

The Everyday Oiler



THINK INSIDE THE BOX

Premium Starter Kit Challenge



DAY 1

- + Open the box and take out the Product Guide.
- + Grab your favorite beverage and look through it.
- + Start making a wish list of the products you want to place on your first order.

DAY 2

- + Open the From our Fields to your Family box.
- + Put the NingXia Red® packets in the refrigerator.
- + Put the Thieves® Waterless Hand Purifier in your purse or bag.

DAY 3

- + Open the diffuser box and read the instructions.
- + Diffuse 1-3 drops of Lavender or Peace & Calming® for a relaxing environment.

DAY 4

- + Add 1 drop of DiGize™ Vitality™ to a glass of water after a meal to support your digestive system.
- + Add 1 drop of Thieves® Vitality™ to a spoonful of honey to support your immune system.

DAY 5

- + Rub 2 drops of Stress Away™ on your wrists and/or on the back of your neck. Cup your palms together and inhale to relax and boost your mood.

DAY 6

- + Add 1 drop of Citrus Fresh Vitality™ or Lemon Vitality™ to a glass of water to keep you motivated to stay hydrated and support your overall wellness.

DAY 7

- + Grab a NingXia Red® packet from the refrigerator and look through the educational material that came in your kit.
- + Visit the Young Living University in your Virtual Office.

DAY 8

- + Apply 2 drops of Raven™ to a warm washcloth and apply to your neck and chest to promote the sensation of deeper breathing.

DAY 9

- + Set aside a minimum of 5 minutes of quiet time. Fill your diffuser and add 1-3 drops of Frankincense. Sit or lie down comfortably, be perfectly still, and focus on breathing deeply.

DAY 10

- + Add 1 drop of Peppermint Vitality™ to your post-workout shake, or evening tea, to promote healthy gut function.

DAY 11

- + Insert a roller fitment to the top of your Valor® bottle and apply to your wrists and/or chest to promote feelings of confidence and courage.

DAY 12

- + After a long day or a workout, mix a few drops of carrier oil with 2 drops of PanAway® in the palm of your hand. Rub it in anywhere you need it.

DAY 13

- + Fill a spray bottle with the Thieves® Household Cleaner sample. Fill the rest of the bottle with water. Spray on floors, glass, counters, walls, and more.

DAY 14

- + Pull out your reference materials and learn. No reference materials? You can find excellent options at Life Science Publishing www.discoverlsp.com.

DAY 15

- + Have your Young Living enroller help you place your next order.
- + Order the 3 oils you have used the most or something from your wish list.

Supplements

FOUNDATION NUTRITION

Vitamins and minerals are two of the foundations of a healthy diet. However, diet alone cannot always provide sufficient amounts of these important nutrients. Our convenient multivitamin supplement solutions feature bioavailable food-sourced vitamins and minerals that contain an infusion of powerful essential oils to give you the support you need.



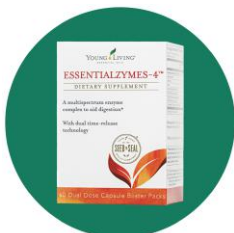
CLEANSING NUTRITION

Many do not realize the importance of GI tract health. Young Living has developed many solutions, with enzymes, probiotics, and other specifically formulated products to keep your digestive system in proper order.



TARGETED NUTRITION

Featuring carefully selected ingredients and essential oils, these targeted solutions are formulated to support your specific nutritional needs. Young Living has developed many products that target specific needs, from heart and brain wellness to digestive support.



PSK Recipes

DIFFUSER BLENDS

<i>Be Well</i> 3 THIEVES® 1 LEMON	<i>Breathe Deep</i> 2 RAVEN™ 1 THIEVES®	<i>Downtime</i> 2 LAVENDER 2 VALOR®	
<i>Fresh + Clean</i> 3 CITRUS FRESH™ 2 LEMON	<i>Rise + Shine</i> 2 PEPPERMINT 2 STRESS AWAY™	<i>Sweet Dreams</i> 2 LAVENDER 2 PEACE & CALMING®	

ROLLER BLENDS

<i>Be Brave</i> 15 FRANKINCENSE 15 VALOR®	<i>Be Happy</i> 15 FRANKINCENSE 15 PEPPERMINT	<i>Four Seasons</i> 10 LAVENDER 10 LEMON 10 PEPPERMINT
<i>Muscle Love</i> 15 PANAWAY® 15 PEPPERMINT	<i>Perk Up</i> 15 CITRUS FRESH™ 15 STRESS AWAY™	

Add essential oils to a 10-ml roller bottle and top with V-6™ Vegetable Oil Complex or carrier oil of choice.

BATH SOAK

Ingredients

- + 20 ounce Glass Container
- + 1 cup Epsom Salt
- + 1 cup Kosher Salt
- + ½ cup Baking Soda
- + 15 drops Essential Oil of Choice



Instructions

- + Mix dry ingredients thoroughly. Pour into glass container until ¾ full.
- + Add essential oils. Cover container tightly.
- + Shake container to blend essential oils with dry ingredients.
- + Use ¼ to ½ cup per bath.

In The Kitchen

LEMON CHEESECAKE TARTS

Ingredients

- + 24 Mini Tart Shells or 6 Individual Graham Cracker Shells
- + 1 cup Powdered Sugar
- + 8 ounces Cream Cheese, Softened
- + 1 tablespoon Unsalted Butter, Softened
- + 2-3 teaspoons Lemon Juice
- + ½ teaspoon Vanilla Extract
- + 30 drops Lemon Vitality™



Instructions

- + In a mixer, cream together powdered sugar, cream cheese, butter, vanilla extract, and essential oil. Mix for at least one minute scraping the sides to make sure all ingredients are integrated.
- + Add 2 teaspoons of lemon juice. Mix well. The mixture should be about the consistency of frosting. Add another teaspoon of lemon juice if it is too dry and thick.
- + Switch mixer to high speed and whip for one minute until light and fluffy.
- + Spoon the cheesecake mixture into the shells.
- + Refrigerate at least one hour before serving.
- + Garnish with fruit or whipped cream.

GREEN SMOOTHIE



Ingredients

- 1 ½ cups Ice
- 2 ounces NingXia Red®
- 1 Banana, Peeled
- 1 Orange, Peeled
- 1 ½ rings Pineapple, Fresh
- 1 handful Spinach Leaves, Washed
- ¼ cup Greek Yogurt, Plain
- 1 tablespoon Chia Seeds

Instructions

Blend all ingredients until smooth.

CLUB RED SHOT



Afterdinner Mint

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

Essential Rewards

Make sure you are never without your must-have Young Living products! Take advantage of the convenience of Essential Rewards, Young Living's monthly autoship program that delivers your favorite products hassle-free to your door.

ESSENTIAL REWARDS BENEFITS

- + Discounted Shipping
- + Exclusive Bonuses
- + Exclusive Reward Points. Earn points towards future purchases with every Essential Rewards order:

MONTHS
1-3
10%

MONTHS
4-24
20%

MONTHS
25+
25%

- + Exclusive Loyalty Gifts. Earn gifts at 3, 6, 9, and 12 months of consecutive participation with orders of 50 PV or higher.

READY TO JOIN?

Click the Essential Rewards tab in your Virtual Office or contact Customer Service at 1-800-371-3515.



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Do It Yourself

CAR DIFFUSER

Supplies

Leather Shoe String or Skinny Leather Strap
Large Hole Wooden Bead
Essential Oil of Choice

Instructions

- + Push both ends of the leather string through the bead to create a loop on one end.
- + When you have made a loop of your desired size, tie a knot on the other end.
- + Add one drop of essential oil onto the bead.
- + Hang diffuser in desired location.



Young Living Foundation



#PENNIESFORCHANGE

If every Young Living member worldwide

ROUNDED UP

to the nearest dollar when placing an order, it would generate more than

\$4 MILLION/YEAR

in donations for the Young Living Foundation. In less than a second, and with one click of the mouse, you can make a difference with

EVERY SINGLE ORDER.

THE D. GARY YOUNG
YOUNG LIVING
FOUNDATION

The Young Living Foundation is committed to empowering individuals to achieve their potential and defy limitations by providing wellness and education opportunities to underserved communities.

YOUNG LIVING
ESSENTIAL OILS
Independent Distributor