

Lansing Essential Oils Newsletter

William Lansing

YL #340519

December 2019

3266 275th St, Worthington, IA 52078

563-926-2534

Lansingessentialoils.com

Lansingessentialoilsinc@gmail.com

Newsletter specific: Lansingessentialoilsnewsletter@gmail.com

This holiday season we would like to thank you for being a valuable member of our team. We appreciate you and your efforts to live a healthier life while improving the lives of those around you. We can't wait to see all the amazing things to come in the New Year. Merry Christmas and many blessings to you and yours.

DECEMBER PV PROMO



'Tis the season for twinkling lights, brightly wrapped packages, and magical moments under the mistletoe. It's also time for reliving traditions and making memories with family and friends. Place a qualifying order and welcome loved one's home for the holidays with scents that capture the spirit of the season.

Before guests arrive trim your tree with your new diffuser ornament infused with Christmas Spirit-they'll feel at home the moment they arrive! When it's time to share family memories, surround your family with the

warm aroma of Sacred Frankincense. At night diffuse Peace & Calming to help little ones drift off to dreamland and wrap up your holiday shopping with a bonus 10 essential Rewards points. It's a wonderful PV promo!

100 PV - Retail Value \$13.16 – Bonus Essential Rewards 10 Essential Rewards Points. Save on stocking stuffers. Ten ER points equals \$13.16 in retail value toward the seasons must have gifts. Try something new or treat yourself to that blend or body care product you've been eyeing all year.

190 PV – Retail Value \$117.11– Peace & Calming 15ml, Christmas Spirit 5ml, Bonus Essential Rewards 10 Essential Rewards Points. Host with the most. Diffuse Christmas Spirit during holiday parties to make the evening extra merry and bright. Share the joy. Combine 30 drops of oil with 2 cups distilled water in a glass spray bottle for a DIY air freshener that makes a scent-sational neighbor gift.

Defuse holiday stress by diffusing Peace & Calming. Add a drop of two to your wrists for a calming aroma when feeling overwhelmed by wish lists and winter festivities. Settle down for a long winter's nap, before bedtime, rub a few drops on the bottoms of yours and the kiddos feet.

250 PV – Retail Value \$152.31 –Myrrh 5ml, Peace & Calming 15ml, Christmas Spirit 5ml, Bonus Essential Rewards 10 Essential Rewards Points. Cozy up on crisp nights by diffusing Myrrh with Sacred Frankincense as you work your way through your favorite holiday movies. Be present, add a few drops to a steamy bath and let the calming, complex aroma soothe and center you.

300 PV – Retail Value \$229.22 – Diffuser Ornament, Egyptian Gold 5ml, Myrrh 5ml, Peace & Calming 15ml, Christmas Spirit 5ml, Bonus Essential Rewards 10 Essential Rewards Points. Greet holiday guests and wrap your friends and family in the warm, woody scent of Egyptian Gold as they walk through the door. Start a new tradition. Sprinkle on logs in the fireplace then take turns sharing memories of holidays past.

Enhance your evergreen with the diffuser ornament and add a few drops of your favorite season scent. Rethink your décor and delight friends with a different take on traditional diffusers.

400 PV – Retail Value \$350.93 – Sacred Frankincense 15ml, Diffuser Ornament, Egyptian Gold 5ml, Myrrh 5ml, Peace & Calming 15ml, Christmas Spirit 5ml, Bonus Essential Rewards 10 Essential Rewards Points. Create memorable moments with Sacred Frankincense. Fill your home with this grounding scent to foster deeper connections with friends and family. Get extra gorgeous for the holidays by adding a few drops to your night time skin care routine.

Quick Order bonuses for one-time orders:

190 PV – Retail Value \$90.13 – Peace & Calming 15ml

250 PV – Retail Value \$125.33 – Myrrh 5ml, Peace & Calming 15ml

300 PV – Retail Value \$202.24 – Diffuser ornament, Egyptian Gold 5ml, Myrrh 5ml, Peace & Calming 15ml

400 PV – Retail Value \$323.95 - Sacred Frankincense 15ml, Diffuser ornament, Egyptian Gold 5ml, Myrrh 5ml, Peace & Calming 15ml

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.

As the weather becomes cooler please use caution when order NingXia Red. To prevent freezing and breakage we recommend colder climates order the 2oz single packs.

December's Oil of the Month

Frankincense 15 mL

Item # 3548

Wholesale: \$75.50



*Matthew 2:11 And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and **frankincense** and myrrh.*

What better way to acknowledge the holiday season than with one of the most famous oils of the scriptures? Frankincense is specifically mentioned in the King James Bible 17 times, and implied through the use of incense 113 times. It is an ingredient in the “oil of holy ointment”, and was presented at the birth of Jesus by the three wise men. Frankincense is derived from the Medieval French word for “real incense”. It is considered the “holy anointing oil” in the Middle East and has been used in religious ceremonies for thousands of years. It was well known during the time of Christ for its anointing and healing powers. Frankincense was valued more than gold during ancient times. It is mentioned in one of the oldest medical records, Ebers Papyrus (dating from 16th century BC), an ancient Egyptian list of 877 prescriptions and recipes.

As one of the most ancient oils to be used, Young Living went straight to the source when looking for the best Frankincense. D. Gary Young made more than 15 trips to the Middle East to study the *Boswellia* species to find the best varieties possible. Young Living is currently the only company contracted to harvest Frankincense in Somalia from *Boswellia carterii* and *sacra* from the very limited areas in which it is grown. Young Living owns the sophisticated, technical equipment needed to test for purity. They also work with leading botanists and scientists in the field of frankincense research to ensure, proper harvest, preserve future harvests, and proper distillation.

This holiday season add a few drops of frankincense to your diffuser, facial cream, or apply directly to your skin to reap all the benefits it has to offer. According to SimplyHealth.io’s webpage 20 reasons to start using Frankincense, benefits include:

Stress Relief – when inhaled it has been shown to reduce heart rate and blood pressure, two typical stress companions. It has also been shown to positively affect depression and anxiety, without the side effects of prescription drugs.

Enhanced Immune System – frankincense is an immuno-stimulant. Its antiseptic properties can help prevent harmful germs from developing on surfaces around the house.

Cancer Fighting – Several studies has identified frankincense’s anti-inflammatory qualities to the reduction in the size of tumors. Interestingly the effects are amplified when combined with Myrrh.

Skin Care – It has been shown beneficial in helping heal skin damage, smooth those crows feet, and slow down the signs of aging.

Natural Mucinex – the anti-inflammatory and antimicrobial properties help loosen phlegm in the lungs. Steam or diffuse for inhalation to loosen phlegm and expel by coughing.

As well as many more including balancing hormones, aiding in digestion, diuretic, oral health, arthritis pain relief, and improving circulation.

Directions:

Dietary: Put 2 drops in a capsule. Take 3 times daily

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

Topical: Apply 2-4 drops on location, chakras, and/or Vita Flex points. Dilution not required except to most sensitive skin.

Medical Properties: Antitumoral, immune-stimulant, antidepressant, muscle relaxing

Uses: Depression cancer, respiratory infections, inflammation, immune-stimulating

Fragrant Influence: Increases spiritual awareness, promotes meditation, improves attitude, and uplifts spirits

This time of year, is also one of the most difficult for people suffering from depression.

Suicide is an unfortunate out for many. If you or someone you know is suffering please pass along the following information. Text HOME to 741-741 – Speak with trained counselors Free, Confidential, 24/7.800-273-8255 – National Suicide Prevention Lifeline. Even if only one call saves a life, it's worth it.

Holiday Spice Sugar Cookies

- 1 Cup Butter softened
- 1 ½ Cups Sugar
- 3 Eggs
- 1-3 Drops Ginger Vitality
- 3 Cups Sifted Flour
- 3 tsps Baking Powder
- 1 tbsp Milk
- 2 tsps Vanilla Extract

Cream the butter and sugar together until light and fluffy

Blend in eggs and Ginger Vitality

Sift together flour and baking soda. Add to the creamed mixture

Add milk and vanilla, mix well.

Cover and chill for 1-2 hours or overnight

Place rounded spoonful cookies on baking sheet and bake at 400 degrees for 6-8 minutes.