

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

***William Lansing***

***YL #340519***

April 2019

3266 275<sup>th</sup> St, Worthington, IA 52078

563-926-2534

Lansingessentialoils.com

Lansingessentialoilsinc@gmail.com

**Newsletter specific:** Lansingessentialoilsnewsletter@gmail.com

***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.***



The flowers are blooming the sun is shining, and spring is here! Now that your days are filled with warmer breezes, walks outside, and renewed energy, you'll need essential oils to match.

**100 PV – Bonus Essential Rewards: 10 Essential Rewards points.** Use your 10 bonus points to get sunny weather favorites like Lavender Lip Balm and Lemon Vitality essential oil. Note: points can take up to 3 days to be credited to your account.

**190 PV – Retail Value \$52.63– 5mL Vetiver, Essential Rewards Exclusive 5mL Clary Sage and 10 Bonus Essential Rewards Points.** Summer's just around the corner! Use the exotic aroma of Vetiver to wrap up finals,

big projects, and major deadlines so you can head on vacation worry free. While you're jumping in and out of pools, lakes, and oceans you'll want to go make-up free! Put your best face forward and use Vetiver as a part of your skin care routine.

Get stunning hair that even mermaids will envy! Add Clary Sage to your shampoo for hair that looks as healthy as the sun is bright. Combine this herbaceous and slightly honey-scented oil with V-6 Vegetable Oil Complex and massage into your shoulders after a stressful day.

**250 PV – Retail Value \$89.47– 15mL Tangerine, 15mL Lemon, 5mL Vetiver, Essential Rewards Exclusive 5mL Clary Sage and 10 Bonus Essential Rewards Points.** Let's roll down the windows! Soak cotton balls with this tangy scent and stash them in your car vents so the smell of tangerines will forever recall bliss-filled road trips. Find daily gratitude with Tangerine. Rub this zesty-smelling oil, mixed with V6, on your temples each night as you give thanks for the sun, the moon, and all the stars.

Your house can smell like it's nestled in a lemon grove. Diffuse this oil for a crisp, luscious aroma that beats bad odors that have no place in the home. Spring cleaning that actually smells like spring? We've got you covered. Add Lemon to your plant-based cleaning products for a living space that smells as good as it looks.

**300 PV – Retail Value \$165.78 – 5 mL Dream Catcher, 4 pack Lavender Calming Bath Bombs, 15mL Tangerine, 15mL Lemon, 5mL Vetiver, Essential Rewards Exclusive 5mL Clary Sage and 10 Bonus Essential Rewards Points.** Essential Rewards Exclusive **5mL Thieves** and **5mL Orange Vitality**. Seek renewal this spring! Feed two birds with one scone by relaxing in a Lavender-scented bath that also treats your skin to ultra-hydrating ingredients. Now that the sun is up almost all day, you're enjoying more adventures! Soothe and soften the wear and tear on your skin with a soak in a bath that's as fresh as it is floral.

Chase creativity with Dream Catcher! Plug in your diffuser and add this blend for surprising citrus scents and decadent floral notes that will inspire you the way a gorgeous garden does. Whether you're climbing an actual mountain or a metaphorical one, breathe in the aroma of this light and bright blend for a quick burst of motivation as you run after your hopes and dreams.

**400 PV – Retail Value \$198.35 – 5mL Goldenrod, 5 mL Dream Catcher, 4 pack Lavender Calming Bath Bombs, 15mL Tangerine, 15mL Lemon, 5mL Vetiver, Essential Rewards Exclusive 5mL Clary Sage and 10 Bonus Essential Rewards Points.** Essential Rewards Exclusive **5mL Thieves** and **5mL Orange Vitality**. Relive springtime adventures with Goldenrod! Add a few drops of this grassy, sweet-smelling oil to your diffuser at night and you'll slip into soothing dreams of simpler times. Radiant look? Yes please! Mix this spring-scented oil with your face wash and your skin will look fresher and firmer in no time.

## Young Living Essential Oils and Autism

Autism is a neurologically based developmental disorder that is four times more common in boys than girls. It is characterized by the following.

- Social ineptness
- Nonverbal and verbal communication difficulties
- Repetitive behavior (rocking, hair twirling)
- Self-injurious behavior (head banging)

- Very limited or peculiar interests
- Reduced or abnormal responses to pain, noises, or other outside stimuli

There are many theories as to what causes Autism, but as of today there is no definitive cause. I am not here to debate those theories, only provide options to help support those who may suffer or cares for someone diagnosed Autism.

Some researchers have found that stimulation of the limbic region of the brain may help to alleviate some of the symptoms of autism. The aromas from essential oils have a powerful ability to stimulate this part of the brain, since the sense of smell is tied directly to the emotional centers. As a result, the aroma of an essential oil has the potential to exert a powerful influence of disorders such as ADD and autism.

If you are interested in using essential oils for autism, there are a few things to consider:

1. Quality matters, some manufacturers use chemicals in the development of essential oils. This alters the purity and effectivity of those oils. While it may lower the price and make them more appealing, be aware of the negative impact those chemicals can have.
2. Use a carrier oil when applying oils directly to the skin. Usage should be based on age, weight, and height. If you have questions please consult a qualified professional.
3. Check for medical interactions before use. Some essential oils can interfere with certain medications. Make sure you discuss your plans with your child's doctor or therapist before use.
4. Be careful with sensory sensitivities. Those with sensory processing disorders are known to have extreme sensory sensitivities. Allow the person to smell each oil individually. The oils they have a negative reaction to do not force. Only use the ones they can tolerate. If there is a scent they do not tolerate well you could always dilute and apply to their feet while sleeping.

To begin essential oil use, identify the which oils will help maintain mental accuracy, focus, and sharpness. Some oils will also help to ground a person and support the mind, body, spirit connection with reality. In addition, oils that promote positive energy, calmness, and balance are a great start.

A few single oils recommended are:

- **Peppermint:** This oil has been shown to improve concentration and memory. It helps with headaches as well as promotes a healthy respiratory system.
- **Royal Hawaiian Sandalwood:** Helps in promoting mental clarity, relaxation, and improved sleep. This is a grounding oil known to improve concentration.
- **Frankincense:** Helps maintain a focus level and overcoming negative emotions. It also promotes deep breathing.
- **Lavender:** Known as a calming oil that helps with anxiety and relaxation. It also promotes quality sleep.
- **Bergamot:** This oil is used as a stimulant and mood enhancement. It improves circulation, constipation, and muscle spasms also.
- **Chamomile:** In autism it helps reduce tantrums, and is effective in dealing with stressful situations.
- **Cedarwood:** This oil stimulates the pineal and pituitary glands increasing the production of Serotonin and Melatonin. It helps with hair loss sometimes associated with autism. It aids in sleep, and muscle spasms.
- **Vetiver:** This oil works well for soothing overactive minds, controlling anger, and reducing hyperactivity

- **Copaiba:** This oil has been associated with improved issues like bedwetting and emotional well-being.
- **Mandarin:** Like other citrus oils it aids in calming down the nervous system. It is also an effective acne treatment.
- **Tea Tree:** Aids in retaining composure in difficult situations. It also insulates the skin from sensory sensitive agents.

Oil blends that may also be effective:

- **GeneYus:** When diffused this blend helps young minds focus and concentrate.
- **Peace & Calming:** Just as the name suggests, this oil promotes a sense of peace and calming. It can be both diffused or applied topically.
- **Release:** This oil helps a person release the negativity they may be holding on to. When used after a meltdown it may help them to release the anger and frustrations that caused the meltdown.
- **Valor:** This is a balancing oil. It helps connect the body, mind and spirit. It helps the person balance their emotions and effectively deal with them.

*\*Information obtained from the Essential Oils Desk Reference 7<sup>th</sup> edition copyright 2016.*

## April's Highlighted Product of the Month

**Lantern Diffuser**

**Item #23700**

**Wholesale: \$84.75**



The Lantern Diffuser is designed to be an elegant centerpiece or accent to any home or office. The classic lantern design is crafted of fine metal and glass. It offers longer run times and multiple lighting features for any aromatherapy practice. It is designed to offer multiple diffusion settings, along with 11 LED colored light options including an alluring candle-like flicker mode.

### **Essential Oils Glitter Slime!**

**Promote calmness while at play**

4 oz Elmer's Glitter Glue

2-4 Drops of choice Essential Oil (Recommended: Lavender, Joy, Stress Away, Peace & Calming, Valor)

1 TBSP Contact Lens Solution

½ TBSP Baking Soda

Airtight container or baggie

Plastic spoon for mixing

Mix glue and baking soda in a glass bowl and stir until well combined. Add contact solution and mix until slime forms (becomes harder to stir). Add in Essential oils and remove from bowl. Knead with hands until desired consistency is reached. You may need to add ¼ TBSP of contact solution if it becomes too sticky.