

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.

During the colder months please keep in mind:

If receiving a shipment of Ningxia Red or other liquids (non-oils) they are subject to freezing and expanding which could lead to broken containers. Either make other delivery arrangements or try another purchasing option (2oz singles instead of glass)



Keep your skin happy throughout winter with January's PV promo. Pamper your skin with Geranium, Manuka, and Mastrante for a glow that shows. After working out, amp up your post-gym skin care with the uplifting scents of Tea Tree and Oregano. Qualify today to earn these gifts plus free shipping!

100 PV – FREE SHIPPING – Start the year right. Reach our 100 PV tier and we'll ship your qualifying order for free! Keep stress at bay, let us cover the cost of your deliveries.

190 PV – Retail Value \$87.82– Mastrante 5 mL, Bonus Essential Rewards: Orange Essential Oil 15mL, Tea Tree Essential Oil 15mL, Free Shipping. Use Tea Tree to hit refresh on your skin. Add Tea Tree to your favorite skin care products, so you can feel your best this month and every month Care for your cold toes, treat your feet by massaging a few drops of this popular oil into dry heels.

Face the new year boldly with Orange oil. Get your glow on by massaging “citrus joy” into your skin. Delight your senses. Bring a little sunshine into the long winter months by diffusing this oil’s light, bright aroma.

Mastrante will help you make a statement naturally. Infuse your favorite moisturizers with Mastrante to sport naturally glowing skin all year long. Mix things up and rejuvenate your day-to-day routine by diffusing Mastrante for a gentle refreshing aroma.

250 PV – Retail Value \$131.90 – Manuka Essential Oil 5mL, Mastrante Essential Oil 5 mL, Bonus Essential Rewards: Orange Essential Oil 15mL, Tea Tree Essential Oil 15mL, Free Shipping. Banish your skin care blues with the help of Manuka. Get some new-year glow by adding a few drops on Manuka to your favorite facial cleanser. Go to the goals! Diffuse this oil’s warm and calming aroma during your 2021 goal-setting session.

300 PV – Retail Value \$190.12 – Geranium Essential Oil 15mL, Manuka Essential Oil 5mL, Mastrante Essential Oil 5 mL, Bonus Essential Rewards: Orange Essential Oil 15mL, Tea Tree Essential Oil 15mL, Free Shipping. Keep your skin in full bloom. Place some sweet-smelling drops of Geranium in your morning moisturizer for dewy skin all day long. Winter months got you feeling blue? Diffuse this oil’s floral aroma during an at home spa night for a hint of spring.

Quick Order bonuses for one-time orders:

100 PV – Free Shipping

190 PV – Retail Value \$36.18 – Mastrante 5mL, Free shipping.

250 PV – Retail Value \$80.26 – Manuka 5mL, Mastrante 5mL, Free shipping.

300 PV – Retail Value \$138.48 – Geranium 15mL, Manuka 5mL, Mastrante 5mL, Free shipping.

Staying on Target with Young Living

It’s time for a new year and a new you, but how do you keep yourself on the path to a healthier lifestyle? Young Living has the products needed for a lifelong commitment to health and wellness. Here are a few tried and true products, as well as some new ones!

Protein Power Bites: Packed with 6 grams of protein in every bite, these help you stay on-the-go the healthy way. A fresh blueberry-lemon flavored dual-stage protein absorption provides your body with the right amount of protein at the absorption rate it needs to enhance recovery, help fight muscle fatigue and fend off cravings to keep you going longer. Contains plant and egg white proteins, each with a unique profile of essential amino acids and long-lasting digestibility that can help with feeling full. Made with Lemon Vitality essential oil and whole blueberries. Item # 25655, \$25.50, 18 bites.

Pure Protein Complete Vanilla Spice or Chocolate Deluxe: This is a comprehensive protein supplement that combines a five-protein blend, amino acids, and ancient peat and apple extract to deliver 25 grams of protein per serving. It is also created with a proprietary enzyme blend with the amino acids to support overall protein utilization in the body. Two scoops mixed with your choice of cold water, milk, or milk substitute makes this a

delicious on the go meal replacement. You can also add fruit or essential oils for a flavor boost. Vanilla #3301 Chocolate #3298, \$69.75.

NingXia Red: Young Living offers a variety of products in the NingXia line. Do you find yourself reaching for that energy drink during a long tiring day? Reach for a Ningxia Nitro or NingXia Zyng instead. NingXia Nitro is infused with essential oils, botanical extras, D-ribose, Korean ginseng, and green tea extract. Nitro supports alertness as well as cognitive and physical fitness. NingXia Zyng uses the same whole-fruit Wolfberry puree as NingXia Red. They add sparkling water, pear and blackberry juices, and a hint of lime and black pepper for a unique taste and a Zyng to your day. Nitro Item #3064 \$41.25 14 tubes, Zyng Item #3071 \$37.25 12 pack

Einkorn Cooking Products: Einkorn is known as one of the oldest varieties of wheat. Einkorn's natural genetic code and low gluten levels make it more compatible with the human body than modern hybridized wheat. Einkorn has only 14 chromosomes compared to modern wheat at 40+. This makes einkorn grain easier to digest, so that nutrients are better absorbed. Many of these nutrients are also more abundant in einkorn grain than in modern wheat, making einkorn a must have for your pantry. Einkorn products include Einkorn Rotini Pasta (#5750 \$8.75), Einkorn Flour (#5043 \$8.75), Einkorn Granola (#19501 \$21.25), Einkorn Spaghetti (#5301, \$6.25), Einkorn Flakes Cereal (#24327 \$5.75),

Slique Family: The Slique family offers several options for meal replacement and/or healthy lifestyle support. You could choose to purchase a Slique Kit and join the Slique in 60 program. If you purchase 2 kits in a 60 day period, follow the routine, and don't see the results, Young Living will refund your money (see website for more details). We prefer the Slique shake mix out of all the products in our home, it is a fruity based flavor that I have added to yogurt, drank as a shake, and mixed with frozen yogurt for a treat. Products offered in the Slique line: Slique Chocolate Coated Bars (6pk), Tropical Berry Crunch Slique Bars (6pk), Slique CitraSlim Oral supplement (15pk), Slique Essence Essential Oil 15mL, Slique Gum (12pk), Slique Shake (15pk) Slique Ocotea Oolong Cacao Tea (25ct). These products can also be purchased in one of the kits.

No matter your choice, know that your Young Living family is here to support you in a healthy lifestyle journey. Don't forget Young Living's support products in vitamins, minerals, enzymes, and more.

Tropical Protein Smoothie

1 Scoop Pure Protein Vanilla Spice

1 Cup Unsweetened Vanilla Almond Milk

2/3 Cup Frozen Mangos

2/3 Cup Frozen Strawberries

2/3 Cup Frozen Pineapples

Place ingredients in a blender and blend until smooth. Serve immediately and enjoy cold.

This time is 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. 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