



INDEPENDENT DISTRIBUTOR

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

***William Lansing***

***YL #340519***

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3266 275<sup>th</sup> St, Worthington, IA 52078

563-926-2534

Lansingessentialoils.com

[Lansingessentialoilsinc@gmail.com](mailto:Lansingessentialoilsinc@gmail.com)

Newsletter specific: [Lansingessentialoilsnewsletter@gmail.com](mailto:Lansingessentialoilsnewsletter@gmail.com)

*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.

### **SPEND 100 PV- Retail value: \$17.11**

To escape the cold, apply Cedarwood essential oil to your skin for a soothing sensation or massage into your scalp as needed for an enjoyable experience.



### **SPEND 190 PV-Retail value: \$92.11**

Warm up any tea this winter with a few drops of Longevity™ Vitality™ essential oil blend. Use this combination of Thyme, Orange, Cloe, and Frankincense essential oils during the winter months to help support normal immune function when combined with a healthy lifestyle.\*



During the cold winter months, as you snuggle by the fireplace, dilute and apply Thieves essential oil blend with its bold, invigorating yet soothing aroma to the bottoms of your feet.

Also includes Cedarwood 15ml.

## **SPEND 250 PV-Retail value: \$157.57**

Get set to shine with Copaiba essential oil. Apply it topically to promote the appearance of a youthful, radiant glow.



Also includes Thieves 15ml, Cedarwood 15ml, and Longevity Vitality 5ml.

## **Spend 300 PV-Retail value: \$201.32**

Receive the majestic gift of Frankincense essential oil. With its grounding and calming aroma, this precious oil was historically used to increase spiritual awareness and beautify skin. Apply it topically to promote the appearance of healthy-looking skin. Diffuse this oil for a moment of calm when you're besieged by holiday chaos.



Also includes Thieves 15ml, Cedarwood 15ml, Copaiba 15ml, and Longevity Vitality 5ml.

# **Diffuser blends for all your holiday feels**

The holiday season is almost upon us! As you start checking off your gift list and to-dos, take time to check in with yourself too. It's easy to get swept up in the holiday hubbub, which is why it's more important than ever to feel all your feelings: the good and the bad; the holly jolly and the bah, humbug. **Whatever emotions this time of year brings out for you, we've put together a diffuser blend to match it.** Discover scents for each wonderful, magical, and yes, even stressful moment.

### **What essential oils should you diffuse for Christmas?**

Does the smell of a freshly cut tree or warm baked goods bring back joyful memories of holidays past? Whether you want to make your home smell candy cane sweet, Christmas tree fresh, or gingerbread spicy, here are some of the best oils for a fun and nostalgic holiday season.

- [Cinnamon Bark](#)
- [Christmas Spirit™](#)

- [Clove](#)
- [Cypress](#)
- [Frankincense](#)
- [Ginger](#)
- [Idaho Blue Spruce](#)
- [Idaho Grand Fir](#)
- [Juniper](#)
- [Myrrh](#)
- [Northern Lights Black Spruce](#)
- [Orange](#)
- [Peace & Calming II™](#)
- [Peppermint](#)
- [Pine](#)
- [Vanilla](#)
- [Wintergreen](#)

## **Christmas diffuser blends (for your holiday joy)**

Now that you've got the roster of our best oils to fill your home with, it's time to get diffusing. Try these essential oil diffuser recipes to create the right fragrance for all your holiday feels.

### Warm Noel

'Tis the season to invite calm and get cozy! Replicate the warmth and love of holiday festivities with the spicy smell of Cinnamon Bark, grounding aroma of [Patchouli](#), and calming scent of [Ylang Ylang](#).

- 3 drops Cinnamon Bark
- 3 drops Patchouli
- 3 drops Ylang Ylang

### Holiday Hope

Diffuse this uplifting scent when you're missing loved ones during the holiday season. The peaceful aroma of Frankincense and soothing scent of [Sacred Sandalwood™](#) combine with cheerful [Lemon](#) and fresh [Geranium](#) to invite joy.

- 3 drops Frankincense
- 3 drops Lemon
- 2 drops Geranium
- 1 drop Sacred Sandalwood

### Christmas Eve and Can't Sleep

The hustle and bustle of the holidays and thoughts of gifts to give (and get) may keep you and your little ones up at night. But nobody's going to feel jolly when the whole household is wound up. Diffuse the peaceful scents of Lavender, Roman Chamomile, Frankincense, and Vetiver while you settle down and prepare for a restful night's sleep.

- 3 drops Lavender
- 2 drops Roman Chamomile
- 2 drops Frankincense
- 1 drop Vetiver

### Tranquil Tidings

The hubbub of last-minute gift shopping or preparing for family to visit can put a damper on the season. Add calm to stressful moments by diffusing a blend of clean Cypress, invigorating Rosemary, and sweet, woody Juniper.

- 4 drops Cypress
- 3 drops Rosemary
- 3 drops Juniper

### Jolly St. Nick

Santa Claus may be coming to town, but has holiday pressure sapped some of the season's magic? Evoke the excitement of waiting for Santa (aka Papá Noel) to deliver his gifts with sweet, refreshing Peppermint, cozy Christmas Spirit, and warm Vanilla.

- 3 drops Peppermint
- 3 drops Christmas Spirit
- 3 drops Vanilla

### Holiday Nostalgia

Bring back the nostalgic scents of the holidays with the scents of evergreen trees, Christmas oranges, and warm spice. In this blend, Idaho Blue Spruce and Pine offer the freshly cut tree smell, while bright Bergamot brings the spicy-sweet citrus.

- 3 drops Idaho Blue Spruce
- 3 drops Pine
- 3 drops Bergamot