

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.

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



The fun and festivities of the holidays are wrapping up- now what? You might be tempted to take a cue from the bears and hibernate until spring, but who has time for that? With the winter essentials in January's PV promotion, do more than survive this season: thrive!

Don a pair of YL branded mittens and beanie then head outdoors for a day of active fun with the family. Too stormy to play outside? Then snuggle up with a cup of Cinnamon Bark Vitality tea, diffuse drops of Roman Chamomile, and take the opportunity to rest and replenish your soul. Whatever the weather, you'll get all this and more to help you harmonize with the season in this month's PV promo.

100 PV - Retail Value \$22.04 – Bonus Essential Rewards: 10mL Peppermint Essential Oil. Chill out with a foot rub. If your feet are cramping after a day on the slopes, dilute a drop of Peppermint with 4 drops of your favorite carrier oil and get kneading. Peppermint stimulates the senses. If dark winter skies make you feel sleepy, perk up with the refreshing scent of Peppermint, available in an exclusive 10mL size.

190 PV – Retail Value \$108.56– Roman Chamomile Essential Oil 5mL, Cinnamon Bark Vitality 5mL, Bonus Essential Rewards: 10mL Peppermint Essential Oil. Warm up from the inside out with Cinnamon Bark Vitality. After playing outdoors with the children, cuddle up with a blanket and a mug of tea infused with this flavorful oil. Cook up comfort when the weather outside is frightful, indulge in something delightful, like einkorn pancakes spiced with Cinnamon Bark Vitality oil.

Cozy up to Chamomile. Bad weather doesn't have to be a downer; it's an opportunity to kick back with a good book and the sweet, apple-like scent of Roman Chamomile. Give your face a fresh start, add Roman Chamomile to your face cream and ring in a new year of healthy, glowing skin.

250 PV – Retail Value \$172.70 –Clary Sage Essential Oil 15mL, Roman Chamomile Essential Oil 5mL, Cinnamon Bark Vitality 5mL, Bonus Essential Rewards: 10mL Peppermint Essential Oil. Keep calm and turn your diffuser on with Clary Sage. A long winter and an even longer to-do list call for the calming aroma of Clary Sage essential oil to diffuse the stress away. Win at winter with great hair. Frizz and flyways don't stand a change when you enhance your favorite conditioner with Clary Sage.

300 PV – Retail Value \$229.22 – YL-branded Mittens and Beanie, Clary Sage Essential Oil 15mL, Roman Chamomile Essential Oil 5mL, Cinnamon Bark Vitality 5mL, Bonus Essential Rewards: 10mL Peppermint Essential Oil. Bid frozen fingers farewell. Button back the mitten ends for fingerless gloves that keep your hands comfy while you work. Head out in style when you're wearing a beanie this cute, you won't be able to resist going outside to show it off.

Quick Order bonuses for one-time orders:

190 PV – Retail Value \$53.95 – Roman Chamomile Essential Oil 5ml

250 PV – Retail Value \$118.09 – Clary Sage Essential Oil 15ml, Roman Chamomile 5ml

300 PV – Retail Value \$202.24 – YL-branded mittens and beanie, Clary Sage Essential Oil 15ml, Roman Chamomile 5ml

Young Living to Go!

Share your love of Young Living Essential Oils at any time. Essential Oils Sample Packets make it easy to share. Print a few informational cards with your contact information and hand them out anytime the situation arises!

Item #: 4940

Whs: \$45.00

10 samples of each: Peppermint, Lemon, Thieves, Lavender, and Peace & Calming.

Purification also available separately!



January's Oil of the Month

Geranium 15 mL

Item # 3554

Wholesale: \$42.50



Many are aware of the Geranium's ability to repel mosquitos, but there is a lot more to this common seasonal flower than curb appeal. Geranium has been used for centuries because of its regenerating and healing skin properties. Geranium essential oil was once used by the Egyptians to promote beautiful, radiant-looking skin. Today this potent oil is often used in high-end perfumes and skin care products. Cultivated from the fragrant flower native to South Africa and obtained through a careful distillation process. Geranium's sweet floral scent can be used topically and aromatically. Add Geranium to lotion, body wash, and hair care to enhance the aroma of your personal care products. Because Geranium oil had versatile benefits, you can also diffuse it to invite a peaceful, spiritual feeling in your living room or meditative space.

The main chemical compounds of Geranium Essential oil are, Linalool, Geranyl formate, Citronellol, and Geraniol. These chemical compounds are known for aiding in antispasmodic, antioxidant, antitumoral, anti-inflammatory, anticancer, hemostatic, antibacterial, antifungal, improves blood flow, liver and pancreas stimulant, dilates bile ducts for liver detoxification, helps cleanse oily skin, and revitalize skin cells.

Geranium has been used to assist with Hepatitis/fatty liver, skin conditions, viral infections, hormone imbalances, circulatory problems, and menstrual problems. Fragrant influences include; releasing negative memories, ease nervous tension, balances the emotions, lifts the spirit, fosters peace, well-being, and hope.

Directions:

Dietary: Dilute 1 drop of Geranium in 4 drops V-6 or other pure carrier oil, put in a capsule and take 1 capsule before each meal or as desired.

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.

**Essential Oils Desk Reference, 7th Edition, Life Sciences.*

Sinus Irritation

Living in the Midwest, you never know what mother nature has in store for you. This year she seems to be as temperamental as ever! Everyone in our family has had a turn with nasal congestion and/or dryness. Thanks to our Young Living supply they have all been short lived. First recommendation would be, if you don't have a humidifier, get one. I always add a few drops of Thieves and Lemon to our humidifier. The Lemon I feel helps keep the water from calcifying, and Thieves helps keep the bacteria from growing. Keep in mind not all

essential oils are compatible with non-Young Living items like humidifiers. I have had the oils break down the insides of my vaporizers in the past, so use with caution.

One of the most effective treatments for nasal and sinus problems is a saltwater nose rinse.

Nasal Irrigation Regimen

(Essential Oils Desk Reference, 7th Edition, Life Science)

Rosemary and Tea tree oils can be used in a saline solution for very effective nasal irrigation that clears and decongests sinuses. As recommended by Daniel Penoel, MD, the saline solution is prepared as follows: 10 drops Rosemary, 6 drops Thyme, 2 drops Cypress, 8 tablespoons ultra-fine salt. Mix the oils thoroughly with the salt and store in a sealed container. For each session dissolve 1 teaspoon of mixture into 1 ½ cups distilled water. Place in a neti pot and use as directed. Repeat at least once per day

There are a few ways to apply oils topically for relief. Dilute oils 50:50, apply 1-2 drops to the nostril walls with a cotton swap 2 times daily. Or, massage 2-4 drops of oil neat on the bottoms of the feet just before bedtime.

Oils safe to apply internally to the nose: Helichrysum, Geranium, Cistus, Cypress, Myrrh, Lavender, Lemon, RC, Raven, Breathe Again, SniffleEase, Peppermint, Frankincense, Purification, Citrus Fresh. You can also use Rose Ointment and Boswellia Wrinkle Cream.

Oils recommended to be applied to the feet only: Thyme, Eucalyptus Globulus.

Homemade Cough Drops

½ Cup Coconut Oil

½ Raw Honey

4 Drops Ginger Vitality

3 Drops Cinnamon Bark Vitality

5 Drops Lemon Vitality

8 Drops Frankincense

Whip coconut oil in a bowl until fluffy

Add honey and essential oils, mix well

Fill silicone molds or drop by teaspoon onto waxed paper

Freeze until hard, store in airtight container in freezer of refrigerator.

Decongestant Chest Rub

1/8 Cup Coconut Oil

5 Drops Eucalyptus Radiata

3 Drops Peppermint

2 Drops Rosemary

2 Drops Lavender

Blend together well and store in a small airtight container. Adjust oils quantity if needed based on your desired strength.

Upcoming Classes and Meetings

ALL classes listed are open to the public! You are welcome to attend any class that may be in your area.

Please contact us if you would like to have your meeting included in this newsletter. We are always happy to help spread the word!

Come to learn something new or bring a friend and introduce them to the amazing benefits of Young Living's products. We are always willing to help a member grow and teach them how to host their own meetings.

It looks like winter weather came early this year. If schools in the area cancel or delay our meetings will likely cancel also. If you are ever unsure please contact the numbers listed below.

Jan 2nd 6:30-8:30pm Hills & Dales 3505 Stoneman Rd, **Dubuque, IA.** Contact David & Claudia March 563-516-1127

Feb 6th 6:30-8:30pm Hills & Dales 3505 Stoneman Rd, **Dubuque, IA.** Contact David & Claudia March 563-516-1127

We can help you grow your business!

Please contact us if you would like to have your meeting included in this newsletter. We are always happy to help spread the word!

Have friends and family looking for more information? We can help you start hosting your own monthly classes!