

## ***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.***



Does the heat have you beat? Get through the dog days of summer with awesome products from our July PV promotion! Whether you're chilling at the pool or camping with the family, we have what you need to stay cool – and keep your cool. Jump-start those long hot days with a simple swipe of Valor roll-on and enhance everything from lemonade to marinades with the refreshing taste of Lemon Vitality or Lavender Vitality. Also included in this month's offering is an exclusive Young Living mason jar mug and reusable stainless-steel straw, so you can sip sustainably wherever your summer adventures take you.

**100 PV - Retail Value \$5.59 – Bonus Essential Rewards Grapefruit Lip Balm.** Help sunny smiles go the extra mile and nourish your lips with our Grapefruit and antioxidant-infused lip balm. Pucker up! Keep your kisses lush and soft with this delightfully sweet and tangy balm.

**190 PV – Retail Value \$52.96– 15mL Peppermint, Bonus Essential Rewards LavaDerm Cooling Mist, and Grapefruit Lip Balm.** Ignite like the sky on the Fourth of July. Diffuse Peppermint oil in your home to spark the senses and get motivated to tackle your summer to-do list. Relax and rejuvenate. Apply this popular oil to your sore muscles after chasing the kids through sprinklers or dab it onto your neck to feel instantly cooled and refreshed.

Don't sweat the small stuff. Spritz LavaDerm, a heaven-scent mix of lavender and aloe vera whenever you need some cooling relief. Love your skin with LavaDerm Cooling Mist. Infused with aloe, Lavender, Northern Lights Black Spruce, and Helichrysum, this rejuvenating spray calms and moisturizes sun-kissed skin.

**250 PV – Retail Value \$64.47– Young Living Seedlings Wipes, 15mL Peppermint, Bonus Essential Rewards LavaDerm Cooling Mist, and Grapefruit Lip Balm.** Soothe with Lavender, soften with aloe. Seedling Wipes are gentle on your baby's skin but strong enough to handle the day's messes. Beach be gone! Effortlessly remove sand, sunscreen, and saltwater from fingers and toes with these refreshing wipes.

**300 PV – Retail Value \$97.48 – 5mL Lemon Vitality, 5mL Lavender Vitality, Mason jar mg with stainless steel straw and Young Living branding, Young Living Seedlings Wipes, 15mL Peppermint, Bonus Essential Rewards LavaDerm Cooling Mist, and Grapefruit Lip Balm.** Start your day the right way by adding a drop or two of Lemon Vitality to a glass of water for an invigorating citrus flavor as you go from groggy to go-getter. Perhaps try cooking with a twist. Refresh old recipes with Lemon Vitality for a bright burst of flavor in marinades, vinaigrettes, baked goods, and more.

Get plenty of zzz's and encourage a good night's sleep by adding a drop or two of Lavender Vitality to your bedtime glass of water. Meet your now secret ingredient. From sweet Lavender lemonades to savory marinades, you'll find dozens of uses for Lavender Vitality in the kitchen.

Save the sea turtles! Bring your own mason jar mug and stainless-steel straw with you to restaurants, the office, and anywhere else you'd ordinarily use plastic, to help keep the oceans safer for wildlife. Pass on plastic, embrace a greener lifestyle with one simple swap from landfill-bound plastic to your reusable glass and stainless-steel mug and straw.

**400 PV – Retail Value – \$162.94 – 10 mL Valor Roll-on, 5mL Lemon Vitality, 5mL Lavender Vitality, Mason jar mg with stainless steel straw and Young Living branding, Young Living Seedlings Wipes, 15mL Peppermint, Bonus Essential Rewards LavaDerm Cooling Mist, and Grapefruit Lip Balm.** Stay strong with Valor Roll-on. Apply Valor roll-on and enjoy the empowering aroma while you tackle every item on your summer to-do list. Swipe for confidence and wear your Valor as your signature fragrance for a bold scent that inspires on-the-go courage.

## **Relief is Spelled Y-O-U-N-G L-I-V-I-N-G**

These hot and humid days seem to be a breeding ground for personal issues from insect bites to athlete's foot to swimmers ear. Here are a few ways to help keep you and your family happy and healthy during these summer days and nights.

***Athlete's Foot and Ringworm:*** Summer is pools, public showers, restroom stops, and lots of bare feet! It's no wonder the cases of athlete's foot increase during the summer months. Ringworm is identical to athlete's foot only located elsewhere on the body.

Keep the affected area cool and dry. Avoid wearing tight fitting clothes or shoes. If you need to wear socks make sure they are a light breathable fabric, not heavy like cotton. Soak the feet or affected areas in a bath water combined with essential oils containing antifungal properties. We recommend using Patchouli, Tea Tree, Melaleuca Alterfolia, Blue Cypress, Lemongrass (diluted), Lavender, Peppermint, Thyme, or Rosemary. Blends shown to be effective at combating fungal infections are Thieves, Purifications, and Melrose.

Pour ½ Cup of Thieves Fresh Essence Plus Mouthwash into a pan of water and soak the feet.

Add 2 drops Tea Tree, 1 drop Peppermint, 1 drop Mountain Savory 1 drop Myrrh to a bowl of water. Soak a wash cloth in the water and apply to the ringworm areas. Apply 2-3 times per day for about 10 minutes each time.

***Lyme Disease and Rocky Mountain Spotted Fever:*** These are both a bacterial infection passed to humans through ticks. Although some researchers believe that some "stealth viruses" may also be involved in Lyme disease. Both of these illnesses can be severe or even fatal if not treated in the first few days of symptoms. Seek medical attention as soon as possible after being bitten.

Apply the following oils or a combination of the oils topically neat on the temples and back of the neck or massage neat onto the bottoms of the feet before bedtime.

Singles: Melissa, Oregano, Myrrh, Eucalyptus Blue, Dorado Azul, Thyme, Clove, Northern Lights Black Spruce. Blends: PanAway, Melrose, Thieves, Exodus II Nutritional Supplements: Inner Defense, Power Meal, Slique Shake, Essentialzyme, Life 9, and Detoxzyme.

You could also take the vitality available oils internally through capsules or mixed in a spoonful of syrup or another consumable carrier.

***Swimmers Ear:*** NEVER drop oils directly into the ear! Always apply to the outside visible parts of the ear, the edges, around, and the back of the ear. Swimmers ear occurs when water stagnates in the outer portion of the ear canal causing an infection.

Mix one of the following combinations with a carrier oil, massage around the outer parts of the ear, then place on a cotton ball and over the ear opening overnight.

Clove and Melrose, Basil and Lavender, Purification Lavender and Thieves, Lavender and Melaleuca. You could also add PanAway or Copaiba.

***Stings and Insect Bites:*** Essential oils are ideal for treating most kinds of insect bites because of their antiseptic and oil-soluble properties. Essential oils such as Lavender and peppermint reduce insect bite-induced itching and infection.

Bee stings: scrape away the stinger do not pull out and be careful not to squeeze the venom sac. Apply Lavender, Peppermint, German Chamomile, and Vetiver every 15 minutes for 1 hour. Continue to apply 2-3 times daily until redness is gone.

Insect Bites: We recommend mixing up one the following recipes and keeping on hand. Apply 1-2 drops of the mixture to bites neat of diluted 50:50 on the location 2-4 times daily.

**Insect Bites #1**

10 drops Lavender  
4 drops Eucalyptus Radiata  
3 drops German Chamomile  
2 drops Thyme

**Insect Bites #2**

20 drops Palo Santo  
20 drops Idaho Tansy  
10 drops Eucalyptus Blue

**Hives or Heat Rash:** Key initial treatment for Hives or Heat Rash is to cool the areas. Next, we recommend using one of the following blends diluted 50:50 and then covered in a cold compress. You can also apply Rose Ointment or Kidscents Tender Tush.

**Blend 1:**

2 drops Peppermint  
2 drops Eucalyptus  
2 drops Lavender  
1 drop Spearmint  
1 drop German Chamomile

**Blend 2:**

2 drops Peace & Calming  
2 drops Tea Tree  
2 drops Peppermint  
1 drop Roman Chamomile  
1 drop Myrrh

## July's Highlighted Product of the Month

**Motivation Essential Oil 5ml**

**Item #3384**

**Wholesale: \$52.50**



Who doesn't need just a little Motivation? Motivation stimulates feelings of action and accomplishment, providing positive energy to help overcome feelings of fear and procrastination. I could use a lot of motivation to complete everything on my summer to-do list!

Ingredients: Roman Chamomile, Black Spruce, Ylang Ylang, Lavender.

**Directions:**

*Aromatic:* Diffuse up to 30 minutes 3 times daily or directly inhale

*Topical:* Dilute 1 drop with 1 drop of V-6 or other pure carrier oil and apply on feet (big toe), chest, nape of the neck, behind ears, wrists, around navel, or desired location as needed.

**Caution:** Possible sun sensitivity. Do no use in conjunction with any other hormone products.

*\*Essential Oils Desk Reference Published by Life Science. 7<sup>th</sup> edition. November 2016\**