



100+ USES FOR THE PREMIUM STARTER KIT

Disclaimer: Keep in mind that the following tips have not been approved by the FDA. Our group is not here to diagnose, treat, cure or prescribe for any disease. We are simply people who have successfully used Young Living Essential Oils for our families and ourselves. Our goal is to educate you about essential oils so that you, too, can see the value in using them.

Lavender (topical/aromatic)

1. DIMINISH FACIAL BLEMISHES - Use several times a day to diminish blemishes.
2. RELAX YOUR BODY & MIND- Use on your feet to help relax your entire body.
3. BUMPY SKIN IRRITATIONS - Use on irritated area to ease itching & aid in skin health.
4. SUPPORT NORMAL BLOOD FLOW DUE TO INJURY - Put directly on a scratch or scrape.
5. OUTDOOR ANNOYANCES-Use to restore normal appearance of skin.
6. MILD SKIN NEEDS - Use to ease.
7. MINOR SCRATCHES- Place on scratches to help cleanse the area.
8. MINOR KITCHEN MISHAPS - Place on skin to soothe it.
9. DIGESTION WHEN TRAVELING- To help with travel digestive issues, place behind ears, or around the belly button.
10. MILD BLEEDING FROM THE NOSTRIL - To stop a bleeding nostril, put on your finger or a cotton swab & insert carefully into the nostril.
11. MAINTAINING SKIN HEALTH - May complement some of your favorite shampoos, lotions. or skin care products.
12. BETTER SLEEP - Rub Lavender on your palms & smooth on your pillow to help you sleep.
13. CRACKED & DRY LIPS OR SKIN - Rub on the area of irritation.
14. DAMAGED TISSUE - To minimize the formation of damaged tissue, massage on location.
15. HOMEMADE DEODORANT - Rub under the armpit for use as a natural deodorant.
16. SEASONAL IRRITATIONS - Rub Lavender between your palms & inhale deeply to help relieve these symptoms. Diffuse to relieve symptoms.
17. SCALY, FLAKEY SCALP - Rub Lavender into the scalp to help calm this condition.

Lavender (topical/aromatic-Continued)

18. OUTDOOR & INDOOR ANNOYANCES - Put on a cotton ball & place in your linen closet. Make a spray to use as needed.
19. ODORS - Diffuse for a fresh, clean scent & to eliminate odors.
20. MILD MOUTH IRRITATIONS - Use on location for soothing.
21. MINOR SUN IRRITATION- Make a spray bottle of 3-6 drops with water & spray on an affected area as a soothing aid.

Frankincense (topical/aromatic)

22. MOOD BOOSTING & EASING SADNESS - Diffuse or inhale frankincense to help elevate your mood.
23. BRITTLE FINGERNAILS - Apply at the base of the fingernails.
24. MINOR STRETCH MARKS - Rub on stretch marks morning & night to lessen the visibility of the marks & aid in smoothing the skin.
25. COMMON STUBBORN BUMPS - Apply until they diminish.
26. CONCENTRATION - Place on the temples & back of neck at the brainstem to help with concentration & focus.
27. IMMUNE SYSTEM MAINTENANCE - Apply on the foot to help maintain a strong immune system.
28. MILD BLISTERING- Dilute using a carrier oil & gently apply to the blister 3-5 times a day.
29. MINOR INSECT BITES - Dilute Frankincense with carrier oil.
30. CALMING OVEREXCITEMENT & MILD ANXIETY - Place in the palms, rub together & inhale.
31. MILD SKIN DISCOLORATION - Rub on the skin several times a day.
32. HEALTHY BREASTS - Rub on the breasts & abdomen every day.
33. SUPPORTS SKIN HEALTH - Use on the face daily or make a moisturizer combining 10-20 drops with a ¼ cup of carrier oil.

Raven (topical/aromatic)

34. BREATHING - Inhale or diffuse for to maintain healthy respiratory function.
35. INVIGORATING - Breath in to feel a sense of invigoration.
36. CHEST COMFORT - Comforting when applied to the chest & throat.
37. SINUS COMFORT - Comforts healthy sinuses when inhaled.
38. HEALTHY LUNGS - Helps maintain healthy lungs when inhaled.

Peppermint Vitality (dietary)

39. SUPPORTS GASTROINTESTINAL SYSTEM COMFORT - As a dietary supplement.
40. DIGESTIVE BALANCE - Add a drop to herbal tea or warm water to aid in digestion.
41. REFRESHING FEELING - Drink a cool glass of water with a drop of peppermint for a cool refreshing sensation.
42. EXERCISE - Place a drop in a glass water bottle or place a drop under your tongue during a workout to boost your energy & reduce fatigue.
43. DIGESTIVE COMFORT DURING TRAVEL - Place a drop under the tongue for digestive comfort.
44. CONCENTRATION - Place a drop on the tongue to improve concentration.
45. RESPIRATORY BALANCE - Place a drop on the tongue to maintain respiratory balance.
46. HEALTHY BOWEL FUNCTION - Put a drop or two under the tongue.
47. SWEET BREATH - Place a drop on the tongue as a breath freshener.
48. CURBING HUNGER - Add to a glass of water at your discretion.
49. MILD HEAD TENSION - Place a drop under the tongue to help calm mild head tension.

Thieves Vitality (dietary)

50. GUM SUPPORT - Place on location to support healthy gums.
51. OVERALL HEALTH - Use everyday in cooled herbal tea to help maintain overall health.
52. IMMUNE SUPPORT - Supports healthy immune system.
53. COMMON SEASONAL ISSUES - Ingest daily to maintain protection.
54. RESPIRATORY SYSTEM - Contains Eucalyptus Radiata essential oil which may help maintain a healthy respiratory system when taken as a dietary supplement.
55. WELLNESS REGIMEN - Add to a cup of warm water as a part of a wellness regimen.

PanAway (topical)

56. SKIN SUPPORT - Apply topically to support the appearance of healthy skin.
57. EXERCISE SUPPORT - Rub on skin after exercising.
58. MILD HEAD TENSION - Rub on the temples, forehead, & the back of the neck to soothe mild head discomfort & tension.

PanAway (topical-Continued)

- 59. INGREDIENTS - Includes naturally occurring constituents of methyl salicylate, gamma-curcumene, menthol, & eugenol.
- 60. SOOTHING - Add to v-6 Vegetable Oil Complex & apply to neck & back for a soothing aromatic experience.

Lemon Vitality (dietary)

- 61. BALANCED CONCENTRATION - Add to drinking water to maintain balanced concentration.
- 62. WATER ENHANCER - Add to water daily. Use only glass or stainless steel water bottles. Never use plastic.
- 63. KEY INGREDIENT - It is a key ingredient in Thieves, Ningxia Red, & Inner Defense supplements.
- 64. LIMONENE - Includes the naturally occurring constituent limonene.

Stress Away (topical/aromatic)

- 65. TRANQUILITY/PEACE - Diffuse or rub over the heart to restore peace & tranquility to the body & mind.
- 66. NERVOUS TENSION - Rub on the wrists or on the heart to relieve nervous tension.
- 67. SLEEP AID - Rub on each foot at bedtime to help relax the body & aid in sleep.
- 68. MENTAL RESPONSE - Diffuse to improve mental response.
- 69. OVERSTIMULATION - Inhale in cupped hands to calm overstimulation.

Citrus Fresh (dietary)

- 70. FLAVOR BOOST – Add 1-2 drops to every 2 ounces of your favorite juice, water, or smoothie
- 71. COOKING - Add 1-2 drops to dressing for fruit salads
- 72. BODY BALANCING - Helps balance body systems and supports the lymphatic system
- 73. IMMUNE SUPPORT- Helps stimulate the immune system
- 74. ENERGIZE - A few drops in your water may energize you.
- 75. WEIGHT LOSS – Add a few drops to a gel capsule to assist with appetite control

Valor (topical/aromatic)

- 76. COURAGE- Put a drop on wrists or neck to equip you exhibit more courage
- 77. SKELETAL SYSTEM – Add a drop or two to your spine to promote alignment
- 78. BALANCE-Apply topically to balance and align energies

Digize Vitality (dietary)

- 79. DIGESTIVE SUPPORT - Add to a glass of water to help maintain a healthy digestive system.
- 80. WELLNESS REGIMEN - Use with every meal along with Essentialzymes to support a wellness regimen.
- 81. TRAVEL - Use as a dietary supplement in water when traveling abroad.
- 82. GINGER - Contains ginger which may help maintain a balanced digestive system.

Peace and Calming (topical/aromatic)

- 83. SLEEP-Add a few drops to the diffuser to promote a restful sleep
- 84. PETS-Rub a couple drops in your hand and then on your pets ear's and spine to promote a sense of calm
- 85. FOCUS-Diffuse a few drops to curb a busy brain after a hectic day

Ningxia Red Packets

- 86. Sustained energy
- 87. Minimized sugar cravings
- 88. Improved vision
- 89. Balanced blood sugar
- 90. Detox
- 91. Weight loss (add a few drops of grapefruit oil to water and each shot of Ningxia for best results)
- 92. An immune boost

Thieves Household Cleaner Sample

93. Vegetable-based surfactants like alkyl polyglucoside that are compliant with Green Seal and EPA Design for Environment (DfE) standards
94. Biodegradable cutting agents like sodium methyl 2-sulfolaurate and disodium 2-sulfolaurate from renewable sources (both ingredients rated 0 on a 10 point scale on the Environmental Working Group's health hazard score – which is the best score possible)
95. Therapeutic-grade Thieves and Lemon essential oils (the highest quality and purity essential oils) for natural cleaning
96. All-purpose cleaning – 30 parts water to 1 part Thieves Household Cleaner
97. Heaving degreasing – 15 parts water to 1 part Thieves Household Cleaner
98. Light degreasing – 60 parts water to 1 part Thieves Household Cleaner
99. Glass and windows – 50-100 parts water to 1 part Thieves Household Cleaner
100. Save time and money by buying one cleaning product. You won't have to make trips to multiple stores or order from multiple online sources. It is an all-in-one cleaning product that will replace most of your household cleaners.

Thieves Waterless Hand Purifier

101. Purse-friendly, a quick and convenient fix for clean hands anywhere
102. Infused with Thieves and Peppermint essential oils as well as aloe
103. Leaves hands feeling soft and smooth...not dried out!

Sample Bottles

104. Pick your favorite oils to share with a friend

AromaFitment

105. Remove plastic orifice and replace with an easy rollerball. These are available to reorder