



## ***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.***

## **Fall in Love with February's PV Special**

It's time for red paper hearts, bouquets of roses, romantic slow songs, candlelit dinner, and lots of love! That's why this month's PV promotion is filled with Young Living's favorites you'll adore in February and the whole year through. By placing a qualifying order you'll be ready to plan a relaxing massage with V-6™ Vegetable Oil Complex, prep for every date with Patchouli, unwind with the romantic aroma of Sensations™, and more!

**100 PV – Retail Value \$19.74** - Bonus Essential Rewards exclusive **5mL SclarEssence Vitality** Made with Clary Sage, Peppermint, Spanish Sage, and Fennel, SclarEssence Vitality essential oil blend supports overall well-being especially for women, so you can celebrate every special day

**190 PV – Retail Value \$82.90**– V6 Vegetable Oil Complex, Essential Rewards Exclusive **Lavender Calming Bath Bombs** and **5mL SclarEssence Vitality**. Treat yourself to some self-care

with these bath bombs or gift them to someone you love. They're made with pure Lavender essential oil and coconut oil for a relaxing at-home spa indulgence. After your bath continue your spa treatment with a custom massage oil made from your favorite essential oils and this base. It features six different oils, including cocunt oil, sweet almond oil, and sunflower oil.

**250 PV – Retail Value \$128.62 – 15mL Patchouli, V6 Vegetable Oil Complex**, Essential Rewards Exclusive **Lavender Calming Bath Bombs** and **5mL SclarEssence Vitality**. Show your skin some love with Patchouli essential oil! A few drops gives your skin a youthful, healthy-looking glow. Plus, the scent is a favorite in soaps and perfume.

**300 PV – Retail Value \$173.69 – 5mL Sensations, 15mL Patchouli, V-6 Vegetable Oil Complex**, Essential Rewards Exclusive **5mL SclarEssence Vitality** and **Lavender Calming Bath Bombs**. Sensations blend combines Ylang Ylang, Bergamot, Jasmine, and more for an indulgent aroma. Diffuse it during your romantic homemade dinner or wear it as a personal perfume on your big date.

## February's Highlighted Product of the Month

Item #5310

KidScents 5mL GeneYus

Wholesale: \$43.75



KidScents Oil Collections are gentle products specifically designed for the smallest users. These blends have been specially formulated for kids, to help them through the common ups and downs of childhood. We don't limit use to children alone, adults are just as likely to benefit from the use of KidScents products. GeneYus blend has been developed with the highest frequency oils available with Young Living. High frequency oils can increase an individual's frequency within their bodies. Higher frequencies make a person less susceptible to diseases, illness, and depression. Helping your children to become more grounded and stable.

Diffuse GeneYus to help young minds focus and concentrate on projects and tasks. Oils used to create this special blend include: Sacred Frankincense, Blue Cypress, Cedarwood, Idaho Blue Spruce, Palo Santo, Melissa, Northern Lights Black Spruce, Bergamot, Myrrh, Vetiver, Geranium, Royal Hawaiian Sandalwood, Ylang Ylang, Hyssop, and Rose.

**Directions:** Diffuse up to 1 hour 3 times daily.

**Topical:** Recommended application is for children ages 2-12. To be applied only by a trusted adult or under adult supervision. Apply 2-4 drops directly to desired area. Dilution is not required except for the most sensitive skin types. Use as needed.

**Caution:** Avoid direct sunlight and UV rays for up to 12 hours after applying products.

## February's Topic: Attention Deficit Disorder

There is so much information and advice on the diagnosis and treatment of ADD and ADHD out there that a person could get lost in it. Here are a few facts from a research conducted from 2003-2011 by the National Survey of Children's Health:

- 1 in every 11 children ages 4-17 have been diagnosed with ADD or ADHD
- Average age of first diagnosis is 6.3 years old
- Boys are twice as likely to be diagnosed than girls
- 2014 Reports the pharmaceutical sales for ADD/ADHD drugs at more than \$12.9 Billion

Terry Friedmann, MD in 2001 completed pioneering studies using essential oils to combat ADD and ADHD. Using twice-a-day inhalation of essential oils, including Vetiver, Cedarwood, and Lavender. Dr. Friedman was able to achieve clinically significant results in 60 days. Researchers postulate that essential oils mitigate ADD and ADHD through their stimulation of the limbic system of the brain.

Because attention deficit disorder may be caused by mineral deficiencies in the diet, increasing nutrient intake and absorption of magnesium, potassium, and other trace mineral can also have a significant and beneficial effect in resolving ADD.\*

### Recommendations:

**Singles:** Vetiver, Lavender, Cedarwood, Royal Hawaiian Sandalwood, Cardamom, Peppermint, Sacred Frankincense

**Blends:** GeneYus, Brain Power, Peace & Calming, Clarity, InTouch, Reconnect, Sleepylze

**Nutritionals:** OmegaGize, MindWise, Mineral Essence, NingXia Red, Power Meal, Slique Shake, Balance Complete, Essentialzyme, Multi-Greens, Master Formula, Pure Protein Complete.

### Application and Usage

**Diffuse:** Daily once or twice

**Dietary and Oral:** Vitality oils may be consumed mixed or in capsule form. Take 1 capsule with desired oil 2 times daily.

**Topical:** Apply 1-2 drops of the oil of your choice neat or diluted 4-8 times daily on the neck, brain stem, and even on the head. Massage 2-4 drops of the oil on the bottoms of the feet just before bedtime.

## Bath Bombs

1 Cup Baking Soda

1 Cup Cream of Tartar

6 Tbsp Epsom Salt

Mixing Bowls

Coconut, Olive Oil, or V6 Mixing Oil

Spray Bottle with Water

Silicone molds (I've used plastic Easter eggs too)

Large Spoon (non wooden)

Essential Oils of choice (Lavender, Peace & Calming,  
Citrus Fresh, Peppermint and Eucalyptus)

1. Combine all of the dry ingredients, mixing well. Once combined separate into mixing bowls for the different combinations you plan to create.
2. Add essential oils to your mixtures. Be creative! You will need to add 10-20 drops of oils total.
3. Add 2 tps coconut, olive, or mixing oil to each mixture.
4. Add natural dyes, food coloring, glitter, or small objects now too. (I like to put small dinosaurs in for kids)
5. Test moisture. Squeeze a small amount together in your hand, if it stays it's good. If it crumbles add a single spray of water. Be careful not to add too much water.
6. Press into molds and allow to dry for 24 hours.

