as well).
4. Add one drop of Thieves and two drops of Orange essential oil to apple juice for a homemade cider. (Perfect for fall - yummy).
5. Add one drop of Thieves and two drops of Lemon essential oil to warm water to create your own wellness tea.
6. To support your immune system, apply Thieves topically (on the bottom of your feet), aromatically (diffuse), or internally (place one drop in a glass of water and drink).
7. Mix 12-15 drops with distilled water in a 4 oz. spray bottle to protect your flowers and plants.
8. Put a few drops in your carpet cleaner or vacuum filter to freshen the room.
9. Use Thieves as part of your daily oral health regimen by rubbing 1-2 drops onto gums.

## DiGize

DiGize essential oil is a blend of Ginger, Anise, Fennel, Peppermint, Tarragon, Lemongrass, Patchouli, Lemongrass, and Juniper.

1. Apply a few drops topically to your abdomen to support normal digestion.

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2. Add Digize to a gel capsule as part of your daily wellness regimen.
  3. Add two drops DiGize and one drop Peppermint to a glass of water for a stimulating beverage.
  4. Use as a dietary supplement in water when traveling abroad.
  5. Use with every meal along with enzymes like Young Living's Essentialzyme-s-4 to support a wellness regimen.

## Copaiba

Copaiba essential oil supports the body's natural response to injury or irritation.

1. Add to coconut or almond milk to promote overall wellness.
2. Mix with honey and warm water to create a tea.
3. Rub on the abdomen or drink in a capsule to aid digestion.
4. Mix with other oils to give them an extra boost of strength when applying.

## R.C.

Our next oil blend is called R.C. It's a blend of Cypress, Spruce, and three types of Eucalyptus (E. globulus, E. radiata, and E. citriodora) oils.

1. Dilute and apply to chest, neck and throat areas during occasional respiratory discomfort.
2. Rub on your feet or chest before exercise energize.
3. Massage three drops on your feet before bedtime for a relaxing night's sleep.
4. Diffuse for an invigorating and uplifting aroma.
5. Add to a bowl of hot, steaming water. Place a towel over the head and inhale the steam from the bowl to relieve occasional stuffiness.

## Stress Away

Stress Away is the BONUS oil that comes in the Premium Starter Kit! It's an oil blend of Copaiba, Vanilla, Cedarwood, Lime, Ocotea, and Lavender that was created to help you combat normal stresses that creep into your life.

1. Put a few drops on the inside of your wrists to help reduce mental rigidity and restore equilibrium in the body.
2. Apply to back of neck to ease nervous tension.
3. Diffuse at bedtime for a peaceful night's sleep, or to promote feelings of peace and harmony.
4. Add 2-3 drops to hot tea or water for a nice, soothing drink.
5. Apply to sore muscles to ease tension after exercise.
6. Add 10 drops to 2 cups of epsom salt and add to bath water for a relaxing bath.
7. Add 8-10 drops to OrthoEase massage oil for a relaxing massage
8. Wear daily as a perfume.



## Flex Oils

Surprise! We may be done with our 111 Uses, but we haven't told you about FLEX OILS! These Starter Kits sell like hot cakes. If one of the oils in the Starter Kit is out-of-stock, they'll substitute it with one of these 5 awesome, always-in-stock "FlexOils"!

- Tea Tree (Melaleuca Alternifolia)
- Citrus Fresh
- AromaEase
- Lemongrass
- Orange