



## ***Lansing Essential Oils Newsletter***

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***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.***



Come meet around the kitchen table – we’re making this fall all about family gathering and seasonal wellness! It’s chilly outside, but that doesn’t mean you won’t find days full of health, joy, and laughter indoors. Use this month’s PV to

spice up a homecooked meal. While chatting with loved ones after the evening meal had wound down diffuse a warm fall scent.

Better still Young Living is adding an exclusive Seed to Seal collection when you reach 400 PV!

**100 PV – Retail Value \$15.79** - Bonus Essential Rewards exclusive **5mL Oregano Vitality**. Infuse a bottle of olive oil with 15-20 drops of Oregano Vitality. Mix it with vinegar on a small plate and dip in crusty bread for an easy appetizer. Impress family and guest with your home cooking. Add life to salad dressings and marinades by adding a drop or two of Oregano Vitality.

**190 PV – Retail Value \$95.40– 5mL AromaEase**, Essential Rewards Exclusive **5mL Cinnamon Bark** and **5mL Oregano Vitality**. Make your home the center of comfort by diffusing AromaEase. Its blend of Ginger, Peppermint, and Fennel essential oil is the perfect aroma for post-feasting relaxation. Dilute 1 drop of Aroma Ease with 1 drop of V-6 and rub onto your abdomen. The warm aroma will help you find contentment as you unwind in a cozy hone with those you love. Fill your kitchen with the spicy, sweet aroma of Cinnamon Bark. Get started with holiday festivities early by blending it with Orange, Clove, and Nutmeg. Run soapy water down the drain and drop in 5 drops of Cinnamon Bark and 3 drops of Lemon to freshen a musty-smelling garbage disposal after dinner dishes.

**250 PV – Retail Value \$141.12 – 15mL Thyme, 5mL AromaEase**, Essential Rewards Exclusive **5mL Cinnamon Bark** and **5mL Oregano Vitality**. Unwind with a massage after a long day full of pumpkin decorating and fall baking. Dilute 1 drop of Thyme with 4 drops of V-6 and rub deeply into muscles and joints. Create scent memories with loved ones by diffusing a drop of Thyme with Eucalyptus and Lime. Gatherings will be extra sweet as you enjoy the season of giving!

**300 PV – Retail Value \$241.78 – 120 ct MultiGreens, 5mL Palo Santo, 15mL Thyme, 5mL AromaEase**, Essential Rewards Exclusive **5mL Cinnamon Bark** and **5mL Oregano Vitality**. Cleanse the atmosphere with Palo Santo before family and friends arrive. This sweet, woody aroma will warm up any space where moments are shared and memories are made. Dilute 1 drop of Palo Santo with 1 drop of V6 Oil for a massage that feels and smells like a day at the spa after a day full of physical activity and family fun. Get your greens in even during the season of sweets and treats! Take MultiGreens daily to boost vitality by supporting your

immune system. Take these capsules-made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero and Pacific kelp-an hour before deliciously rich meals.

**400 PV – Retail Value \$386.52 – Our Seed to Seal Story Collection, 5mL Palo Santo, 15mL Thyme, 5mL AromaEase, Essential Rewards Exclusive 5mL Cinnamon Bark and 5mL Oregano Vitality.** Invite comfort and familiarity into your home with Young Living’s most recognizable and celebrated aromas collection – exclusive 10mL Lavender, Peppermint, and Tea Tree. Learn more about our meticulous sourcing, groundbreaking science, and powerful standard with a beautifully designed insert. You’ll be inspired by the legacy created by Young Living Founder D. Gary Young and carried on by CEO and Co-Founder Mary Young.

## **Fall Back on your Basics**

We all love learning about the newest products and all of the amazing uses, but don’t forget about the basics. The oils I like to call the backbone of Young Living, the originals that have been here since the beginning.

**Lavender:** When you’re not sure which oil to use, go with Lavender. Apply to cuts, burns and scratches for its soothing and antiseptic properties. Place a drop on your pillow to soothe you into sleep.

**Did you know:** The French scientist Rene Gattefosse was the first to discover lavender’s ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory explosion. Today lavender is one of the few essential oils to still be listed in the British Pharmacopoeia.

**Medical Properties:** Antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum on skin.

**Uses:** Respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions, burns, hair loss, insomnia, nervous tension.

**Lemon:** Add to your water for a refreshing twist. Lemon is the most powerful oil for breaking down chemicals making it great for purification and sanitization. Also

works great to remove anything sticky (gum from hair/clothes, sticker backing, etc.)

**Did you know:** When you put as little as one drop of lemon on a chemically structures product, such as a styrofoam cup, it will breakdown the chemical compounds and “burn” a hole through within minutes. That’s how powerful Lemon oil is in destroying non-natural chemicals.

**Medical Properties:** Antitumoral, antiseptic, improves microcirculation, immune stimulant, improves memory, relaxation, rich in limonene

**Uses:** Circulatory problems, arteriosclerosis, obesity, parasites, urinary tract infections, varicose veins, anxiety, hypertension, digestive problems, and acne.

**Peppermint:** Soothe an achy belly, or spice up your hot cocoa. Apply to the base of your skull or your temples for headache relief. Use as a cool down for yourself or pets when you become overheated. Even keeps the spiders away!

**Did you know:** Peppermint is one of the oldest and most highly regarded herbs for soothing digestion. Alan Hirsh, MD, studied peppermint’s ability to directly affect the brain’s satiety center, which triggers a sensation of fullness after meals. A highly regarded digestive stimulant.

**Medical Properties:** Anti-inflammatory, antitumoral, antiparasitic (worms), antibacterial, antiviral, antifungal, gallbladder/digestive stimulant, pain relieving, curbs appetite.

**Uses:** Rheumatism/arthritis, respiratory infections, (pneumonia, tuberculosis, etc.) obesity, viral infections (herpes simplex, herpes zoster, cold sores, human papilloma virus, etc.) fungal infections/candida, digestive problems, headaches, nausea, skin conditions (itchy skin, varicose veins, eczema, psoriasis, dermatitis), scoliosis/lumbago/back problems.

## October's Highlighted Product of the Month

### Royal Hawaiian Sandalwood 5mL

Item #4746

Wholesale: \$97.50



Royal Hawaiian Sandalwood is only found on the island of Hawaii where Young Living has a partner farm that practices sustainable reforestation farming management principles. The Kona Sandalwood Reforestation Project ensures Royal Hawaiian Sandalwood is only harvested from dead or dying sandalwood in order to preserve the ecological balance and maintain respect for the sacred land. Harvesting occurs when a tree reaches the end of its natural life, which fortunately, also happens to be when the highest percentage of oil is found.

Royal Hawaiian Sandalwood has been used traditionally as incense in religious ceremonies and for meditation. This oil is uplifting and relaxing. It is also valued in skin care for its moisturizing and normalizing properties.

**Directions:** Apply to shoulders and back of neck to unwind after a long day. Diffuse at home for a spa-like atmosphere that is gentle and uplifting. Add to daily moisturizer to help reduce the appearance of blemishes and to promote younger-looking skin. Apply to your wrists for a peaceful companion during meditation. Add a couple of drops on a cotton ball and place in your car's vents to inspire a relaxing environment when caught in traffic.

**Aromatic:** Diffuse up to 1 hour 3 times daily

**Topical:** Dilution not required except for the most sensitive skin. Apply 2-4 drops directly to desired area.

## **Crock-Pot Hot Spiced Apple Cider**

- 1 Gallon Apple Cider
- 4 Drops Orange
- 2 Drop Lemon
- 4 Drops Cinnamon Bark
- 4 Drops Clove
- 6 Drops Nutmeg
- 4 Drops Ginger
- ½ Cups Granulated Sugar

Mix all ingredients in a crockpot.

Simmer on low for 2-3 hours, stirring occasionally.

Cider will keep in the crockpot for several more hours. Refrigerate left overs and reheat as desired.

## **Thieves Pumpkin Seeds**

- 3 Drops Thieves
- 2 Cups Raw Pumpkin Seeds
- 2 Tsp Cooking Oil
- 1 Tsp Honey
- 1 Drop Cinnamon Bark
- 2 Tsp Salt

Soak seeds overnight, place seeds in glass bowl and cover with water (about a ½" above seeds). Drain water from seeds. Preheat oven to 375. Stir pumpkin seeds, cooking oil, honey, cinnamon, and salt until the seeds are evenly coated. Pour seeds onto a greased baking sheet with sides. Roast for 30 minutes, stirring every 10 minutes, or until golden and crunchy.