

Beautifully Blessed Oilers - Oily News - November 2018

Ready to start **YOUR** journey to a toxin free lifestyle filled with natural health and wellness? I am **dedicated** to be **YOUR** guide on this oily journey! Join my team this month and receive this beautiful **Holiday Spritzer** plus a bottle of **Christmas Spirit** for **FREE!**

~Jodi Call me: 785-754-8875



Get me for **FREE**
\$25 value



Join us November 16, from 5:00-7:00 (come & go) at the Library in Quinter for a fun evening of creating Diffuser Jewelry. These make great, affordable Christmas gifts for teachers, co-workers or just a little something special in a stocking.

I hope you love all the extras in this issue of the **Oily News!** So much fun info to look at. The **Holiday Oiler** is a beauty.....look at all those **gifts under \$25!**

Snickerdoodle Room Spray

In a 2 oz. amber spray bottle, combine:
5 dr. Stress Away 3 dr. Cinnamon 1 dr. Nutmeg
Add water to within 1/2" of the neck. Top off with witch hazel or vodka. Shake well before each use.

Did you miss our Live Your Passion Rally, but totally wanted to come? Here is a little glimpse of the fun we had!! Lots of DIY's and excellent education! Enjoy the Green handout!

Red Drink

2 oz. Ningxia Red 3 dr. Lime vitality
1 tsp. Sulfurzyme Powder
Add to an empty Ningxia Red bottle then fill with water. Drink one of these everyday to get the most out of your Ningxia Red!

Pumpkin Spice Sugar Scrub

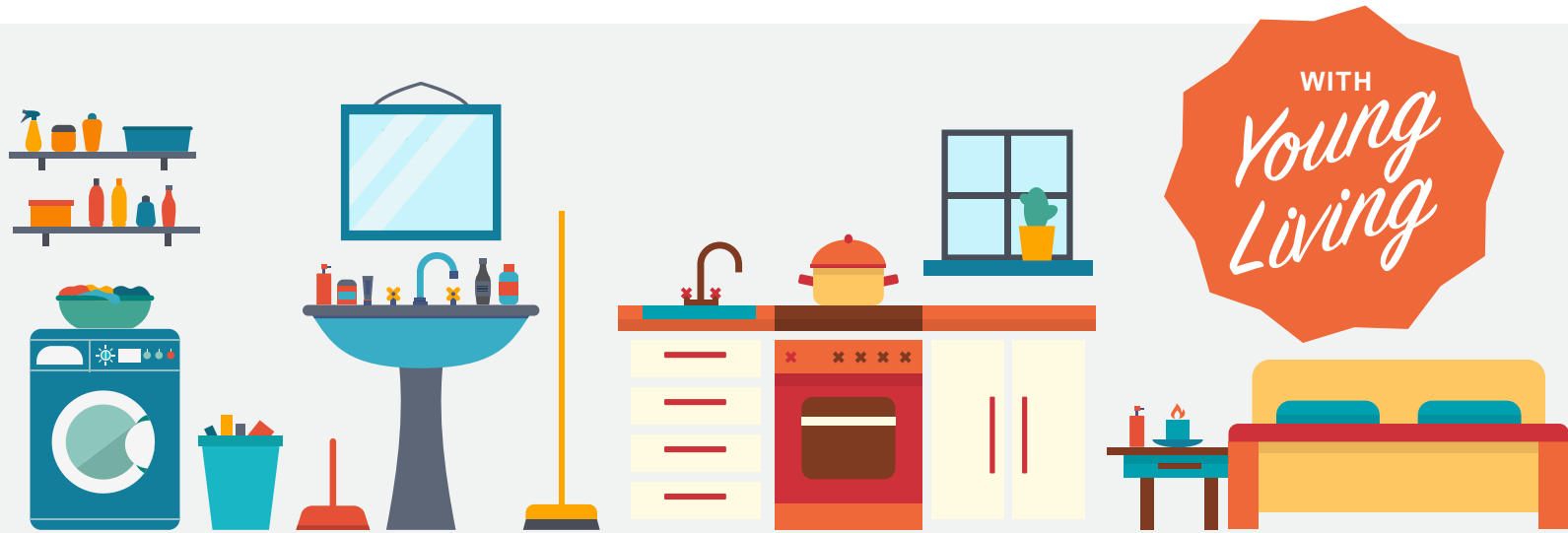
1/2c. white sugar 1/2c. brown sugar 1t. V6
1/3c. olive oil 3dr. Cinnamon Bark
3 dr. Clove 2 dr. Thieves 1 dr. Orange
Combine all ingredients in a ziplock bag and knead until well combined. Store in an 8 oz. glass jar.

Winter Wellness Roll On

5 dr. Melrose 5 dr. Lemon 5 dr. Thieves
5 dr. Frankincense 5 dr. Oregano
Mix in a 15 ml roll on bottle and top off with V6. Roll on bottom of feet and/or spine morning and night. Great for lung support too!

GREENER CLEANER HOME

Swap out the dirty dozen for a chemical-free alternative!



Dryer Sheets - Phthalates

(pronounced THAL-ates) Known to cause:
Fetal development hazards
Endocrine disruptor
Testicular toxicity
Respiratory distress
Cancer causing
Systemic/Organ toxicity
Nervous system toxicity

Sub for: Wool dryer balls with a few drops of Citrus Fresh or Lavender



Cleaners - Ethanolamines

Known to cause:
Respiratory distress
Decreased lung function
Skin Irritations
Skin Burns
Cancer-causing
Organ Toxicity
Reproductive Toxicity

Sub for: Thieves Household Cleaner



Removers - Formaldehyde

Known to cause:
Migraines
Respiratory distress
Long-term lung damage
Cancer causing
Systemic organ damage
Skin irritation/rashes
Nervous system toxicity

Sub for: Lemon Oil or Thieves Household Cleaner



Soaps/Detergents - Sulfates

Known to cause:
Possibly cancer causing
Respiratory distress
Nervous system impairment
Skin irritation/rashes
Hair loss or thinning
Liver toxicity

Sub for: Thieves Laundry Detergent or any YL Shampoo/Conditioner/Body Wash



Anti-bacterials- Triclosan

Known to cause:
Decreases thyroid hormone levels
Endocrine & hormone disruptor
Impairs cardiac function
Organ damage
Cancer- causing
Immune suppression
Bacterial resistance

Sub for: Thieves Dish Soap or DIY Dish Soap & Thieves Hand Purifier



Baby Products - Hydroxides

Known to cause:
Migraines
Respiratory distress
Skin irritation/rashes
Skin burns
Vision impairment

Sub for: Kidscents + Seedlings Collection



Disinfect - Sodium Hypochlorite

Known to cause:
Migraines
Cancer causing
Respiratory distress
Liver & kidney failure
Nervous system impairment
Skin irritation/rashes/burns

Sub for: Thieves Household Cleaner



Glass/Surface - Ammonia

Known to cause:
Respiratory distress
Bronchiectasis
Pulmonary edema
Liver toxicity

Sub for: Thieves Household Cleaner



Beauty Products - Parabens

Respiratory distress
Skin irritation/rashes
Cancer-causing
DNA disruptor
Systemic organ toxicity
Reproductive & fetal development failure
Nervous system impairment
Endocrine / hormone disruptor

Sub for: ART Skin Care or DIY version



Polish/Degrease - Petroleum

Known to cause:
Migraines
Respiratory distress
Skin irritation/rashes
Cancer-causing
DNA disruptor
Organ toxicity
Nervous system impairment
Reproductive failure

Sub for: Lemon oil with light carrier oil



Air Fresheners - Glycol Esters

Known to cause:
Migraines
Respiratory distress
Skin irritation/rashes
Cancer-causing
DNA & nervous system disruptor
Severe Organ toxicity
Reproductive & fetal development failure
Endocrine/ hormone disruptor

Sub for: Diffuser with favorite oils



Perfumes - Fragrances

Known to cause:
Migraines
Respiratory distress
Skin irritation/rashes
Cancer- causing
DNA disruptor
Systemic organ toxicity
Reproductive & fetal development failure
Nervous system impairment

Sub for: Just add essential oils!

The Monthly Dile

NOVEMBER 2018



190 PV

Retail Value \$78.62

15-ml Christmas Spirit™
ER EXCLUSIVE
5-ml Northern Lights
Black Spruce
5-ml Nutmeg Vitality™

250 PV

Retail Value \$113.82

5-ml Myrrh
15-ml Christmas Spirit™
ER EXCLUSIVE
5-ml Northern Lights
Black Spruce
5-ml Nutmeg Vitality™

300 PV

Retail Value \$196.06

5-ml Sacred Frankincense
Glass Diffuser Ornament
5-ml Myrrh
15-ml Christmas Spirit™
ER EXCLUSIVE
5-ml Northern Lights
Black Spruce
5-ml Nutmeg Vitality™

400 PV

Retail Value \$367.11

5-ml Higher Unity™
5-ml Sacred Frankincense
Glass Diffuser Ornament
5-ml Myrrh
15-ml Christmas Spirit™
ER EXCLUSIVE
5-ml Northern Lights
Black Spruce
5-ml Nutmeg Vitality™

100 PV

Retail Value \$17.43

ER EXCLUSIVE
5-ml Nutmeg Vitality™

Stress can be at an all-time high during the holidays, but it doesn't have to stay that way! This season, we've got goodies to help you enjoy moments of reflecting, finding abundance, and expressing gratitude.

Sweet Potato Gratin

Ingredients

- + 2-3 Large Sweet Potatoes, Peeled and Thinly Sliced
- + 1 Medium Onion, Diced
- + 8 slices Bacon or Turkey Bacon
- + 2 cloves Garlic, Minced
- + 1½ cups Gouda Cheese, Shredded
- + ½ cup Milk of Choice
- + ¼ cup Gary's True Grit Einkorn Flour
- + ¼ cup Butter, Unsalted
- + 2 tablespoons Fresh Thyme, Stems Removed
- + 1 teaspoon Salt
- + 1 teaspoon Pepper



Instructions

- + Preheat oven to 375°F.
- + Cook bacon in a medium sauté pan until crispy; then remove and crumble, reserving 1 tablespoon of the drippings in the pan. Add diced onion to the pan with bacon drippings and sauté until translucent. Add garlic, stir, then remove from heat. Toss with bacon crumbles and set aside.
- + Melt butter in a medium saucepan. Whisk in flour for 1 minute; then slowly whisk in the milk until there are no lumps. Simmer for approximately 5 minutes until thickened. Stir in salt, pepper, and thyme; then remove from heat.
- + Spread a layer of sweet potato slices evenly in a 9x13-inch baking dish, overlapping slightly. Season with salt and pepper; then spoon ⅓ of the bacon mixture over the potatoes. Pour ⅓ of the milk mixture on top and sprinkle with ⅓ of the cheese, layering until the potatoes and bacon are gone. Finish with the milk mixture and cheese.
- + Bake 35-45 minutes, until bubbly.

NingXia Red Shot

AFTER DINNER MINT

- 2 ounces NingXia Red®
- 1 drop DiGize™ Vitality™
- 1 drop Peppermint Vitality™



Diffuser Ornaments

Supplies

- + Terra Cotta Air Dry Clay
- + Parchment Paper
- + Rolling Pin
- + Holiday Cookie Cutters
- + Stamps for Ceramics or Clay
- + Bamboo Skewer
- + Ribbon, Twine, or Decorative String
- + Essential Oil of Choice



Instructions

- + Spread out a length of parchment paper.
- + Roll clay out until desired thickness. ⅓ inch or thicker is recommended.
- + Cut the clay with cookie cutters.
- + Use stamps to make designs and oil wells in the ornaments.
- + Use skewer to carefully poke holes through the ornaments to thread ribbon for hanging.
- + Let the ornaments air dry for 48 hours.
- + Thread the ribbon through the holes. Add essential oil to the wells and allow it to soak in.
- + Ornaments are ready to hang.

The Holiday Dilemma

2018 HOLIDAY SEASON

Gifts Under \$50

COZY HOLIDAY SET

ITEM NO. 25518 | WHOLESALE \$49.00

This set includes:

5-ml Pine, 5-ml Thieves[®], 5-ml Vetiver, and 5-ml Spearmint



DASH AWAY CAR DIFFUSER SET

ITEM NO. 25510 | WHOLESALE \$46.50

This set includes:

Car Vent Diffuser in Rose Gold,
Car Vent Diffuser in Gray, and
15-ml Peppermint



ORB[™] DIFFUSER

ITEM NO. 5227

WHOLESALE \$26.50



GENTLE MIST[™] PERSONAL DIFFUSER SET

ITEM NO. 22907

WHOLESALE \$46.75

This set includes:

Gentle Mist[™] Personal Diffuser and 5-ml Lavender

Gifts Under \$25

CITRUS FRESH[™] ENERGIZING SHOWER STEAMERS

ITEM NO. 25153
WHOLESALE \$19.75



EASY BREEZE[™] AWAKENING SHOWER STEAMERS

ITEM NO. 25155
WHOLESALE \$19.75



SHUTRAN[™] SHAVE CREAM

ITEM NO. 5157
WHOLESALE \$20.25



MIRAH[™] SHAVE OIL

ITEM NO. 5156
WHOLESALE \$23.25



USB DIFFUSER

ITEM NO. 5223 | ITEM NO. 5226
WHOLESALE \$23.25

10 OIL CASE

ITEM NO. 5280 | ITEM NO. 5281
WHOLESALE \$16.25



Essential Oils

10 Under \$50



**AUSTRALIAN
KURANYA™**
ITEM NO. 25673
WHOLESALE \$43.75



FULFILL YOUR DESTINY
ITEM NO. 21284
WHOLESALE \$34.75



KUNZEA
ITEM NO. 23433
WHOLESALE \$39.75



LIGHT THE FIRE
ITEM NO. 5304
WHOLESALE \$46.00



**NORTHERN LIGHTS
BLACK SPRUCE**
ITEM NO. 5342
WHOLESALE \$47.50



OOLA® FUN™
ITEM NO. 5051
WHOLESALE \$41.00



PEACE & CALMING®
ITEM NO. 3398
WHOLESALE \$34.75



STRESS AWAY™
ITEM NO. 4630
WHOLESALE \$30.50



THIEVES®
ITEM NO. 3423
WHOLESALE \$34.75



VALOR®
ITEM NO. 3430
WHOLESALE \$39.75

10 Under \$25



CINNAMON BARK
ITEM NO. 3515
WHOLESALE \$24.75



CITRUS FRESH™
ITEM NO. 3318
WHOLESALE \$15.75



CLOVE
ITEM NO. 3524
WHOLESALE \$15.75



ELEMI
ITEM NO. 3540
WHOLESALE \$21.75



GRAPEFRUIT
ITEM NO. 3560
WHOLESALE \$17.25



LAVENDER
ITEM NO. 3575
WHOLESALE \$24.25



LEMON MYRTLE
ITEM NO. 3079
WHOLESALE \$23.25



OOLA® FAMILY™
ITEM NO. 5055
WHOLESALE \$23.25



PEPPERMINT
ITEM NO. 3614
WHOLESALE \$22.00



PURIFICATION®
ITEM NO. 3389
WHOLESALE \$15.75

10 Under \$15



CEDARWOOD
ITEM NO. 3509
WHOLESALE \$11.50



CHRISTMAS SPIRIT™
ITEM NO. 3356
WHOLESALE \$10.50



EUCALYPTUS GLOBULUS
ITEM NO. 3539
WHOLESALE \$14.75



GINGER
ITEM NO. 3557
WHOLESALE \$13.50



LEMON
ITEM NO. 3578
WHOLESALE \$11.50



LEMONGRASS
ITEM NO. 3581
WHOLESALE \$11.50



LIME
ITEM NO. 3074
WHOLESALE \$12.50



NUTMEG
ITEM NO. 3599
WHOLESALE \$13.25



R.C.™
ITEM NO. 3409
WHOLESALE \$10.50



SPEARMINT
ITEM NO. 3638
WHOLESALE \$11.00

Stocking Stuffers



THIEVES® SPRAY
ITEM NO. 3265
WHOLESALE \$9.25

**THIEVES® WATERLESS
HAND PURIFIER**
ITEM NO. 3621
WHOLESALE \$5.00



THIEVES® MINTS
ITEM NO. 5138
WHOLESALE \$13.00



STRESS AWAY™ ROLL-ON
ITEM NO. 4472
WHOLESALE \$29.50



TRANQUIL™ ROLL-ON
ITEM NO. 3533
WHOLESALE \$29.50



VALOR® ROLL-ON
ITEM NO. 3529
WHOLESALE \$49.75



SAVVY MINERALS® LIP GLOSS
WHOLESALE \$27.50



ROCKIN' | ITEM NO. 21954

Other colors available:
Abundant, Anchors Away, Embrace, Headliner,
Journey, and Maven



**MIRAH™ LUSTROUS
HAIR OIL**
ITEM NO. 23705
WHOLESALE \$26.75



SHUTRAN™ BEARD OIL
ITEM NO. 19802
WHOLESALE \$15.00



**CHOCOLESSENCE™
WOLFBERRY TRUFFLE**
ITEM NO. 25284
WHOLESALE \$29.00



**CHOCOLESSENCE™
PEPPERMINT ALMOND
BAR**
ITEM NO. 21820
WHOLESALE \$4.75

LIP BALM COLLECTION
ITEM NO. 25394
WHOLESALE \$16.75



CINNAMINT™ LIP BALM
ITEM NO. 5150
WHOLESALE \$4.25



GRAPEFRUIT LIP BALM
ITEM NO. 5178
WHOLESALE \$4.25



LAVENDER LIP BALM
ITEM NO. 5203
WHOLESALE \$4.00



AROMASPINNER™
ITEM NO. 21777 | WHOLESALE \$14.75



**AROMASPINNER™
ACCESSORY PACK**
ITEM NO. 21778 | WHOLESALE \$6.00



Deck The Halls

**ESSENCE OF THE
SEASON SET**
ITEM NO. 3118
WHOLESALE \$82.00

This set includes:
5-ml Frankincense, 5-ml Myrrh, 5-ml Christmas Spirit™,
Frankincense Resin and Myrrh
Resin



NORTHERN LIGHTS SET
ITEM NO. 19289
WHOLESALE \$30.50

This set includes:
Rattan Sticks, 5-ml Northern
Lights Black Spruce, and
Instruction Card



**HOLIDAY ROOM
SPRITZ**
ITEM NO. 22906
WHOLESALE \$19.75

This set includes:
Room Spritz Bottle and
5-ml Christmas Spirit™



RESIN BURNER
ITEM NO. 4880
WHOLESALE \$33.75



Healthy Holidays

THIEVES® ROLL-ON
ITEM NO. 24364
WHOLESALE \$29.75



**BREATHE AGAIN™
ROLL-ON**
ITEM NO. 3528
WHOLESALE \$26.50



IMMUPRO™
ITEM NO. 3213
WHOLESALE \$34.75



**THIEVES® COUGH
DROPS**
ITEM NO. 5760
WHOLESALE \$20.50



SUPERC
ITEM NO. 3242 | 3251
WHOLESALE \$29.50 | \$32.75



Generous Givers

Looking for a gift for someone who loves to empower others? One hundred percent of your purchase of this calendar will go to the D. Gary Young, Young Living Foundation to help empower individuals in underserved communities around the world.



**2019 YOUNG LIVING FOUNDATION
DAILY CALENDAR**
ITEM NO. 25611 | WHOLESALE \$22.05

A daily calendar of favorite images and moments celebrating the 10-year anniversary of the Foundation.

YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor