

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

***William Lansing***

***YL #340519***

June 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.***



Swing into summer and barrel into the bright outdoors with June's PV promo! While you're basking in the sunshine and enjoying nature, remember that this is the month for celebrating the important men in our lives.

**100 PV - Retail Value \$26.32– Bonus Essential Rewards 15ml Citronella Essential Oil.** Topically apply Citronella essential oil and take a hint of citrus-herb summer sweetness with you wherever you go. Nothing Says summer like the scent of Citronella. Diffuse Citronella out on the back patio to clear the air for pest-free gatherings and barbecues.

Citronella is also a powerful antioxidant, antibacterial, antifungal, and anti-inflammatory. It can be used for respiratory infections, muscle/nerve pain, anxiety, and digestive issues. You can diffuse it, dilute and take internally, or apply it topically (diluted)

**190 PV – Retail Value \$75.01– 15ml Lime Essential Oil, Bonus Essential Rewards Exclusive 5mL Northern Lights Black Spruce Essential Oil and 15ml Citronella Essential Oil.** Northern Lights Black Spruce essential oil is also a skin lover. Pair with your moisturizer and enjoy healthier looking skin. If grand summer adventures are not on your agenda, bring the woody outdoors inside when you diffuse Northern Lights Black Spruce in your home.

The Lakota Indians once used Northern Black Spruce to strengthen their ability to communicate with the Great Spirit. Some additional uses for Black Spruce include arthritis/rheumatism, fungal infections, sinus/respiratory infections, and sciatica/lumbago. It is an antispasmodic, hormone-like, cortisone-like, immune stimulant.

In a rut with your summer plans? Diffuse Lime while planning your next adventure and get inspired by Lime's fresh, creativity-boosting aroma! After a long day in the summer sun, add Lime to your nighttime moisturizer. Summer skin needs all the love it can get. Please note that this oil could have a sun sensitivity.

**250 PV – Retail Value \$88.83– Peppermint Cedarwood Soap, 15ml Lime Essential Oils, Bonus Essential Rewards Exclusive 5mL Northern Lights Black Spruce Essential Oil and 15ml Citronella Essential Oil.** Begin your day with this cleansing and invigorating soap. Use Peppermint Cedarwood Soap to arm your skin with added moisture—a must have before heading out into the sunshine.

**300 PV – Retail Value \$165.78 – 14-pack NingXia Nitro, NingXia Nitro Branded Socks, Peppermint Cedarwood Soap, 15ml Lime Essential Oils, Bonus Essential Rewards Exclusive 5mL Northern Lights Black Spruce Essential Oil and 15ml Citronella Essential Oil.** Need to be on you're A-game before heading out on your next adventure? Suffering from jet lag? Look to NingXia Nitro to boost your energy so you're ready to climb the nearest mountain or catch that next flight. Take pocket sized NingXia Nitro with you on your travels. You never know when you'll need an extra kick of energy and clarity.

Then after a full day of travel, work or play your feet need a little TLC. Sport these NingXia Nitro socks as you kick back and relax. Show off your Young Living pride with these NingXia Branded Socks.

## Summer Hacks, Tips, and Tricks

Living in the Midwest we thought summer would NEVER get here. Of course, we say the same thing every year "will winter ever go away?" It seems like just yesterday we were digging out from our last snow fall (which was April!). Now that school's out and vacations are planned, we turn our annoyance to other things like: how do I keep the bugs at bay? or how do I relive the sting of a sunburn? Here are some tips and tricks I have found helpful over the years.

### Bug Repellent:

With all the moisture this year I think the gnats and mosquitos are going to carry us away! I first recommend the Young Living Insect Repellent (Item 20701, \$38.75 wholesale) or the Young Living Insect Repellent Wipes (Item 25397, 12 cnt, \$27 wholesale). We used the insect repellent a lot last summer, as small-time farmers without the luxury of large cabbed tractors, this was a must have in the tool box.

If you find yourself fresh out of insect repellent, you can also try the following: Put 10 drops each in an 8 oz spray bottle: Palo Santo, Idaho Tansy, Eucalyptus Globulus, and Peppermint then fill with water. Or try 2 drops pine, 2 drops Eucalyptus Globulus, and 5-10 drops Purification. Mix contents vigorously and spray over area. Once you've already been bitten use Lavender, Purification, and Peppermint to reduce itching and infection.

### **Sunburn Relief:**

Of course, hindsight is 20/20, but I encourage you to apply Mineral Sunscreen relief. Young Living offers it in an SPF 50 and 10. SPF 50 Item# 24137 \$29.75 wholesale, and SPF 10 Item # 20667 \$26.75 wholesale. Both are dermatologist tested, reef safe, non-greasy, and made from plant and mineral based products.

You can also make your own sun screen using YL Essential Oils. Cherie Ross's Sunscreen Blend No.1: 10 drops Helichrysum, 5 drops Lavender, 3 drops Roman Chamomile, 1 oz Sesame Oil, ½ oz Coconut Oil, ½ oz. Olive Oil. Cherie Ross's Sunscreen Blend No. 2: 30 drops of Lavender 4oz Avocado Oil. Either recipe mix well and apply before going out in the sun. Reapply every 2-3 hours or as needed.

It never fails though; we all end up with at least one sunburn a year. When that happens, we grab the LavaDerm Cooling Mist (Item #3249 \$14 wholesale) and spray that on before rubbing it in with some aloe. Mist the burn several times in the first 2-3 hours. If additional relief is needed add 2-3 drops of Lavender or Idaho Balsam Fir. We have also had good luck cooling a burn with Gentle Baby, Valor, Helichrysum, Rose, and German Chamomile.

### **Creepy Crawlies:**

I HATE spiders! I appreciate their catching all the nasty flying bugs with their webs, and they are welcome to do that OUTSIDE of my home. On my territory, in MY house, it's war! Our home is 100+ years old, with all of that old charm uniqueness comes uneven floors and spiders. We have tried everything short of flame throwers to deter spiders from coexisting with us. This combination seems to be the most effective, all-natural deterrent. 2 cups distilled water, 10 drops Lemon Oil, 10 drops Peppermint Oil, 3 Drops Eucalyptus, 3 drops Tea Tree Oil, 2 drops Cinnamon bark (or 1 tsp cinnamon), 1 tsp dish detergent (can use Thieves). Mix all ingredients in a spray bottle and shake well. Spray solution anywhere spiders may like to enter, live, or hide. Window sills, corners, basements, I even spray it around my doors and foundations! I recommend reapplying weekly; however, I usually forget until I see one trying to creep in. This repellent also works well for flies, ants, fleas, mosquitos, and mice.

*\*Please note: if you have pets this scent combination is strong and they may not like it. Avoid using in excess near pets until you can see how they may react.*

### **Misc Tips and Tricks:**

*Overheated:* We have all gotten just a little too hot, either sitting in the sun or exerting ourselves. Put one drop of peppermint at the base of your neck. No need to rub it in, let it do it's work while you find a cool place to sit and relax with some water.

*Stinky Shoes:* Place 2 or more drops of Purification Essential Oil in the soles of the shoes as needed.

*Pets vs Thunder/Fireworks:* Diffuse one or a combination of the following. Peace and Calming, Frankincense, Lavender, or Melaleuca to help ease your pets tension and anxiety.

*Smelly woodsmoke:* Add 10 drops of your favorite oil to dry wood a few days before burning it.

*Pesky Flies:* Diffuse Lemongrass near doors and windows, also works for fruit flies!

*Garden slugs:* Mix 5 drops Peppermint and 5 drops Cedar wood with water and spray round your plants (not directly on them).

*Remove sap from clothes and skin:* Use Lemon oil. if you don't have that use Lime, Orange, or Grapefruit. But Lemon is best.

## June's Highlighted Product of the Month

**Peppermint Essential Oil 15ml**

**Item #3614**

**Wholesale: \$22.00**



**Peppermint Vitality 5ml**

**Item #5628**

**Wholesale: \$10.25**



Peppermint is obviously one of the must have oils during the summer (honestly year-round). It is one of the oldest and most highly regarded herbs. Peppermint has long been used for digestive issues. It is Anti-inflammatory, antiparasitic, antibacterial, antifungal, gallbladder/digestive stimulant, pain relieving, and curbs appetite. It has been shown to increase mental performance, focus, and attention when inhaled. The University of Kiel researchers found that peppermint lessened headache pain in a double-blind, placebo-controlled study.

**Aromatic:** Diffuse up to 1 hour 3 times daily or directly inhale.

**Topical:** Dilute 1 drop essential oil with 4 drops V-6 or other pure carrier oil and apply 1-2 drops on location. For mental acuteness place 1-2 drops on the tongue.

### **Peachy Paradise**

2 Peaches pitted, skinned, & pureed  
Fresh Mint Leaves  
6 drops Tangerine Vitality  
1 Pitcher of water

### **Stimulating Sip**

1-2 Sliced lemons  
Fresh Mint Leaves  
1 Drop Peppermint Vitality  
1 Drop Lemon Vitality  
16 oz Water

### **Tropical Twist**

1 tsp Pineapple Juice  
1 Drop Lime Vitality  
8 oz Water

For all recipes mix all ingredients together well in a pitcher. Remember oil and water do not mix, using a medium such as fruit to disperse the oil will help, along with stirring and mixing well before drinking.