

Lansing Essential Oils Newsletter

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Update on Willy from Joan:

Thank you for your continued prayers and support during this time. Willy is making lots of progress at home every day, and hopes to be back working with you all face to face very soon.

***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.***



It's finally time for all those fun in the sun activities! Whether you adventure near or far, you'll be set for summer success with June's PV promo. Picnic in style and comfort thanks to our exclusive, easy to clean picnic blanket and the nuisance-fighting power of Citronella essential oil. After a day spent hiking, biking, or beanbag

tossing, massage your tired muscles with a combination of Cool Azul and V-6 Vegetable Oil Complex. When you're home sweet home, diffuse Peace & Calming as you sit around the table and share your favorite moments from the day's adventures.

100 PV - Retail Value \$26.32 – Citronella Essential Oil 15mL. Say no to boring sunscreen with Citronella. Tired of typical smelling sunscreen? Fight the sun's rays in a fresh, new way by adding a few drops of Citronella to your favorite sunscreen before applying. Bring on the open-air vibes. Diffuse Citronella outside when dining alfresco to create a warm, welcoming space for family and friends.

190 PV – Retail Value \$102.04– Peace & Calming Essential Oil 5mL, Picnic Blanket, Citronella Essential Oil 15mL. Picnic in style! Our exclusive YL-branded picnic blanket is packable, durable, and totally cleanable, which means the only thing you'll have to worry about is the weather. Wish upon a star when the forecast calls for a clear night, grab your picnic blanket and head outdoors for some stargazing.

Let the sunshine in. When summer showers last for hours, brighten everyone's spirits, and your spaced, with a sunny-scented blend of Peace & Calming ad Citrus Fresh in your diffuser. Settle in for a story time. Apply Peace & Calming to the bottoms of feet before sharing stories of adventures past.

250 PV – Retail Value \$154.34 – Kunzea Essential Oil 5mL, Peace & Calming Essential Oil 5mL, Picnic Blanket, Citronella Essential Oil 15mL. Kunzea allows you to play all day. Go ahead, join that badminton bracket! Once that battle's over, treat tired muscles to a soothing massage with the help of Kunzea and a little V6 Vegetable Oil Complex. Breezy does it, bring the freshness of the outdoors in with a diffuser blend of Kunzea and Purification.

300 PV – Retail Value \$255.66 – Cool Azul 15mL, Kunzea Essential Oil 5mL, Peace & Calming Essential Oil 5mL, Picnic Blanket, Citronella Essential Oil 15mL. Walk and roll with Cool Azul! Plannign a full day of fun? Take Cool Azul's cooling sensation on the go by attaching an AromaGlide Roller Fitment to your 15mL bottle. Score a second (or third) wind. Diffuse a few drops whenever you need a mid-adventure pick me up.

Quick Order bonuses for one-time orders:

190 PV – Retail Value \$45.72 – Peace & Calming 5mL.

250 PV – Retail Value \$98.02 – Kunzea 5 mL, Peace & Calming 5mL

300 PV – Retail Value \$199.34 – Cool Azul 15 mL, Kunzea 5 mL, Peace & Calming 5mL

LavaDerm After-Sun Spray

Item No: 20673

Whse: \$24.75

Keep a bottle in the cooler, beach bag, the bathroom, everywhere! Refresh and recover from a day in the sun with LavaDerm After-Sun Spray. This naturally derived after-sun spray offers temporary relief from the pain and itching of minor burns, minor cuts, sunburns, scrapes, insect bites, and minor skin irritations, so your family can keep playing all day.



June's Highlighted Product

Lemon Essential Oil

Item No: 3578

Whs: \$11.50



Lemon Vitality Essential Oil

Item No: 5625

Whs: \$6.25



Lemon is an extraordinary essential oil that has been used probably since the beginning of time. Want to try a fun experiment? Place a couple drops of Lemon oil on Styrofoam. You can use an egg carton, plate, cup, anything. Time how long it takes for it to “eat” a hole all the way through. Why does it happen? Lemon is a strong oil that breaks down non natural chemicals. What is Styrofoam? It’s styrene a petroleum-based product added to other chemicals until it expands creating a foam board.

Can you imagine what Lemon does to all the chemicals we put into our bodies on a daily basis? Carbonated beverages, chemicals absorbed through the skin via sunscreen and perfumes. Most manufactured products leave a chemical trail, and Lemon oil has the ability to break those down.

Historically Lemon has been used in skin care to cleanse skin, reduce wrinkles, and combat acne. Lemon peel was used as an antiseptic, carminative, diuretic, eupeptic, a vascular stimulant and protector, and as a vitaminic. It has also been used in cooking, cleaning, and in treating a variety of ailments like scurvy.

I have personally used Lemon as a flavoring in my baking and cooking. In my water as a flavoring and purifier. I have suffered from kidney reflux for most of my life. When I feel a UTI, bladder, or kidney infection starting I increase my water intake and add Lemon. I am not a medical professional, but when I have started this sooner rather than later, I believe I can head off the infection before I require prescription medication.

Lemon is high in Limonene, a natural chemical found in the peels of citrus fruits and in other plants. It is used to make medicine. (WebMD). According to Natural Medicine Facts (www.naturalmedicinefacts.info/chemical/16202.html) Citrus Limon (Lemon) has a Limonene max of 980,000ppm compared to Citrus Reticulata (Orange) at Max 9,400ppm. Limonene has been extensively researched in clinical studies for its ability to combat tumor growth. Additionally, it possesses the medical properties of antiseptic, improves microcirculation, immune stimulant (may increase white blood cells), improves memory, and relaxation.

Lemon has also been used in circulatory problems, arteriosclerosis, obesity, parasites, urinary tract infections, varicose veins, anxiety, hypertension, acne, and digestive problems. Lemon promotes clarity of thought and purpose with a fragrance that is invigorating, enhancing, and warming.

A Mile University of study found that citrus fragrances boosted immunity, induced relaxation, and reduced depression (Essential Oils Desk Reference, 7th Edition, Page 106).

Directions: Diffuse up to 1 hour 3 times daily or directly inhale. Dilute 1 drop of oil with 1 drop v^ or other pure carrier oil and apply 2-4 drops on location, chakras, and/or Vita Flex points.

CAUTION: Possible sun sensitivity, use with caution.

Young Living Essential Oils Desk Reference 7th Edition

Relax and Unwind on Your Staycation!

Ocean Mist Air Freshener

3 Drops Citronella Essential Oil
3 Drops Lemongrass Essential Oil
3 Drops Spearmint Essential Oil
3 Drops Orange Essential Oil
Water
2oz Glass Spray Bottle

Add the Essential Oils into the spray bottle, fill with water and replace the top. Shake well before spraying into the air. Lay out your towel and listen for the waves.

Cooling Roll-on

10 Drops Peppermint Essential Oil
V6 Vegetable Oil (or liquid Coconut Oil)
10mL Glass roll on bottle

Add the Peppermint Essential Oil to the roll-on bottle. Fill with V6 Vegetable Oil and replace roller top. Apply to the back of your neck when you are feeling overheated.

Frozen Berry Lime Margarita

2 Drops Lime Vitality Essential Oil
1lb Frozen Strawberries
½ Cup Orange Juice
2Tbsp Raw Sugar

Add strawberries, orange juice, and raw sugar to a blender and blend well. Pour mixture into a glass pitcher and add Lime Vitality Essential Oil. Mix well, serve, and enjoy with chips and salsa.

Taking Time to Focus on YOU!

We've all probably been experiencing the effects of longer days on our mental and physical strength. By the end of the day do you just feel all used up? Maybe it's time to take a look at how you care for yourself. Are you taking care of you?

While this is the busiest time of the year where I run from one thing to the next, making sure I am taking care of everyone else, I usually fail to take care of my needs. I forget about my daily dose of NingXia Red or my Life9. Often, I grab a Slique shake as I run out the door.

Re-center and re-evaluate where you feel lacking in your life. Setting aside time for yourself and following through can give you a whole new perspective on life. As hard as self-care can be you will be better prepared to tackle your next big task. Young Living's *The Lavender Life* recommends Self-Care Sundays.

Choose a day of the week to set aside time just for yourself. This is not a time for you to do laundry, work, or clean. It's a time for you to focus on yourself. You can only provide the best care to others, when you are at your best. Use this time to clean "your space" it may be your bedroom, your study, or any space you claim as yours. Take time to recharge with a nap then take a bath infused with your favorite essential oil. Simplify your life; it is ok to leave a few items on your to do list. Use this time to indulge with new DIY beauty products like lotions, facial scrubs, or hair masks.

Once you have perfected the "me time," try to do something for yourself every day. Take a walk, take time for breakfast, meditate, do yoga, go to bed early, keep a list of compliments other gave you, or give yourself a manicure.

Something else to consider, is the importance of breathing. Begin by daily setting an alarm for every 2 hours during the day. When the alarm goes off apply a grounding oil such as Vetiver, Lavender, Myrrh, Tea Tree, or Frankincense then breathe deeply 6-8 times. By doing this you may experience an increase in energy throughout the day. If this seems a little tedious to you, try the Thirty Day Test. It only takes 2 weeks to establish a habit, but it can take a lifetime to break it. Starting today choose something to benefit you. Try the two-hour breathing, or your own me time. Challenge yourself to complete it for thirty days. If you miss a day then your thirty days starts all over again. My wish is that whatever you choose provides a level of peacefulness to your life!

**REMEMBER INTERNATIONAL GRAND CONVENTION IS
GOING VIRTUAL!!!**

Registration has been extended to JUNE 17TH!

Don't miss out on exclusives such as: business training, product specials, testimonies, key speakers, new product launches, and much more!

Attending Convention as never been easier!

Be sure to check back here next month when we share our highlights from convention.