



Lansing Essential Oils INC. 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.





Spend 100 PV – Get 10 loyalty points

Spend 190 PV – you will get BLOOM by Young Living essential oil blend 5ml and Luchious Lemon Hand Lotion. Also 10 Loyalty reward points.



Spend 250 PV – Receive IlluminEyes supplement. The Luchious Hand Lotion and BLOOM essential oil blend.

Spend 300 PV- Get **BLOOM** essential oil blend, IlluminEyes supplement, Luchious Hand Lotion, Coconut – Lime Replenishing Body Butter and 10 Loyalty Points.



BLOOM essential oil blend-Inspired by the exquisite aroma of Sheerlumé™ Brightening Cream, this blend of premium essential oils transforms your space into a calm, meditative, at-home spa environment. It's formulated with premium essential oils sourced from across the world, including Blue Cypress from Young Living's Outback Botanical Reserve and Distillery in Australia, Royal Hawaiian Sandalwood from the Kona Sandalwood Reforestation Project in Hawaii, and Spearmint from the Labbeemint Partner Distillery. Diffuse, apply topically, or both to brighten your day in a beautiful way.

FEATURES AND BENEFITS

- Exclusive essential oil blend found in our bestselling BLOOM by Young Living skin care product
- Originally formulated by Young Living Founder D. Gary Young
- Can be diffused to create a fresh, nurturing environment
- Can be worn as a rich, floral perfume

Coconut-Lime Replenishing Body Butter uses rich ingredients such as mango and cupuacu butters to give your skin a luxurious, smooth feel. With its intense, natural moisturizing properties, it keeps your skin hydrated and soft all day long, while coconut oil and citrus essential oils leave your skin with a fresh, tropical scent. Coconut-Lime Replenishing Body Butter is highly emollient to soften and soothe skin. It features cupuacu butter, which contains

fatty acids that help skin maintain a healthy, youthful appearance. These ingredients, combined with the ultra-moisturizing properties of coconut oil and the uplifting scent of Lime essential oil, make this body butter a must-have in your daily skin care regimen.

Apply to entire body, focusing on dry areas such as heels, elbows, and knees.

Lushious Lemon Hand Lotion-Bring the fresh aroma of lemon groves and bright sunshine indoors with Lushious Lemon Hand Lotion. A Young Living Signature Scent, Lushious Lemon features Lemon essential oil from cold-pressed fruits grown in South Africa and Argentina, as well as Lemon Myrtle essential oil from steam-distilled leaves of the myrtle plant native to Australia. Lushious Lemon Hand Lotion hydrates and softens dry skin while enlivening your senses with a bright, citrusy aroma, leaving your skin feeling soft and smooth with a bright scent of citrus—minus the synthetics.

Its creamy, antioxidant-rich formula quickly absorbs into skin to provide immediate, non-greasy and long-lasting hydration while protecting the skin's natural moisture barrier.

IlluminEyes supplement-features lutein and zeaxanthin, helps reduce eye strain, protects eyes from damaging blue light, and maintains vibrant skin. IlluminEyes can also help support long-term eye health. Vitamins A and C have properties that may help reduce eye health deterioration commonly related to age.*

*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

How to create your own essential oil diffuser blends

Diffusing essential oils

Diffusing is one of the most popular ways to enjoy essential oils. However, there's more to it than simply making your space smell fantastic. We've discussed the science behind aromatherapy and its benefits, but here are a few we wanted to call out as you decide what should go into your custom diffuser blend.

Identify and balance aromatic notes

Essential oil blends consist of “notes” that we refer to as base notes, middle notes, and top notes. Top notes are the scents you'll smell first. These usually include light, fresh oils like Grapefruit, Orange, or Cinnamon Bark.

Middle notes make up the heart of your blend. Some oils you can consider middle notes are Ylang, Ylang, Jasmine, and Rose. Last but not least, you'll catch the base notes, which are the undertones of a blend, should complement the top and middle notes, and often linger the longest

A few base note oils include

Patchouli, Cedarwood, and Frankincense. Not every blend you try will have all three notes, but it's important that you develop a feel for the oils that are more dominant so you can add the correct amounts and create truly balanced blends.

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Consider the properties of each oil.

When you combine essential oils into a diffuser blend, consider the effect you want it to have. There are many types of oil scent profiles, including earthy, woody, fruity, minty, floral, spicy, citrusy, resinous, camphoraceous, and herbaceous oils. Each of these types of oils will affect the impact your diffuser blend has. Also keep in mind that we all have different emotions and memories, which means that

each of these oils will affect each person a little differently. As a general rule, however, each of these scent types typically offers the following benefits and influences:

- **Earthy oils: Grounding, stabilizing, and calming**
- **Woody oils: Centering, steadying, strengthening, and empowering**
- **Fruity/citrusy oils: Reviving, mellowing, harmonizing, and cheering**
- **Minty oils: Stimulating, energizing, enlivening, and vitalizing**
- **Floral oils: Relaxing, sensual, nurturing, and uplifting**
- **Spicy oils: Invigorating, warming, comforting, and motivating**
- **Resinous oils: Settling, quieting, consoling, and meditative**
- **Camphoraceous oils: Stimulating, revitalizing, and renewing**
- **Herbaceous oils: Clarifying, pacifying, regulating, and balancing**

Learn more about these scent profiles [*here*](#).

How to find the perfect balance in blending

So you don't waste any of your precious essential oils, we recommend you bypass the trial and error phase by performing smell tests before creating your diffuser blend. Choose oils you think blend well together, remove their lids, hold them in one hand and waft them beneath your nose to get a sense of what they'd smell like together.

Choosing the right ratios for your oil blends

To find the right ratios, bring one oil closer to your nose and move others farther back. The one that's closest will be the oil with the most drops in your diffuser blend. The ones farther away will require fewer drops in the mix. Remember that the oils won't smell quite so strong when they're diffused with water.



How many drops of essential oil should I put in my diffuser?

Once you've chosen your oils, you're ready to start diffusing! But wait! How many drops of each oil should you add?

In *Young Living diffusers*, our recommendations range from 5–25 drops per blend, so be sure to adjust according to your diffuser's specific instructions.

If you like subtler scents, ease up on the number of drops. If the instructions call for 6–8 essential oil drops, start with 5 and work your way to stronger scents.

YL tip: Did you accidentally add too much to your diffuser and now the scent is overpowering? Turn the diffuser on intermittent diffusing if it has that setting.

Next, place the diffuser in a larger room or open a window until your diffuser has space for extra water.

Essential oil combos that'll whisk you away to the season or holiday you love!

Looking to relive that summery feeling or the coziness of the holidays? Using seasons, holidays, and even food as inspiration for your diffuser blends is a great way to start.

- **Spring into the season of blossoms with *spring essential oils* like *Roman Chamomile* and *Geranium***