



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.

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

For new members we send this newsletter to you in the first 2 months after that you will have to let us know if you want to still receive it by mail or email.

Step into fall with wellness essentials

YOUNG LIVING[®]
ESSENTIAL OILS



Welcome the changing leaves, crisp mornings, and sweater weather with these fall wellness essentials.

300
PV TIER

Retail value: **\$202.23**

NingXia Greens™ dietary supplement, 150 g **Young Living-branded glass cup, 12 oz.**

Get your daily share of fruits and greens in a simple scoop of our NingXia Greens™ superfood powder into your daily drink. Sip in style during your commute, after your morning run, or weekend shopping from our 12-ounce Young Living-branded glass cup.

Raven™ essential oil blend, 15 ml

Diffuse Raven™ essential oil blend to create the aroma of a crisp winter forest in your home. Savor this unique blend of Ravintsara and four other bright, refreshing essential oils: Peppermint, Eucalyptus Radiata, Lemon, and Wintergreen.

Loyalty order: Thieves® Chest Rub, 50 g

Embrace autumn adventures with Thieves® Chest Rub! It works to temporarily relieve irritations of the common cold and support healthy breathing, all while suppressing coughs* with a hands-free application and no sticky residue, so you can take your morning walks and breathe in the fresh air with ease.

Nutmeg Vitality™ essential oil, 5 ml

Invite the warmth of fall into your baking and cooking with Nutmeg Vitality™ oil. Add it to your culinary creations to enhance the flavor of winter produce such as acorn squash, sweet potatoes, and pumpkin.

Loyalty order: Orange Vitality™ essential oil, 5 ml

What dish couldn't use a dash of orange? Sweet or savory, it's the go-to flavor for almost any fall recipe, including salad dressings, poultry, veggies, marinades, and baked goodies.

250
PV TIER

Retail value: **\$120.72**

- Nutmeg Vitality™ essential oil, 5 ml
- Raven essential oil blend, 15 ml
- **Loyalty order:** Orange Vitality™ essential oil, 5 ml
- **Loyalty order:** Thieves® Chest Rub, 50 g

190
PV TIER

Retail value: **\$67.76**

- Nutmeg Vitality™ essential oil, 5 ml
- **Loyalty order:** Orange Vitality™ essential oil, 5 ml
- **Loyalty order:** Thieves® Chest Rub, 50 g

100
PV TIER

Retail value: **\$8.88**

- **Loyalty order:** Orange Vitality™ essential oil, 5 ml

Fun drinks you can make with NingXia Greens™ powder

Kale Cleanser™

Kale
Pineapple
Cucumber
Lemon
Celery

Citrus Delight™

Orange
Grapefruit
(without skin)
Lemon



Embrace autumn adventures with Thieves® Chest Rub

Temporarily
relieves cough
and congestion*



Uses soothing,
plant-powered,
aromatic vapors
and powerful
essential oils*

*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.

Nutmeg Vitality™ essential oil The Real Deal pumpkin spice latte

INGREDIENTS

1 cup pumpkin puree
1/2 cup raw sugar or brown sugar
2 teaspoons vanilla extract
3 drops Orange Vitality™
essential oil
4 drops Cinnamon Bark
Vitality™ essential oil
2 drops Ginger Vitality™
essential oil
2 drops Clove Vitality™
essential oil
2 drops Nutmeg Vitality™
essential oil

DIRECTIONS

Blend all ingredients.
Add one tablespoon to a mug
of frothed milk.
Stir.
Top off with a shot of
espresso, if desired.



Makes
approx.
15
servings

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Easy-Peasy

Orange Squeezy Marinade

1/4 cup Olive oil 3 garlic cloves, minced
1/4 cup honey 3 Tablespoons soy sauce
1/4 cup balsamic vinegar
3 drops Orange Vitality Essential oil



Raven™ essential oil blend

👉 Frankincense essential oil 👉👉 Raven™ essential oil blend
👉 Lavender essential oil 👉👉 Thieves® essential oil blend



DIY Body Spray With Essentials **Oils**

Every day we get up and choose how we'll move through the world, utilizing our senses to piece together outfits and hair styles that bring our inner personality to the forefront. But self-expression isn't limited to the visual field. The fragrances we choose are yet another extension of ourselves, a way to tell our story without having to say a single word. Show up as your true self no matter where life takes you with a custom DIY body spray made in minutes.

While others may spend countless hours testing pre-made samples to find a fragrance that fits them best, you already know what scent matches your true essence. With only four ingredients, you can bring your vision to life with a simple DIY that can get you out the door in minutes.

DIY body spray ingredients

- 8-ounce glass spray bottle
- 1 tablespoon vegetable glycerin
- 1 tablespoon witch hazel
- 6 ounces distilled water
- 28–35 drops essential oil

How to make a DIY body spray with essential oils

1. Put vegetable glycerin, witch hazel, and water in the spray bottle.
2. Add essential oils.
3. Shake well to mix. The vegetable glycerin is an emulsifier, which helps the essential oils mix with the water.
4. Shake again before using. Spritz a few times onto wrists, chest, neck, or anywhere else you want a light scent.

YL tip: Start with about 30 drops of essential oil. For stronger scents, add more drops.

Essential oil combos we love

Need a little scent-spiration to get started? Check out these tried-and-true blends so you can simply spray and slay!

Sunset Citrus Body Spray

1 Tablespoon vegetable glycerin
1 tablespoon witch hazel
6 ounces distilled water
10 drops Lemon Myrtle
7 drops Lime
7 drops Grapefruit
6 drops Peace & Calming

Bohemian Wildflower Body Spray

1 Tablespoon vegetable glycerin
1 Tablespoon witch hazel
6 ounces distilled water
8 drops Patchouli
8 drops Bergamot
8 drops Myrrh
6 drops Jasmine

Bombshell Blossom Body Spray

1 tablespoon vegetable glycerin
1 Tablespoon Witch Hazel
6 ounces distilled water
8 drops Roman Chamomile
8 drops Lemon
7 drops Rose
7 drops Neroli

YL Tip: Substitute Geranium Bourbon, Joy, Jasmine or any other floral oil for Rose if you don't have it on hand.

Swept Away Body Spray

1 tablespoon vegetable glycerin
1 tablespoon witch hazel
6 ounces distilled water
8 drops Stress Away
8 drops Orange
8 drops Melissa
8 drops Sacred Sandalwood

Caught in the Rain Body Spray

1 Tablespoon vegetable glycerin
1 Tablespoon witch hazel
6 ounces distilled water
9 drops Ylang Ylang
9 drops Lavender
7 drops Blue Cypress
5 drops Cardamom

Midnight Spice Body Spray

1 Tablespoon vegetable glycerin
1 Tablespoon witch hazel
6 ounces distilled water
10 drops Cedarwood
9 drops Vetiver
6 drops Patchouli
3 drops Black Pepper

These custom body spray recipes can also be used as DIY room sprays to freshen up your space any time it needs a scent-sational boost. Simply spritz the air a few times and enjoy the delightful scent.