

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.

Coming into the colder months please keep a couple of things in mind:

If you are receiving a shipment of Ningxia Red or other liquid (non-oils) they are subject to freezing and expanding which could lead to broken containers. Either make other delivery arrangements, or purchasing options (2oz singles rather than bottles)



Warm up hands and hearts this winter by earning essential oil products and an accessory for on-the-go wellness. By bundling up with these free Young Living products, you'll welcome in the healthy habits and gift giving that every home needs this season.

You'll be dashing through the snow to inhale the rejuvenating aroma of Breathe Again in an exclusive 15mL bottle, and diffuse the uplifting, season inspired scents of Frankincense and Northern Lights Black Spruce. Heading to a holiday party? Take your favorite scents on the go with our Mini Travel Passive Diffuser! Qualify today and earn free gifts plus free shipping.

100 PV – FREE SHIPPING – Get festive with free shipping. Reach our 100 PV tier and we'll ship your qualifying order for free! Stock up for shipping savings. Shop your favorite stocking stuffers and score free shipping.

190 PV – Retail Value \$77.30– Breathe Again 15 mL, Bonus Essential Rewards: Northern Lights Black Spruce 5mL, Free Shipping. "Spruce" up your space. Decorate for the holidays and make memories with those you love most while evergreen aromas swirl around you. Wave goodbye to wintry skin. Keep your skin looking merry and bright by implementing a drop or two into your nighttime winter routine.

Inhale inspiring aromas. If your family is feeling cooped up indoors, diffuse the bright scent of Breathe Again as you brainstorm staycation ideas. Reawaken winter workouts. Apply this invigorating blend to your back, neck, or chest before working out and take a steamy shower afterwards for a brisk aromatic experience.

250 PV – Retail Value \$107.30 – Mini Travel Passive Diffuser, Breathe Again 15 mL, Bonus Essential Rewards: Northern Lights Black Spruce 5mL, Free Shipping. Have holiday scents on hand. Pack this portable diffuser as you head over the river and through the woods this winter, whether you're visiting Grandmother's house or a cozy cabin retreat. Searching for a next-level holiday hostess gift or the hit item at your yearly gift exchange? Light up their season with the mini diffuser. It will keep things cozy and fill its new home with cheer.

300 PV – Retail Value \$197.56 – Frankincense 15mL, Mini Travel Passive Diffuser, Breathe Again 15 mL, Bonus Essential Rewards: Northern Lights Black Spruce 5mL, Free Shipping. Spark Spirituality and invite the spirit of the season into your home with Frankincense. Diffuse this oil's empowering aroma when you are seeking purpose or engaged in prayer or meditation. Put your freshest face forward. Cold weather got your skin feeling frostbitten? Place a drop of Frankincense in your palm and pair it with your favorite lotion for date night-ready dewy skin.

Quick Order bonuses for one-time orders:

100 PV – Free Shipping

190 PV – Retail Value \$43.75 – Breathe Again 15mL, Free shipping

250 PV – Retail Value \$73.75 – Mini Travel Passive Diffuser, Breathe Again 15mL, Free shipping

300 PV – Retail Value \$177.04 – Frankincense 15mL, Mini Travel Passive Diffuser, Breathe Again 15mL, Free shipping

Our Highlighted Product for December

Item #3372

Joy Essential Oil 15mL

Wholesale: \$44.75



This beautiful blend produces a magnetic energy that brings joy to the heart, mind, and soul. It inspires romance and helps overcome deep-seated grief and depression.

This holiday season will be different for everyone. In the midst of a pandemic and a future of uncertainty sometimes we need a little help finding our Joy. In my house I'm not the only one who suffers from melancholy, my children are affected as well. It takes little provocation for them to be at each other. When things get tense, and we need extra happiness in our home, I diffuse Joy. I even rub it into the bottoms of everyone's feet. It almost always helps to lighten the atmosphere and dampen the tempers.

The oils blended in Joy have a rich history: Bergamot is rumored to have been taken to Italy by way of the Canary Islands by Christopher Columbus. Rose has been praised for its fragrance and other qualities since Ancient Greek and Roman Times. Some use Joy to create an environment of romance and warmth. With its combination of floral and citrus essential oils also including Ylang Ylang, Geranium, Jasmine, Palmarosa, Lemon, and Tangerine, this unique and feminine fragrance is sure to be a favorite.

Diffuse Joy around the house for an environment that is pleasant and inviting or dab it on your neck and wrists for a natural floral perfume. Brighten your work area or your midday slump. Put a few drops in a warm bath for a spa-like experience. Or put a few drops on a damp cloth and throw it in the dryer. This essential oil blend invites togetherness and is used adoringly by members all around the world.

Ingredients: Bergamot, Ylang Ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman Chamomile, Palmarosa, Rose.

Directions: Diffuse up to 1 hour 3 times daily or directly inhale. **Topical:** Dilution is not required, except for the most sensitive skin. Apply 2-4 drops over the heart, thymus, temples, wrists, or desired location as needed. It may also be massaged on the lower back, abdomen, and heart and brain vita flex points.

Caution: Possible sun/skin sensitivity

**Essential Oils Desk Reference 7th Edition. Young Living Essential Oils Virtual Office Website.*

A Gift from One King to Another

Genesis 42:11 Then their father Israel said to them, "If it must be so, then do this" take some of the best products of the land in your bags, and carry down to the man as a present, a little balm and a little honey, aromatic gum and myrrh, pistachio nuts and almonds."

What better way to acknowledge the holiday season than with one of the most famous oils of the scriptures. From Genesis to Exodus, Myrrh is specifically mentioned in the Bible approximately 152 times. It is an ingredient in the "oil of holy ointment", and was presented at the birth of Jesus by the three wise men.

What is Myrrh? Myrrh is a resin, or sap-like substance, that comes from a tree called *Commiphora Myrrha*, common in Africa and the Middle East. Myrrh is botanically related to Frankincense. In order to harvest Myrrh the tree trunks must be cut into to release the resin. The resin looks like tears as it runs down the trunk. Once it has dried it is collected and the essential oil is made from the sap via steam distillation.

Myrrh as an oil possess many beneficial properties including powerful antioxidant, antitumoral, anti-inflammatory, antibacterial, antiviral, antiparasitic, analgesic/anesthetic.

Its uses include assisting in the treatment of diabetes, cancer, hepatitis, fungal infections, tooth/gum infections, and skin conditions including eczema, wrinkles, and stretch marks. As an aromatic it promotes spiritual awareness and is uplifting. It contains sesquiterpenes, which stimulate the limbic system of the brain (center of memory and emotions) and the hypothalamus, pineal, and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones, including thyroid and growth hormones.

Myrrh is mentioned in one of the oldest known medical records, the *Ebers Papyrus* (dating from the 16th century BC), an ancient Egyptian list of 877 prescriptions and recipes. The Arabian people used Myrrh for many skin conditions such as cracked skin and wrinkles. It was listed in *Hildegard's Medicine*, a compilation of early German medicines by highly regarded Benedictine herbalist Hildegard of Bingen (1098-1179)

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

Homemade Ornaments (Salt Dough)

1 Cup Flour (plus some for sprinkling work area)

½ Cup Salt

½ Cup + 2 Tbsp Water

Craft supplies such as paint, glitter, markers, ribbon, etc.

Essential Oils of your choice (I like Cinnamon, Christmas Spirit, Frankincense, and Northern Lights Black Spruce)

Preheat oven to 250 degrees. In a large bowl sift together flour and salt. Add the water and mix until well combined. Form the dough into a ball and transfer to a floured surface. Sprinkle the top with more flour and use a rolling pin to roll it approximately ¼" thickness. Use cookie cutters to cut shapes. Use a straw to make a hole at the top for hanging. Transfer to a baking sheet and bake for 2-3 hours or until hard. Turn the ornament over once about halfway through baking. Allow ornaments to cool completely before adding a couple drops of your favorite essential oil and decorating. Thread a decorative ribbon through the hole once dry and ready to hang.

This time 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. Even if only one call saves a life, it's worth it.

**Text HOME to 741-741 – Speak with trained counselors Free, Confidential, 24/7.
800-273-8255 – National Suicide Prevention Lifeline**

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If you have a change of address or Email please let Young Living know so they can update your information also.