

Facebook 101 Class

Pre-Class Posts

HOW THIS CLASS WORKS

This virtual class will start **(day/date)** and because it's online, as long as you mark "going", you can come back and view the posts as your personal schedule permits.

1. All posts are numbered. If you miss one, scroll down to catch up.
2. We are not medical professionals, so we won't be diagnosing or prescribing anything or talking about specific diseases or conditions. We WILL be focusing on how Young Living Essential Oils can support total-body wellness and will be using "above the wellness line language."
3. Participation is key! Feel free to ask, answer, comment, etc. The more you take part, the better and more fun this experience will be. Plus, you don't want to miss out on any freebies or giveaways!
4. This is an open invitation, so please feel free to share invitations with your friends and family members.
5. Make sure you see every single post! Change your notification settings in this class from "highlights" to "all".
5. Have a good time! This is a safe place to talk oils and should be a fun class!!

Enjoy!

Action item: pin this post until the class starts

SNEAK PEAK

I'm so excited for **(tag person hosting the class if not you)** and I to share how these oils have changed our lives! Here's a sneak peek at what we'll be learning about when this class gets started. When you click on the link, scroll down just a bit to view the video.

https://www.youngliving.com/en_US/discover/seed-to-seal

BECAUSE IT MUST BE SAID

Young Living Essential Oils are natural products. Natural products aren't regulated by the FDA, but they do fall under FDA labeling and compliance regulations. That being said, we are not medical professionals, and cannot/will not attempt to prescribe, suggest, or refer to any named medical conditions and we ask that you do the same to keep us within FDA guidelines. But if you inadvertently ask something in a non-compliant way, we will help you out, so feel safe to participate.

Essential oils have been used for thousands of years world-wide, so instead, we'll focus on how they can aid in your total-body wellness. This clip sums it up nicely. Take a look, and I'll "see" you all when class starts. <https://www.youtube.com/watch?v=ouiuRDfCUHk>

Action item for your hostess: ask you host/hostess (if not you) to create a post sharing something like this (next paragraph) to introduce you to the group. A LIVE or recorded FB video introducing yourself and telling your story compliantly is always a great idea too.

Welcome friends and family! I'm so excited to share the basics of essential oils with you and introduce you to my friend (tag person giving class). *May also include how you met, things you love most about your journey of using essential oils – remember to stay compliant.*

*****EACH TIME A GUEST SIGNS UP FOR A PSK (PREMIUM STARTER KIT) DURING THE CLASS MAKE THIS POST *****

Way to go! Congrats to (tag person) for taking a huge step towards an all-natural lifestyle. She purchased the Premium Starter Kit that we have been sharing with you. Let (tag host) and/or I know when you get it! We have a special surprise for you!

If you're ready to take the plunge, use the link below to sign up with (hosts name). *Action item: paste direct link to sign up with host!*

POST 1: Welcome

Welcome Everyone!! Your participation in this class could earn you prizes!

Starting right now through the end of the class, anyone who comments or asks questions will earn an entry in to a drawing for a FREE Thieves Waterless Hand Purifier and Lavender Lip Balm! Your hands and lips will thank you! The more you comment, the higher your chances of winning will be!

A quick reminder - each post will be numbered throughout the class. Facebook puts the most popular posts on the top of the screen, so if you missed one, scroll down; it's all right there. (Hint: make sure to access this class through the event rather than your newsfeed if you have any issues seeing all the posts.)

*Please allow 2-3 weeks for your prize to arrive.

*Don't forget to "like" this post so I know you've seen it.

Action items: include a picture of your giveaway item (this will vary so you will need to find this pic online or take it yourself)

POST 2: A Little About Me

(Tag host) and I are so excited to get started. Here's a bit about my oily journey.

Action item: upload your video introduction – make it a video, this generates excitement

POST 3: Roll Call

Tell us your name, where you're from, how you know the host and what motivated you to attend the class. Ready? Go!

POST 4: Let's Say Goodbye To Toxins

Today more than 80,000 chemicals currently used in the United States haven't been adequately tested for their effects on human health. These chemicals lurk in in everyday items from our personal care products to cleaning products, our furniture and children's toys, and even our food. (nrdc.org). Many of these chemicals have been linked to cancer, reproductive hazards, learning disabilities, and many more health concerns.

What if I told you there are natural products that are actually health-PROMOTING, free of harsh chemicals, and could help you accomplish similar goals AND save money!?? Would you want to hear more?

POST 5a: About Young Living

Young Living does business based on the belief that God has provided powerful natural substances from plants that can meet the needs of today's families. Young Living's mission encompasses all of these aspects and signifies exactly what we are about.

Young Living inspires wellness, purpose, and abundance by distilling nature's greatest gifts into pure essential oils. With a commitment to plant purity and essential oil potency, Young Living continues to grow, inspiring millions of people to transform their lives.

POST 5b: About Young Living

I love this picture because it depicts Young Living's global impact. Young Living is the only therapeutic grade essential oil company that owns their own farms. As the world leader in essential oils and a renowned essential oil distiller, Young Living is constantly improving their own farms and global partnerships while staying committed to their Seed to Seal promise. Young Living, which is a 25 year old, billion dollar company, operates over 18 corporate and partner farms on six continents and in more than 30 countries and is currently doing business in almost every nation around the globe. Young Living is rated the fastest growing direct sales company in the U.S. with about 100,000 joining each month in the U.S. alone! Young Living's global presence is undisputed. With Young Living's global

growth, a commitment to creating pure, potent essential oils and products through environmentally conscious methods the company continues to grow.

POST 5c: About Young Living

Young Living was founded by Gary Young, who invested over 35 years in the research and development of essential oils. Having dedicated decades to traveling the world and researching the remarkable wellness benefits of these precious oils, Gary is still considered to be one of the world's foremost authorities on essential oils. Sadly, Gary passed away in May 2018, but his wife and company CEO, Mary Young, along with President Jared Turner continue to carry on the legacy Gary established by blazing new and exciting trails all over the world to promote the ongoing success and development of Young Living.

POST 6: What Are Essential Oils

What exactly ARE essential oils? They're literally the life-blood of a plant, and what protects and keeps it healthy. There are 4 different types/grades of essential oils. Check out this super quick (2 min) video to learn the differences and why it's important.

<https://www.youtube.com/watch?v=BpUoQ5FIEqk&feature=youtu.be>

POST 7: Wellness Goals

I think we can make the assumption that everyone here is interested in healthier living. This is Young Living's mission too. True wellness starts from within, and Young Living offers an extensive line of personal care and nutrition products as well as essential oils to support wellness. The Fab 5 represents key areas of focus to empower our lives to wellness, purpose, and abundance.

I know we are all in different places in our health journey but this year my goal is to...

I'm just curious, what are your biggest wellness goals for you and your family this year?

POST 8: 3 Ways To Use Essential Oils

There are 3 ways to use essential oils. This graphic below describes the ways that Young Living recommends using oils (check out the label of each oil for specific usage guidelines and recommendations). Young Living's Vitality Oils can be used internally by adding them to water or liquid, placing them in a capsule, taking one of Young Living's oil-infused supplements or using them to add flavor to your cooking.

The oils in the Vitality line are the exact same as oils you will find in their topical/aromatic counterparts, but with a label specific for internal use per FDA regulations. You can rest assured that the oil, its purity and the quality are exactly the same!

POST 9: Aromatic Effects Of Oils

The aromatic effects of essential oils can't be denied. Our sense of smell is connected directly to our emotions. That's why smells remind you of places, people, etc.

YL offers all kinds of diffusers, all of which put these wonderful, relaxing, and emotionally-supporting oils into the air for us to enjoy. We love our diffusers and use them regularly, but when I am on the go, I simply drop the oil in my palms, rub together, and cup my hand over my nose and mouth taking 3 deep breaths. *My diffuser necklace/bracelet is awesome for on-the-go aromatherapy too!(include pic of diffuser necklace/bracelet if you have one)*

Post 10: Lavender

Lavender essential oil has been dubbed the "Swiss Army Knife" of essential oils because it has so many uses! It is commonly one of the only essential oils people have knowledge of before Young Living.

I love this to *help me relax, get my kids calmed down before bed, and for minor mishaps in the kitchen or from playing outside.* It's also amazing to use on flawed skin for that healthy look.

POST 11: Peppermint Vitality

Peppermint Vitality oil is AWESOME for supporting your digestive system as well as its great taste! Add a few drops in a batch of cookies or brownies and your taste buds and your tummy will be happy - YUM!!

*Peppermint Vitality is included in the collection we are focusing on for this class but there is also YL Peppermint that's labeled for topical/aromatic use and the oils inside both bottles are exactly the same! I love using Peppermint in a nice foot rub to soothe tired muscles or diffusing for a fresh, cool scent that keeps me breathing easy.

POST 12: Using Oils Topically

Using oils topically is another awesome way to get their benefits. It's important to dilute oils with a carrier oil like coconut or YL's V-6 carrier oil. This will help you to use less essential oil and protect sensitive skin. This is especially helpful when you're just starting out or if the essential oil is new to you.

When using oils topically, you can put them directly on the location OR use your feet or spine. These locations are fantastic because of their connection to the body systems!

POST 13: Citrus Fresh

Welcome back, friends! We are going to jump right back in with another of my go-to oils...Citrus Fresh. It can zap a smell from the car or trash and I even love it for minor break-outs. It contains a blend of orange, tangerine, grapefruit, lemon and mandarin with a hint of spearmint! It freshens the air, lifts your spirits and the vitality version is yummy in water. I always diffuse it in hotel rooms, too. Obviously, this became one of my favorites very quickly!

POST 14: Di-Gize Vitality

Di-Gize Vitality will be your best friend after a spicy meal and won't judge you after over-indulging on "cheat" day. It's perfect for supporting your entire Gi tract and Digestive system!

*Di-Gize Vitality is included in the collection we are focusing on for this class but there is also YL Di-Gize that's labeled for topical/aromatic use! Checkout the pic below for how to use Di-Gize :)

POST 15: Valor

Valor is one of Young Living's most beloved oil blends. It promotes feelings of strength and courage, balances the body and empowers self-confidence. Many love this oil for its ability to promote emotional balance and aiding in focus and concentration as well. It contains Black Spruce, Blue Tansy, Frankincense, Geranium and other essential oils.

POST 16: Seed to Seal Promise

What truly sold me on Young Living is their Seed to Seal Promise. From selecting the seeds, to cultivating, distilling, and testing for quality - no other company goes to such great lengths to ensure the quality of their oils and transparency of process. **Going to the YL farm in Mona, UT was honestly such an awesome experience to see this process in action!**

Young Living lays out this Seed to Seal process for you at www.seedtoseal.com

POST 17: Raven

Raven is a fantastic way to support healthy respiratory function. At our house we use **it year-round**, on feet or diffused, because who doesn't like to breathe easy? It's also a great one to have in your gym bag too to support your breathing during your next workout!! It contains Ravintsar, Lemon, Wintergreen, Peppermint and Euclyptus Radiata essential oils.

POST 18: Ugh, Adulteration

When I started learning about essential oils, I figured out pretty quickly that you can buy them almost anywhere, and often cheaply. So why would anyone choose YL? It's simple!

Many companies actually extract their oils from the plants with synthetic chemicals and add in fillers or artificial ingredients which is often why they're so inexpensive, don't work, and why people can have allergic reactions. They're not PURE oils! (Even though the label might say they are!) The fragrance industries are interested in only a few components that contribute to aroma and the same goes for the flavor industry and their focus on components that contribute to taste. The hundreds of components that comprise natural oil in balanced proportions are typically absent from oils produced for these industries.

This is very misleading to the consumer who may go into a health food store to pick up an oil thinking that they are getting a pure, therapeutic product simply because it's called an essential oil. With YL's Seed to Seal promise, you know that you're always getting 100% pure, unadulterated, therapeutic-grade oils.

POST 19: Using Oils internally

Using essential oils internally is another great benefit of choosing Young Living! When we talk about ingesting oils, I want to be very clear, that we are ONLY talking about Young Living's Essential Oils. If you don't understand fully, scroll back to posts 16 and 18.

To get benefits this way you can ingest sublingually, add to a GLASS of water*, or fill empty Gel Capsules. (*Always use glass or metal because the oils are volatile enough that they will leach out the petrochemicals that are in our plastics or eat through styrofoam)

BONUS POST: The Vitality Line

Because there are *so many* benefits to taking YL essential oils internally, Young Living has whole line of dietary oils! They are perfect for adding flavor to your favorite foods or using as dietary supplements. Some of these oils are included in the collection we are focusing on in this class but there are many more! Check them out here: <https://vimeo.com/152190608>

POST 20: Frankincense

Frankincense is my FAVORITE oil (do I say that about all of them?) by far! I love it for my skin and use it daily to help keep me grounded. Frankincense was even mentioned in the Bible. Back in that time, it was revered even more than gold.

POST 21: PanAway

PanAway is AMAZING for supporting your muscles when you experience those minor aches and discomforts after exercise. It's cool on your skin and is fantastic to help relax your muscles after a long day! It's also super helpful for maintaining your normal skin coloration after walking into a couch or any other object that seems to just jump right out in front of you!

POST 22: Lemon Vitality

I LOVE Lemon Vitality in a hot tea, ice water, iced tea and the list goes on and on. It is an AWESOME immune booster as well.

While Lemon Vitality comes in this collection there is also YL Lemon for topical/aromatic use! It has a fantastic uplifting scent (awesome diffused), and I LOVE it on grease stains and gooey messes around the house.

POST 23: Thieves Vitality

THIEVES!! Hands down, THIS is the oil that YL is known for. Thieves was created by Gary after hearing of a legend of four 15th century French thieves who formulated a special aromatic combination composed of clove, rosemary and other botanicals. According to the legend, they covered themselves in these aromatics while robbing the dead and dying and yet, did not get sick themselves. We love Thieves Vitality in a gel capsule or in a hot tea to boost our immunity on a daily basis.

Remember there is also YL Thieves for topical and aromatic use! Diffusing it and applying to the bottoms of our feet while we are on the mend is also a MUST in our house! Check out the link below to learn even more about Thieves.

https://www.youtube.com/watch?time_continue=6&v=c6FjpGPS2tl

POST 24: Thieves Product Line

As mentioned in Post 23, Thieves blend is a powerful oil. Because the science shows why it's so powerful and because YL members are so creative, YL created an entire product line that features the Thieves blend. It's used in our non-toxic household cleaner - a concentrate that cleans everything-your floors, glass and mirrors, counters, and even toilets safely and effectively! AND it will save you money!! Checkout all the other products in this line. Bonus! You get a free concentrated packet of Thieves Household Cleaner in your Premium Starter Kit too!

POST 25: We're Here For You

We want to remind everyone that there are a TON of uses for each of these oils, but we have only given a couple of uses for each to get you started. We don't want this to be just another event you attend – it's about increasing our education as consumers and taking charge of our health! This class is just the first of MANY learning opportunities and resources available to you.

YOU will not be alone on this journey to better health and toxin-free living. You're going to have access to a ton of product education through your virtual office and this is also where you can participate in YL University, which goes deeper into the science and usage of essential oils. On our team you have access to monthly classes & newsletters, one on one coaching, and a host of other leaders ready to support you through our exclusive Facebook group LWN Lifestyle. LWN Lifestyle is a secret Facebook group for the larger community we are a part of called Living Well Now and we will add you to that group when you become a member!

POST 26: Get the best deal

Who likes to get the best deal when shopping? Would it be okay if we showed you how to get the most value for your money? Becoming a Young Living wholesale member is the best way to begin a healthy lifestyle. With this option, you receive 10 everyday oils, a diffuser, and a kit that comes with samples and some literature. You even get two extra bonus oils!! Of course, if you choose, you could become a retail customer and purchase oils at a retail rate. However, if you were to piece this kit together, it would have a retail value of over \$415 at retail cost.

BONUS OILS: STRESS AWAY and PEACE AND CALMING

Both of these oils:

- 1) Support the nervous system during times of occasional stress or minor anxiety
- 2) Reduce mental rigidity and restores equilibrium

They are amazing to diffuse or apply topically when you need to change the level of anxiousness you may be feeling.

POST 27: That's Not All!

Finally, the kit also comes with two samples of Ningxia Red. Ningxia Red is a delicious super food supplement that fills in nutritional gaps and helps provide sustained energy.

This supplement has given me MORE energy and has helped me to fill in nutritional gaps from a standard American diet.

See BONUS POST for additional information on NingXia Red.

POST 28: The best value

The 12 oils, Ningxia and additional samples as well as the base diffuser in this kits retails for over \$415 - an AMAZING value for all of the uses we talked about. But it gets BETTER! YL wants everyone to have access to these oils so they've made it possible for everyone to afford these natural products. As a wholesale member and preferred customer, you can order this kit starting at \$165 and order any other products at 24% off of the retail price for the rest of your life!! If you are like me, you want to rid your home of as many toxins as you can and find value in creating a healthy home and reducing toxins, then it's kind of a no-brainer, right?

PLUS when you create your account, I will make sure you are added to our Lifestyle group as well as ensure that you have a convenient way to further your education about essential oils so that you always get the most bang for your buck!

POST 29: What's the Catch?

I know what you're thinking, "What's the catch?!" Well the beauty of this company is that THERE ISN'T ONE! Once you are a preferred member, you only need to place one \$50 order EACH YEAR to remain active and keep your wholesale purchasing privileges. If you choose not to place an order, your account will simply go inactive. There are no membership fees or other minimums.

POST 30: Customer Loyalty

If you're someone who values using natural products to support your family, you can CHOOSE to be a part of the Essential Rewards monthly ordering program. I LOVE this rewards program! Not only does this program save you money and earn extra promotions, but you get reduced shipping too - that's all in-addition to the points you earn on your monthly orders which can be used for FREE product! I often use my reward points to try out a new product or stock up on some of our favorites 😊

So, basically this is how it works - it's like a rebate program. You get points back to help you earn free products going forward. You also get reduced flat rate shipping, which is awesome. Who doesn't love saving some money on shipping?

Speaking of saving on shipping...Young Living recently introduced a subscription shipping service much like Amazon Prime called YLGo!. For a low fee you can get 13 free shipments each year. And the YLGo + program enables you to get up to 36 free shipments. Check in with the person who invited you to this class for how to get started with this amazing opportunity!

In addition to placing your order through Essential Rewards and earning points, Young Living also gives away free oils with each monthly promotion. Check out this month's promo all about... *(make sure to include image of promo and a link to the promo details! NOTE: Promo images will not be included in the image folders provided.*

POST 31: How To Get Your Oils

Obviously, most people begin with the Premium Starter kit. (Tag host) and I are ready to help you navigate the simple ordering process right now. It only takes a few minutes when you simply follow this link to get started: *paste host's link here with their enroller and sponsor ID prepopulated*

POST 32: The Accidental Paycheck

MOST people ask me how to get their products paid for, so I'll just leave this video right here for you. If that sounds like you, then take a look and let's get a date on the calendar for you to get your friends and family together for a class/party/Facebook event with me. What else?!?

-You will have myself and the whole Living Well Now team to go to for support and questions.

-You will have unlimited access to classes, resources, and education!

-You can participate in Young Living's referral program OR start a home-based business at any time with free training from us. Our team has created a step-by-step process of how to succeed with the business! We offer free coaching and business classes- you will be amazed at the support!

-You could also get an accidental paycheck! <https://vimeo.com/74031607>

POST 34: Join Us For Our Next Class

Enjoyed this class? I'd love to "see you" back for another one. Click "interested" or "going" and you'll get notifications of new posts when this awesome not to be missed class starts.

Action item: include link to next online continuing education class – remember, consistency generates enthusiasm, education and numbers.

Post 35: Thank you / Q & A

THANK YOU for joining in!

I'll be announcing the winner for participation no later than (day/time). You have until then to comment and ask questions to *earn participation points/earn an entry in the drawing for our fabulous prize package.*

IF you have questions, please feel free to comment below. (tag host) and I will check back periodically to answer any questions you may have.

BONUS POST

A part of living a healthy life is ensuring you get the proper nutrition. Listen and watch as Dr. Lindsey Elmore, shares this quick 18-minute video on two life changing products that Young Living has. I appreciate the detail she goes into to explain WHAT and WHY each nutrient/nutrient/ingredient are and why it was chosen.

Transparency is

key. <https://www.youtube.com/watch?v=YSRNIEtJjQw&feature=youtu.be>

WINNER POST: Congrats to (tag winner) for winning the participation prize! You'll be getting a Young Living Lip Balm!! Please PM your address so I can get it mailed to you. (tag host) and I are so stoked for you!