



INDEPENDENT DISTRIBUTOR

***Lansing Essential Oils INC. 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.***



## CLASSES:

***Young Living Class will be held the first Thursday of every month at  
6:30 PM at the Westminster Presbyterian Church***

***2155 University Ave, Dubuque, IA***

***Turn over a new leaf and welcome all things spring  
with March's gift with purchase.***

***Spend 100 PV-Retail Value \$16.45***

***Jade Lemon essential oil, 5 ml***

Diffuse Jade Lemon essential oil's scent to brighten your day! Add 10–15 drops to Young Living lotions and shampoos for an uplifting aroma.



***Spend 190 PV- Retail Value \$110.86***

***Gathering™ essential oil 5ml and BLOOM by Young  
Living® essential oil blend, 5 ml***

Freshen your home by diffusing the sweet, floral aroma of Gathering essential oil blend. Attract a harmonizing environment with its scent as you welcome the new season and gather with like-minded people. As you tackle new springtime



activities, apply 1–3 drops topically to the heart while you work on gathering strength and wisdom from within.

### ***BLOOM by Young Living® essential oil blend, 5 ml***

As nature blooms, so can you when you wear BLOOM by Young Living essential oil blend. Combine it with V-6™ Vegetable Oil Complex to create a rich floral perfume or diffuse it to create a fresh, nurturing environment. As you drink in the sun and listen to birdsong, take a few moments each day to diffuse 8–10 drops during yoga or meditation or when you're winding down.

***Spend 250PV- Retail value \$173.69***

***Geranium essential oil 15 ml, Gathering essential oil blend 5ml, BLOOM essential oil blend 5ml, Jade Lemon essential oil 5ml***

### ***Geranium essential oil 15ml***

Bring on that springtime glow—with the appearance of healthy, youthful-looking skin and shiny, lustrous hair—when you use Geranium essential oil topically mixed into your face serums or hair oil. Lighten up the atmosphere in your home when you diffuse Geranium oil with Grapefruit and Tangerine oils for a bright, uplifting aroma.



***Spend 300PV-Retail value \$237.18***

***Joy™ essential oil blend, 15 ml, Geranium essential oil 15ml, Gathering essential oil blend 5ml, BLOOM essential oil blend 5ml, Jade Lemon essential oil 5ml***

## *Joy™ essential oil blend, 15 ml*

Inspire romance this spring with Joy essential oil blend's pampering, spa-like aroma. Apply it to your wrists and the back of your neck before going out for a fresh and natural floral perfume. You can also place 2–3 drops on a damp cloth and toss it in the dryer to help freshen your laundry.



## **Easy-peasy DIY dry shampoo—Refresh your hair at home!**

Greasy hair between washes is a downer—we get it—but dry shampoos off the shelf are often too pricey or loaded with harsh chemicals. Fear not, we've got the hair hack for you: DIY dry shampoo! With only a few simple steps and natural ingredients, you can say goodbye to greasy hair blues and hello to your homemade dry shampoo, leaving your locks looking stunning and refreshed in an “I woke up looking like this” way.

When you forget about those store-bought products with harsh chemicals and hefty price tags, you have complete control over the ingredients and can customize them to suit your hair's needs. Plus, it's budget-friendly!

Curious about how to make your DIY dry shampoo at home? Keep reading, and we'll take you through the process step-by-step.

### **What you should know about DIY dry shampoo**

As you start learning about homemade dry shampoos, here are a few key takeaways to keep in mind—DIY dry shampoo 101:

- DIY dry shampoo is a convenient, cost-effective solution for refreshing your hair between washes.
- Making your own dry shampoo allows you to avoid harsh chemicals and tailor the ingredients to your hair.
- Creating DIY dry shampoo at home is incredibly easy and takes a few simple ingredients.
- Once made, you can apply your dry shampoo to the roots and oily areas of your hair. Massage it in and brush or comb through to distribute the shampoo.
- You can use DIY dry shampoo when you're short on time or when you need a quick refresh between washes.

## Why use DIY dry shampoo?

You'll find many reasons why using DIY dry shampoo is a great option for your hair. First, you'll love how it feels compared to the traditional store-bought options. One of the most popular advantages is having complete control over the ingredients. As you whip up your dry shampoo, you can avoid harsh chemicals that can strip your hair of its natural oils. Instead, you can opt for natural ingredients that are gentler on your hair and scalp.

The second primary benefit of DIY dry shampoo is its versatility. You can easily adapt the recipe to your specific hair conditions. If your hair is on the oilier side, you can adjust the quantity of ingredients that help absorb excess oil and keep your hair looking fresh. If your hair tends to be drier or is color-treated, you can add ingredients that provide moisture and protect your hair color.

Finally, making your own dry shampoo is budget-friendly. While you can't put a price tag on hair care, instead of spending money on expensive store-bought options, you can use common household ingredients to create an effective dry shampoo. This saves you money and ensures you always have a supply of dry shampoo whenever you need it.

## Ingredients for DIY dry shampoo

So, how do you make dry shampoo at home? You'll be amazed at how easy it is to mix up your own batch from a few ingredients you can find around the house.

- **Cornstarch:** Who doesn't have cornstarch on hand? This powder helps absorb excess oil and add volume to your hair.
- **Cocoa powder:** This ingredient is ideal for brunettes because it blends in seamlessly with darker hair colors.
- **Essential oils:** These can provide an array of benefits beyond an enticing personal aroma. Many oils offer hair-care benefits such as soothing the scalp, adding extra cleansing power, or boosting hydration. If you're just beginning to add oils to your hair care, we recommend starting with [Tea Tree](#), [Rosemary](#), and [Cedarwood](#) essential oils.

## How to make DIY dry shampoo at home

Here is the easiest DIY dry shampoo recipe that you can make in no time.

- **Step 1:** Start by gathering the ingredients we listed above.
- **Step 2:** Mix a quarter cup of cornstarch with either one tablespoon of cocoa powder—for brunettes—or leave it plain for blondes or those with lighter-colored hair.
- **Step 3:** Add a few drops of your preferred essential oil and mix well.

- **Step 4:** Transfer the mixture into a clean container with a lid, or use a shaker bottle for easy application.

## Tips and tricks for using your DIY dry shampoo

As you get more adept at using DIY dry shampoo, there are a few tricks to remember, especially when it comes to applying the homemade shampoo powder:

1. **Start small:** Begin by applying a tiny amount of dry shampoo to your hair. You can always add more as needed, but using too much can leave an unwanted powdery residue. A clean brush used to apply foundation or blush can be an easy way to distribute the powder.
2. **Focus on the roots and oily areas:** Concentrate the application of any dry shampoo on your roots and the areas of your hair that tend to get oily.
3. **Massage into the scalp:** After applying the dry shampoo, gently massage it into your scalp. You want to go for an even distribution of the product so it can absorb any excess oils.
4. **Brush or comb through:** Use a brush or a comb to remove any remaining powder and distribute the dry shampoo throughout your hair. This ensures the product is evenly distributed, and voila! Your hair looks fresh, clean, and ready to wow.

Remember, DIY dry shampoo is a great option for when you're in between washes or short on time. In a pinch, a little dry shampoo can provide a quick and convenient refresh tailor-made specifically for your hair.

### ***With spring and summer sports getting underway here is a blend for Muscle Spasms, Cramps and Charley Horses***

We've all experienced that agonizing Charley Horse cramp that suddenly comes on in the middle of the night. Or the twitching muscles in the legs or arms after a hard workout. **How can Young Living Help?** We know that some muscle cramps can be attributed to deficiencies of magnesium and calcium, as well as dehydration.

**Supplements:** Try adding Mega Cal, Mineral Essence, and/or BLM to your daily vitamins. Enzymes including Essentialzyme, and Allerzyme both help with the needed enzymatic conversion of minerals for absorption.

**Oils:** In Single Essential Oils try Idaho Blue Spruce or Wintergreen, Ravinsara, Basil, Copaiba, Palo Santo, or Dorado Azul. In the Blends Essential Oils try Panaway, , Deep Relief and in Roll-Ons Deep Relief.

**Body Care:** Cool Azul Pain relief cream, Ortho Sport Massage oil, Ortho Ease Massage Oil, or Cool Azul Sports Gel.

Apply these oils directly to the affected areas. Some of these oils can become warm or “hot” with direct skin application. Until you are confident in your body’s reaction to the oils please use a carrier oil.

***Blends for Muscle Spasms:***

2 Drops Ravinsara

5 Drops Aroma Siez

2 Drops Black Pepper

Apply 2-4 drops diluted 50:50 on cramped muscle 3 times daily. Alternate with cold and hot packs when applying the blend for muscle spasms.