



Lansing Essential Oils Newsletter

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REMINDER: Temperatures are below freezing in many areas. Be conscious of packages being delivered that may be subject to freezing and breakage. We recommend ordering Ningxia Red in the 2oz singles.

We do not treat or diagnose. This newsletter is intended for informative purpose ONLY. If you have an illness or personal issue it is always best to consult your physician.



May this new year all of your dreams turn into reality, and all of your efforts into great achievements. Wishing you all a healthy and prosperous new year.



Get Moving this New Year with January's PV Special

Whether you want to start or keep up healthier habits this month's PV promo has Young Living products to help you reach your goals. Place your qualifying order and get your free new gym buddies.

100 PV – Retail Value \$14.14 - Bonus Essential Rewards exclusive **5mL Spearmint Vitality**. Make it more fun to stay hydrated while fulfilling your New Year's resolution. Adding a drop of Spearmint Vitality to your water provides a sweet, minty taste.

190 PV – Retail Value \$67.43– **Super Cal Plus (60ct)**, Essential Rewards Exclusive **5mL Deep Relief** and **5mL Spearmint Vitality**. Super Cal Plus uses bioavailable calcium magnesium and trace minerals to support and contribute to the maintenance of healthy bones. Follow up your work out, or every day stressors with Deep Relief. This complex blend delivers a refreshing aroma when inhaled and a cooling, tingling experience when applied topically.

250 PV – Retail Value \$113.81 – **5mL PanAway, Super Cal Plus (60ct)**, Essential Rewards Exclusive **5mL Deep Relief** and **5mL Spearmint Vitality**. Apply PanAway for a cooling sensation after you get your sweat on. This unique blend of Helichrysum, Peppermint, Clove and Wintergreen is a must have for everyone no matter your athletic tendencies.

300 PV – Retail Value \$170.39 – **15mL Copaiba, Life 9, 5mL PanAway, Super Cal Plus (60ct)**, Essential Rewards Exclusive **5mL Deep Relief** and **5mL Spearmint Vitality** Healers in the Amazon use Copaiba resin for all types of pain and inflammatory disorders, both internal and external. Mix this with a carrier oil and rub into muscles and joints to relieve inflammation.

December's Highlighted Product of the Month

Item #20557

KidScents MightyVites Chewable Vitamins

Wholesale: \$52.30



Do you have a picky eater? Do you worry that your kids aren't getting all the nutrients they need? Have you ever read or researched some of the popular kid's vitamins on the market today? There are already enough questions when it comes to raising your kids. Let Young Living eliminate a few of them. KidScents MightyVites includes a full range of vitamins,

minerals, antioxidants, and phytonutrient support that your child's general health and well-being. MightyVites is a whole food, multi-nutrient that contains super fruits, plants, and vegetables (but we won't tell the kids). 1 tablet contains 50% daily Vitamin E, 32% Vitamin B6, 32% Vitamin B12, and so much more. This product contains no preservatives or synthetic flavors or colors. It is formulated with wolfberry powder. It does contain ingredients derived from soy.

Directions: Children 4-12 years old take 3 chewable tablets daily. Can be taken separately on in 1 daily does.

The Slique in 60 Challenge is Back!

Don't worry if you missed the January 1st Deadline. You can still join in March for Phase 2! It might be the perfect time for you to add a new boost to that New Year's Resolution.

Congratulations to the following team members!

Lisa Davis – Reaching the rank of **GOLD**. She is in Dixie Shaffs group.

Angie Tukuafu – Reaching the rank of **SILVER**. She is in the Grow Inc. group.

Congratulations to both of you on your achievement!

Cinnamon Bananas

2 Slightly overripe bananas
2 tbsp Sugar
2 Drops Cinnamon Bark Oil
1 Drop Nutmeg Oil
Olive Oil

1. Slice bananas into rounds approx. ¼" thick.
2. In a small bowl combine sugar, cinnamon bark, and nutmeg. Set aside.
3. Add olive oil to large skillet and warm over medium heat.
4. Add banana rounds, sprinkle about ½ of the sugar mixture on top and cook for about 2-3 minutes.
5. flip the rounds and sprinkle with the remaining cinnamon mixture until the bananas are soft and warmed through.

Energy Bites

½ Cup Creamy nut butter of your choice.

1/3 Cup Honey

1 tsp Vanilla Extract

1 Cup Old-fashioned Oats

½ Cup ground Flax seed

¼ Cup ground Chia Seeds

½ Cup Young Living Pure Protein Complete Chocolate or Vanilla

6 Tbsp Chocolate Chips of your choice.

2/3 Cup Toasted, Sweetened Shredded Coconut (optional)

1-2 Drops of essential oils optional (i.e. Cinnamon, Nutmeg, Clove, mint)

1. In a mixing bowl stir together all of the ingredients in order from above. Stir until evenly mixed.
2. Place mixture in refrigerator or freezer and chill until mixture has firmed up. About 30 minutes in the fridge.
3. Remove from fridge and shape into 1" balls.
4. Store in refrigerator in airtight container.

