

FACEBOOK CLASS SCRIPT

I Have My Oils, Now What Online

Presenters: please note-You can always create your own examples for each oil in the kit. The ideas listed in this class are general uses that most people have tried.

Pre Class Posts

A. Did you just get your starter kit? Has your box been sitting half open because you don't know where to start? Would you like a refresher on how to use the oils that came in your kit? Make sure to join us on [xxx](#) for all of this and MORE!

B. Good morning friends!! In the true spirit of a challenge, participation in this event will put you in the running for [this awesome prize package!](#) All you need to do is comment on the each post before the class is over and you will be entered into the drawing--easy peasy! Comment with your favorite tip, something you learned from the post, something you want to research more, how you are going to use the oil now that you know more or a question about that oil. [Include your own pic of the prize you will be awarding.](#)

C. VITALITY OILS

Before we get started with our online course, we wanted to be sure we are all on the same page about why some YLEOs (Young Living Essential Oils) have a white Vitality label. WELL... because there are soooo many benefits to taking YL essential oils internally, Young Living has whole line of dietary oils that are easy to identify with the Vitality label! They are perfect for adding flavor to your favorite foods or using as dietary supplements. Some of these oils are included in your starter kit, others you'll grow to love as you discover more YL products.

But here's a BIG hint! The oil in the vitality bottle is EXACTLY THE SAME OIL as the one in its colored label counterpart! yep. The white-labeled Peppermint and the green-labeled Peppermint are exactly the same! The white label just reminds you that it's safe to ingest.

Any lingering questions about this? Post them in the comments!

POST 1: WELCOME AND ROLL CALL:

We are excited you've joined us for this online challenge. Please take a minute to introduce yourself in the comments. We'd love to know if you're brand new to Young Living or how long you've had your kit and what your favorite oil is so far. Please also let us know who invited you to this class!

POST 2: Peppermint

Today we are starting off with Peppermint. As we mentioned prior to this class, Young Living has a line of oils called Vitality. The oils in this line are the same oils we've come to know and love with new packaging so we can talk about them as dietary supplements and for use in cooking. So, Peppermint Vitality can be used internally or in cooking. This is my husband's favorite oil--he uses Peppermint under his nose every day to help him breathe easier as well as to help him with focus.

Pressing a little bit of peppermint vitality to the roof of my mouth really helps me breathe easier and has helped me with the occasional bouts of nausea! We love using peppermint on our muscles post-workout for the awesome cooling effect too!

How have you used or how do you plan to use Peppermint or Peppermint Vitality?

POST 3: Lavender

Diffusing lavender helps everyone in my family get a better night sleep - this is actually what convinces many people that there just may be something to these oils! We also love to use it to help us adjust to the changing seasons. And keeping a bottle in your kitchen for when you touch hot things is a life-saver. What's your favorite use?

POST 4: Lemon

How do you use your Lemon or Lemon Vitality oil? Starting every morning with a few drops of Lemon Vitality in a glass of water is one way I use oils to boost my immune system!!

*Note - Don't forget that we should only drink our citrus oils in glass or stainless steel and remember they will make your skin photo sensitive, so don't put it on your exposed skin and then go sunbathe!

POST 5: Frankincense

I love to use this topically or diffused during meditation/prayer and yoga for its grounding effect and the spiritual awareness it brings. It's also great for all things skin! Add it to your nightly face cleansing routine and you'll feel the difference. I just use a drop on my face with a carrier oil and it's heavenly!

POST 6: Valor and Peace and Calming

There are so many GREAT things about Valor I don't even know where to begin...First, I imagine this is what heaven must smell like! And it also has two nicknames—Chiropractor in a bottle and Courage in a bottle! Which one of these nicknames makes you want to try it right away?

Peace and Calming is an amazing emotional support oil that when diffused, does exactly what its title suggests. Who could use a little more Peace and Calming in your life? Any moms out there? Teachers? Nurses/Doctors? Rocket Scientists?

POST 7: Digize

When it comes to Digize, some are not fans of the smell or taste, but some others can bear it with honey or peppermint or even a drop directly under the tongue! This is always my go-to for any queasiness or occasional bloating and for sure after a spicy meal. An awesome support for the digestive system!

POST 8: Thieves

THIEVES! This is the oil YL is best known for and rightly so!!! I love it as an immune booster - either in my tea or in a capsule!

YL created an entire line of additional Thieves products because of its powerful properties--hand soap, household cleaner, hand purifier, toothpaste, mouthwash, laundry soap, veggie wash, dish soap, and I may even be leaving a couple out! We absolutely do NOT run out of Thieves in our house and pretty much have all the items from the Thieves product line in our home! How have you used Thieves? Which items from the Thieves product line are on your next order?

POST 9: Raven and Panaway

Happy DAY!!! Raven is all about breathing easy. This oil provides great support when applied over the chest (I personally dilute a little on chest) or on the bottom of feet. For extra comfort consider making a hot compress to lay on top of where you've applied the oils to help drive the oils in.

Panaway

We've used Panaway a lot to support tired and over-worked muscles! In fact, after a long day yesterday, I put some neat (no carrier oil) on the back of my neck before bedtime and it definitely made a big difference! It's a great one to whip up with coconut oil to make a DIY muscle cream. I've also used it with Young Living's Ortho Sport as a carrier and made it into a muscle spray! How have you used PanAway?

POST 10: Citrus Fresh

I'm so excited about the interaction in this class and the great questions that have come up so far! I hope you are learning a lot and finding it easier to get the benefits of your oils.

I love Citrus Fresh diffused to eliminate odors - unlike commercial air fresheners it doesn't just mask the smell, it actually eliminates the odor molecules! We have also added it to our wool laundry balls too! What's your favorite use??

POST 11: Stress Away and Thieves Household Cleaner

Ahh! Stress Away holds true to its name for me! I find it super helpful to apply to my temples and forehead before bed to help me shut my brain off and prepare for sleep. I leave the extra on my hands and breathe it for the first minute or so I am laying down. What's your favorite way to use Stress Away?

Thieves Household Cleaner: Who doesn't love the idea of a cleaner that also promotes great health? The kit comes with a a sample packet which is concentrated, so you can potentially make three, 30oz bottles of cleaner for your home. Talk about economical...one cleaner you can use on every surface and it lasts a long time!

POST 12: NingXia Red

Ningxia Red was the first game changer for me in YL's supplement line! It gives me an extra boost in the morning that's really helps me all day. I feel energized and overall physically better when I am consistently taking my daily shot! I also love adding a few drops of Vitality Oils to my NingXia... What's your favorite NingXia "recipe"? (Be sure to refer to the vitality oils when sharing your recipes!)

POST 13: ER

Ready to commit to health, wellness, and abundance ...BUT still confused about Essential Rewards?

Here's a quick video that explains more about Essential Rewards (ER)

<https://m.youtube.com/watch?v=2ThONHudUOY>

Leave a comment about what you learned from the video below. This program also includes a discounted shipping subscription much like Amazon does! Check with the person who invited you to learn more about Essential Rewards and our YL Go and YL Go Plus shipping programs!

POST 14: Thieves Waterless Hand Purifier and Roller Fitments

The last couple of bonus items in your kit consist of a 2oz container of Thieves Waterless Hand Purifier. This is an amazing way to “wash” your hands when you’re on the go! I love that it takes less than a pea-sized amount and nicely conditions your hands while cleaning them.

Roller Fitments: The kit also contains two alternate tops to your oil bottles called Roller Fitments. All you have to do is pry off the plastic orifice with the white lid and then put the roller ball on the oil bottle and tighten it down with the black lid. Such a convenient way to roll the oils on directly where you need them.

POST 15: Was This Your First Time?

Maybe this was your first exposure to the Premium Starter Kit with Essential Oils. One of the greatest parts of purchasing the PSK is that it is deeply discounted. If you were to purchase all of the items individually at retail cost, you would spend over \$400! However, YL makes this option of oils and products you will use on a daily basis completely affordable at only \$165. Imagine having these fantastic options all at your fingertips on a daily basis. And to make the deal even sweeter, this purchase gives you wholesale membership for life! That means you’ll have access to all of YLs over 700 products at 24% off for the rest of your life. Please make sure to talk to the person who invited you to this class to learn more about membership, welcome gifts they may have for you and continued educational opportunities!

POST 16: Ready to Learn More?

Something I LOVE about Young Living is that it is truly a LIFESTYLE company offering a robust line of supplements, household and personal care products all infused with these amazing oils. How great is that?! The next part of this class is going to focus on some of our favorite products outside of the starter kit. Are you ready? Show us how you feel about learning more with an emoji or GIF in the comments below!

POST 17: FAVORITE SINGLE

Are you ready?! Here we go.... from 1,000 members surveyed the favorite SINGLE oil not in the premium starter kit is.... CEDARWOOD! I love cedarwood in my DIY hair serum, a drop in my mascara, and it's a favorite to include in my hubby's homemade aftershave. If you couldn't tell, Cedarwood is great for healthy looking hair and skin but it's also great to diffuse for a relaxing atmosphere! Do you use Cedarwood yet?

POST 18: RUNNERS UP - SINGLES

With over 200 oils and blends, of course there are runner's up! For each category there will be a top favorite PLUS the runners up.

And the runner ups are...Orange, Tea Tree, and Northern Lights Black Spruce! There are lots of uses for each of these so I'll tell you my favorite and you tell me yours, deal?!

I love diffusing orange with a mix of other oils to create a spiced chai aroma WITH health benefits! Orange Vitality (same YL oil labeled with dietary use) is a favorite in my drinking water and straight on my toothbrush for another pass at brushing for a brighter smile. TEA TREE is another favorite for my hair and skin (for those occasional blemishes). Northern Lights Black Spruce is great for yoga or as a men's cologne! It is an invigorating yet calming aroma.

Of these 3, which would you most like to try?

POST 19: FAVORITE BLEND

Joy, joy, joy!!! This is one of my personal favorite blends too ♥♥ I use it when I'm having a particularly hard day emotionally. This oil is good for my soul! Try applying it over your heart and on your wrists and notice how you feel in the next 30 mins! So cool!

Do you need joy in your life? I know I do!

Oils in the Joy blend: Lemon, Mandarin, Rose, Roman Chamomile, Palmarosa, Jasmine, Rosewood, Geranium, Ylang Ylang, and Bergamot.

POST 20: BLEND RUNNERS UP

Progence Plus (PP), Endoflex, and Abundance are also top contenders for this category! I can't even choose a favorite between these 3 because I love them all! I use PP and Abundance daily.

Look these oils up in your reference guide and tell me you can't see yourself using them daily! COMMENT WITH what reference guide you're using & what page you found these oils on and you'll get 5 EXTRA entries towards the giveaway (we need the guide name and page numbers to earn points)!!!

POST 21: FAVORITE ROLL-ON!

Oh, Deep Relief! My world was changed by this oil. It was the first oil I purchased outside of my starter kit and my muscles are still thanking me. I love this on my back, my neck, shoulders, feet and massaged in. Super soothing and I love the cool effect. What was your first YL purchase outside of your starter kit? Haven't made one yet? Consider Deep Relief a TOP contender ;)

POST 22: ROLL-ON RUNNERS UP

Ok, so there are 6 oils that are sold as roll-ons but these 3 are our runners up: Tranquil Roll-on, Breathe Again Roll-on, Stress Away Roll-on.

Tranquil is a comforting and calming blend of Lavender, Cedarwood, and Roman Chamomile. Roll-on and let the relaxing begin!

It's obvious that Breathe Again will help you breathe easy featuring four types of Eucalyptus essential oils, including Eucalyptus Blue, which is grown and distilled at the Young Living farm in Ecuador. A perfect combo to have in your gym bag!

Stress Away is another blend that holds true to its name. It's a unique, light blend of Vanilla, Lime, Copaiba, and other pure essential oils with a relaxing fragrance. I love this applied to my temples, neck, and wrists.

Remember there are limitless possibilities for roller combos you can make at home with YL's AromaGlide Roller fitment (10-pack \$9.75, item #4578)!

POST 23: FAVORITE MASSAGE OIL

Members have spoken! The favorite massage oil is Cel-Lite Magic! I just got a new bottle in my rewards order this month and am so glad because I do not ever want to run out .

Here's the product description for this beauty: Cel-Lite Magic™ Massage Oil tones and nourishes the skin with pure vegetable oils, vitamin E, and authentic essential oils. Grapefruit oil improves the appearance of skin texture, while Juniper oil helps cleanse.

POST 24: MASSAGE OIL RUNNERS UP

Ours runners up are: Ortho Sport, Ortho Ease, and Sensation Massage Oils! Wondering the difference between Ortho Sport and Ortho Ease Massage Oils?

Ortho Sport combines Wintergreen, Peppermint, Thyme, and Oregano and Ortho Ease combines including Wintergreen, Peppermint, Juniper, and Marjoram so both are cooling but with slightly different effects.

Sensation massage oil is nice for those nights home with your significant other ;) it's got Ylang Ylang, Jasmine, Geranium, and other essential oils to encourage feelings of romance♥♥

POST 25: FAVORITE BEAUTY PRODUCT

This Satin Mint Facial Scrub is to die for! I love that it gets the job done while being gentle on my skin. Add this to your order ASAP!

POST 26: BEAUTY RUNNERS UP

You seriously can't go wrong with any of these beauty products. I absolutely love the ART system for my normal to dry skin and always recommend the Orange Blossom cleanser to my friends with normal to oily skin. The Orange Blossom is highly concentrated, so I recommend diluting it with distilled water in a foaming bottle. A-M-A-Z-I-N-G.

Sheerlume is one that others rave about it, so put it on your wish list!

POST 27: FAVORITE SUPPLEMENT

After all I had heard about Multigreens™, we starting taking this daily. We have definitely felt benefits like the ones described in this testimony!

MultiGreens™ is described as a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems*.

MultiGreens is made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, Pacific kelp, and therapeutic-grade essential oils. Could you benefit from a supplement like this??

POST 28: SUPPLEMENTS RUNNERS UP

Inner Defense has been an awesome support to our family from October to March in particular. It often goes out of stock during this time so make sure you have it one hand so it's within reach when you need it! Here's a little more info on each of these runners up:

Young Living's Inner Defense™ reinforces systemic defenses, creates unfriendly terrain for yeast/fungus, promotes healthy respiratory function, and contains potent essential oils like oregano, thyme, and Thieves® which are rich in thymol, carvacrol, and eugenol for immune support. The liquid softgels dissolve quickly for maximum results. -- how can you not love that??

Longevity™ softgels are a potent, proprietary blend of fat-soluble antioxidants. Longevity blend should be taken daily to strengthen the body's systems to prevent the damaging effects of aging, diet, and the environment.* Enriched with the pure essential oils thyme, orange, and now frankincense, Longevity protects DHA levels, a nutrient that supports brain function and cardiovascular health, promotes healthy cell regeneration, and supports liver and immune function.* Longevity also contains clove oil, nature's strongest antioxidant, for ultra- antioxidant support.

A high-potency probiotic, Life 5™ represents the culmination of years of extensive research. Life 5 builds and restores core intestinal health by providing five clinically proven probiotic strains including two advanced super strains to enhance intestinal health, sustain energy and improve immunity. Life 5 contains 10 billion active cultures and improves colonization up to 10 times.

*These statements have not been approved by the FDA.

POST 29: FAVORITE CLEANING PRODUCT

Thieves Cleaner is hands down THE BEST natural cleaner I have used in my house, and I use it for literally everything! Once you use it, you WILL be convinced! From counters to mirrors to floors and carpet, showers and tubs it does an awesome job! It's highly concentrated, so you dilute it depending on what you're using it for. For example, 1oz of this cleaner in 30oz of purified water is the PERFECT all-purpose cleaner. Could you see yourself using this in your house if it saved you money (plus didn't pose risk to your health)?

POST 30: RUNNERS UP FOR CLEANING

All I can say is LOVE-LOVE-LOVE these products! Ok - well maybe a little bit more... Prior to using Thieves Laundry soap, I was making my own with Thieves Cleaner and boy I'm so glad YL heard us when we said we wanted this product. My clothes are clean, they smell great, I don't use harsh chemicals, and this little bottle lasts me 5-6 months! That's right 5-6 months of laundry for a typical family of 4 - that's a steal if you ask me! Which ones are you adding to your wish list?!

POST 31: BONUS POST: DIFFUSER COMBOS

Which combo will you be trying this week?!

POST 32: Share Your Love with Others!

Young Living is so generous. You can share your love of the products with others and YL will reward you with a \$50 thank you check when they use your member number to get their PSK. YL also offers an AMAZING financial opportunity to supplement or replace an income! I currently have a few openings on my team and would love to coach anyone who is willing to learn and grow personally as well as in this business - no experience necessary! So, whether you are looking to get your products paid for or are chasing a bigger dream, Young Living could be the opportunity you've been looking for, I know it was for me!

Check out our Income Disclosure Statement. The average monthly income column is pretty darn accurate. Which level would make a difference in reaching your family's financial goals?

Post 33: Next Class: Did you enjoy this class? Ready for the next one? Check out [my](#) upcoming classes! [You could sub in any LWN upcoming classes](#)

POST 34: Thank you and Giveaway

Thank you so very much for participating in this class! I hope you LOVED it as much as I did! If you have any questions that I didn't answer at this point, please comment with them here or tag me in the post and I will answer them ASAP.

Also, be sure to comment on every post by the end of the evening. I'll come back tomorrow to announce the participation winner!