

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

***William Lansing***

***YL #340519***

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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**



Love is in the air, literally! Whether you're diffusing, applying to your wrist to catch a whiff throughout the day, or soaking in sweet scents via a personal perfume, it's the month to fall hard for essential oils. With February's PV promotion, you'll be smitten over floral fragrances and amorous aromas in no time!

Give romance a chance with a signature scent! Use floral oils like Geranium and Ylang Ylang with earthier oils like Patchouli and Cedarwood to create your own synthetic-free perfume. Want more ways to feel love all

around? Gift your beloved an exclusive introduction to three of our go-to oils with the Seed to Seal Story Collection. This February, you'll find that love and essential oils are truly all you need.

**100 PV - Retail Value \$15.13 – Cedarwood Essential Oil 15mL.** Show your partner how much you “knead” them. Give the gift of massage, enhanced by Cedarwood. Your loved one will get silky-smooth skin along with a scent that soothes. Make bedtime an oasis. Before heading to bed, diffuse the balmy, oh-so-comforting scent of Cedarwood, so your evenings are full of nothing but bliss and snuggles.

**190 PV – Retail Value \$116.11– Ylang Ylang Essential Oil 5mL, Patchouli Essential Oil 5mL, Cedarwood Essential Oil 15mL.** Ramp up the romance. Who needs a bouquet of flowers when you can add the soft and sweet scent of Ylang Ylang to your diffuser? Turn it on each day and night to truly feel the love. Love your locks. Combat winter hair with this DIY mask: Add drops of Ylang Ylang to coconut oil and comb through your hair. Let sit for an hour, rinse, and enjoy hair that's begging for compliments.

Reflect on your relationships. Rub the powerful aroma of Patchouli on your wrists while meditating, and don't forget how blessed you are by the people in your life. Balance your perfumes. When mixing up sweet and floral DIY perfumes, don't forget to add complex notes. The musky tones of patchouli will catch everyone's attention.

**250 PV – Retail Value \$172.03 – Geranium Essential Oil 15mL, Ylang Ylang Essential Oil 5mL, Patchouli Essential Oil 5mL, Cedarwood Essential Oil 15mL.** Shine with love, the love of Geranium, that is! Add a drop or two to your morning and nightly moisturizer for a glowing look that mirrors feelings you have inside. Slip into luxury. Take TLC to the next level with a floral-infused bath. Add a few drops of Geranium to the hot water along with a cup of Epsom salt for a peace producing, stress relieving soak.

**300 PV – Retail Value \$220.39 – RutaVaLa Roll-On, Geranium Essential Oil 15mL, Ylang Ylang Essential Oil 5mL, Patchouli Essential Oil 5mL, Cedarwood Essential Oil 15mL.** Ride out relationship rough patches. Swipe RutaVaLa Roll-on over your heart to encourage emotional balance during the ups and downs of dating and relationships. Drop into dreamland. Before cuddles and drowsy pillow chats, roll RutaVaLa on your wrists for a dream inspiring scent.

### **Quick Order bonuses for one-time orders:**

**190 PV – Retail Value \$55.26 – Ylang Ylang Essential Oil 5ml**

**250 PV – Retail Value \$111.18 – Geranium Essential Oil 15ml, Ylang Ylang Essential Oil 5ml**

**300 PV – Retail Value \$159.54 – RutaVaLa Roll-on, Geranium Essential Oil 15ml, Ylang Ylang Essential Oil 5ml**

**400 PV – Retail Value \$292.76 – Seed to Seal Story Collection, RutaVaLa Roll-on, Geranium Essential Oil 15ml, Ylang Ylang Essential Oil 5ml**

Share a gift this Valentine's Day. Give someone you love a relaxing aroma to use as they settle for sleep with Lavender, magazine cover-worthy skin with Tea Tree, and a focusing scent to wear at the hustle to make dreams come true with Peppermint. Enjoy something special. Each oil included in the Seed to Seal Story Collection comes with an elegant white label, in an exclusive 10 ml size that cannot be purchased outside of this promotion.

## February's Oil of the Month

**Rose 5 mL**

**Item # 3623D**

**Wholesale: \$162.35**



## Young Living to Go!

Sometimes life is crazy and we don't have time for ourselves, let alone a meal. I keep packages of Slique shake mix in my desk, car, and bag. It gives me the daily nutrition I need, curbs my hunger pains, and tastes great also. I have even added it to plain yogurt and frozen as a sweet treat!

**Item #: 5552**

**Whs: \$51.25**

**15 Pack**



Tis the month of love! Don't just buy your loved one a dozen roses to show you care, buy them 22 pounds of rose petals! That's how many pounds of roses are required to produce just one 5 mL bottle of Rose Essential Oil. Because it takes so many roses to make one bottle it is one of the most valuable essential oils you can acquire.

As a budget conscious oil user, I often have to justify the purchase of a high value essential oil. It took me several years, lots of research, and a sample of Rose Essential Oil to make the jump. I use mine sparingly, and have had the same bottles for about 5 years now.

Rose essential oil is the product of one of the most recognizable and culturally significant flowers in the world. It has a rich, intoxicating aroma that's just as beautiful as the bloom itself. Rose oil is distilled to gently release the delicate flower's oil through steam.

Rose has been used for the skin for thousands of years. The Arab physician, Avicenna, was responsible for first distilling rose oil, eventually authoring an entire book on the healing attributes of the rose water derived from the distillation. Throughout much of ancient history, the oil was produced by enfleurage, a process of pressing the petals along with a vegetable oil to extract the essence. Today, however, almost all rose oils are solvent extracted.

Research into the human body and frequencies is what ultimately lead me to my purchasing decision. I've discussed in the past frequency in essential oils. Rose oil is second only to Idaho Blue Spruce in the Young Living family. Rose oil resonates at about 320 MHz. But what does that mean?

Everything has energy. There is bio-energy in all life. It goes by many names, Chi, life force, etc. All energy has a frequency, even your emotions have a frequency and so do thoughts. The higher your frequency, the higher your energy. Negative thoughts and feelings will decrease your frequency. Anyone who has read the book "The Secret" understands the impact of positive thinking. Think yourself into a better life. Put your intentions into the universe and receive the benefits.

Even the foods you consume have a frequency. The more a food is processed, and toxic products have a lower frequency. The fresher and healthier your food, the higher the frequency. Simply put, frequency is the measurement of how cells are circulating and regenerating. The more movement within the cells the better your body can self-heal. The slower the movement the greater your chance for illness, blockages, tumors, etc.

A healthy body has a frequency of 62-78 MHz. The typical cold/flu lowers that frequency to 57-60 MHz. Cancer is a frequency of 42 MHz, and a deceased body is about 25 MHz. Put into perspective there is a difference of about 50 MHz between your current state and death.

Now to understand the impact of what you put into your body. Fresh food ranges from 20-27 MHz, dried food and herbs 15-22 MHz, where canned and processed foods have 0 MHz. It has been proven that Negative thoughts can decrease your frequency by 12 MHz. Positive thoughts can increase your frequency by 10 MHz, where praying can increase it by 15 MHz. This next statement won't make me any friends, unless you aren't a coffee lover like me. Smelling coffee can decrease your frequency by 8 MHz, while drinking it can decrease it by 14 MHz. Holding a cigarette is -17 MHz, and actually smoking it is -23MHz.

This research combined with personal experiences with Rose oil have reaffirmed my purchasing decision. Tricks I use to conserve my Rose oil as long as possible. I inhale it straight from the bottle. When applying topically I usually use a carrier oil and blend it with other oils for similar purposes. I do not diffuse this one very often.

**Medical Properties:** Anti-inflammatory, Anti-HIV, antioxidant, anxiolytic, hepatoprotective, relaxant, reduces scarring, antiulcer, immunomodulating, cancer chemoreceptive, DNA damage prevention.

**Uses:** Hypertension, heart strengthening, anxiety, viral infections (herpes simplex), skin conditions (scarring, wrinkles, acne), ulcers.

**Fragrant Influences:** Its beautiful fragrance is intoxicating and aphrodisiac-like. It helps bring balance and harmony, allowing one to overcome insecurities. The effect of rose on the heart brings good sheer with calming and a lightness of spirit.

**Directions:**

**Dietary:** Take as a dietary supplement

**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, 7<sup>th</sup> Edition, Life Sciences.*

### All Season Body Lotion

1/3 Cup coconut oil  
1/3 Cup pure shea butter  
3 Drops Rose Essential Oil  
3 Drops Frankincense Essential Oil  
Glass jars for storing

1. Place shea butter in the microwave to soften for about 30 seconds
2. Mix in coconut oil (room temperature it should be solid or soft, not melted), mix for about 15 minutes until light and fluffy. (I recommend using a stand mixer)
3. Add in essential oils
4. Transfer to storage jars

This recipe can be double or quadrupled for a larger batch. This recipe makes approx. 8 oz.

## **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.**

- Feb 6<sup>th</sup>** 6:30-8:30pm Hills & Dales 3505 Stoneman Rd, **Dubuque, IA**. Guest Speaker Barb Fox, veterinarian from Wadena Iowa. Contact David & Claudia March 563-516-1127
- Feb 13<sup>th</sup>** 7pm-9pm Iowa Grape Vines Winery, 18345 55th Street, **Maquoketa, IA**. For more information contact Willy at 563-926-2534.
- Feb 20<sup>th</sup>** 6:30pm Pizza Hut 1129 E. Main St, **Manchester, IA**. This is an open meeting for everyone to attend. Contact Willy at 563-543-5418
- Mar 5<sup>th</sup>** 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!