



YL CENTRAL

YOUNG  LIVING®
ESSENTIAL OILS

ESSENTIAL OIL BASICS

How to get started using essential oils





WHAT IS AN ESSENTIAL OIL?

The next time you drive by a field of fresh lavender or hike through a pine forest, breathe deeply—you're experiencing the soul-soothing power of essential oils.



WHAT IS AN ESSENTIAL OIL?

- Volatile liquids and natural compounds found in shrubs, flowers, trees, bushes, etc.
- Carefully obtained through distillation or cold pressing.
- Each essential oil contains hundreds of different constituents.
- Highly concentrated and potent.





WHAT MAKES ESSENTIAL OILS SPECIAL?

POTENT

100-10,000
times more
concentrated
than herbs.

VOLATILE

Quickly changes
from liquid to
gas.

VERSATILE

Endless ways to
use and apply
essential oils!



A close-up, slightly blurred background of a lavender field with many purple flower spikes. In the top-left corner, there is a small yellow icon of a notepad with a pencil.

DID YOU KNOW?

It takes 27 square feet of Lavender plants to make one 15ml bottle of lavender oil?



HISTORICAL USES

- Ancient Egypt
- Ancient Chinese/Indian
- Ancient Greek/Roman
- European Middle Ages
- Middle Eastern Golden Age





WHERE DO ESSENTIAL OILS COME FROM?

PLANT PARTS USED TO DISTILL

Flower Amazonian Ylang Ylang Ishpingo Jasmine Neroli Patchouli Rose White Lotus	Grapefruit Juniper Lemon Lime Mandarin Orange Tangerine Grasses Xiang Mao	Dorado Azul Elemi Eucalyptus Blue Eucalyptus Citriodora Eucalyptus Dives Eucalyptus Globulus Eucalyptus Polybractea Eucalyptus Radiata Eucalyptus Staigeriana Gum / Resin Elemi Frankincense Frereana Frankincense Galbanum Myrrh Sacred Frankincense Leaves / Stems Basil Canadian Fleabane Cassia Cistus Citronella Citrus Hystrix/ Combava Dill	Mountain Savory Myrtle Ocotea Oregano Palmarosa Peppermint Petitgrain Plectranthus Oregano Ravintsara Rosemary Ruta Sage Spanish Sage Spearmint Spikenard Tarragon Thyme Root Angelica Calamus Ginger Mugwort Patchouli Spikenard Valerian Seed Anise Cardamom	Carrot Seed Celery Seed Cumin Nutmeg Wood/Bark/Twigs/Needles Blue Cypress Cassia Cedar Cedarwood Cinnamon Bark Cypress Douglas Fir Emerald Cypress Hinoki Hong Kuai Idaho Balsam Fir Idaho Blue Spruce Idaho Ponderosa Pine Lemon Myrtle Manuka Palo Santo Pine Rosewood Sandalwood Spruce Tsuga Western Red Cedar White Fir
Flowering tops Blue Tansy Clary Sage Clove (Bud and stem) Davana Geranium German Chamomile Goldenrod Helichrysum Lavandin Lavender Ledum Roman Chamomile Yarrow				
Fruit/Rind/Berries Bergamot Black Pepper Coriander Fennel				



EXTRACTING ESSENTIAL OILS

Steam Distillation:

Used to extract delicate materials in a heat and pressure controlled environment.

Cold Pressing:

Used to extract fatty oils and citrus essential oils.

Resin Tapping:

Resin is tapped directly from a tree and the essential oil is extracted from the resin.

Absolute Extraction:

When oils are in very delicate material, solvents must be used to extract essential oil.



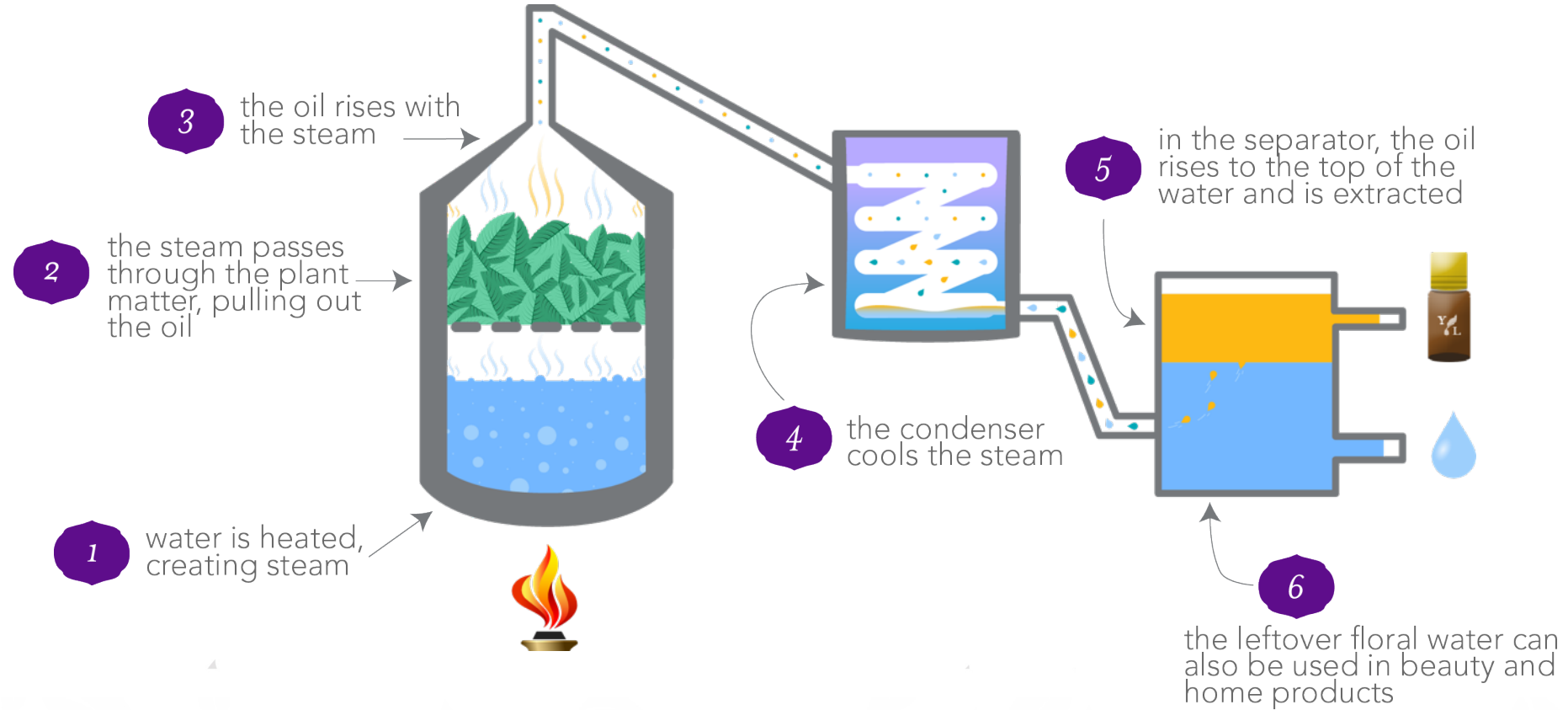


STEAM DISTILLING

- Most common essential oil extraction method.
- It's critical to control temperature and pressure.
- Avoids 'burning' the oils and maximizes yield.
- Young Living has fully automated steam distillers.
- Residual plant material is composted to generate fertilizer.



STEAM DISTILLING





COLD PRESSING





RESIN TAPPING

- Cut the external plant parts to retrieve oil resin.
- Essential oil is steam distilled from resin.
- Resins can also be chewed like gum.





ABSOLUTE OIL EXTRACTION

- Absolutes require a solvent to extract oils from the plant material.
- Solvents are a substance that dissolves another substance.
- Jasmine is the only essential oil extracted this way.





HOW DO I USE ESSENTIAL OILS?



AROMATIC, TOPICAL & INTERNAL





AROMATICALLY

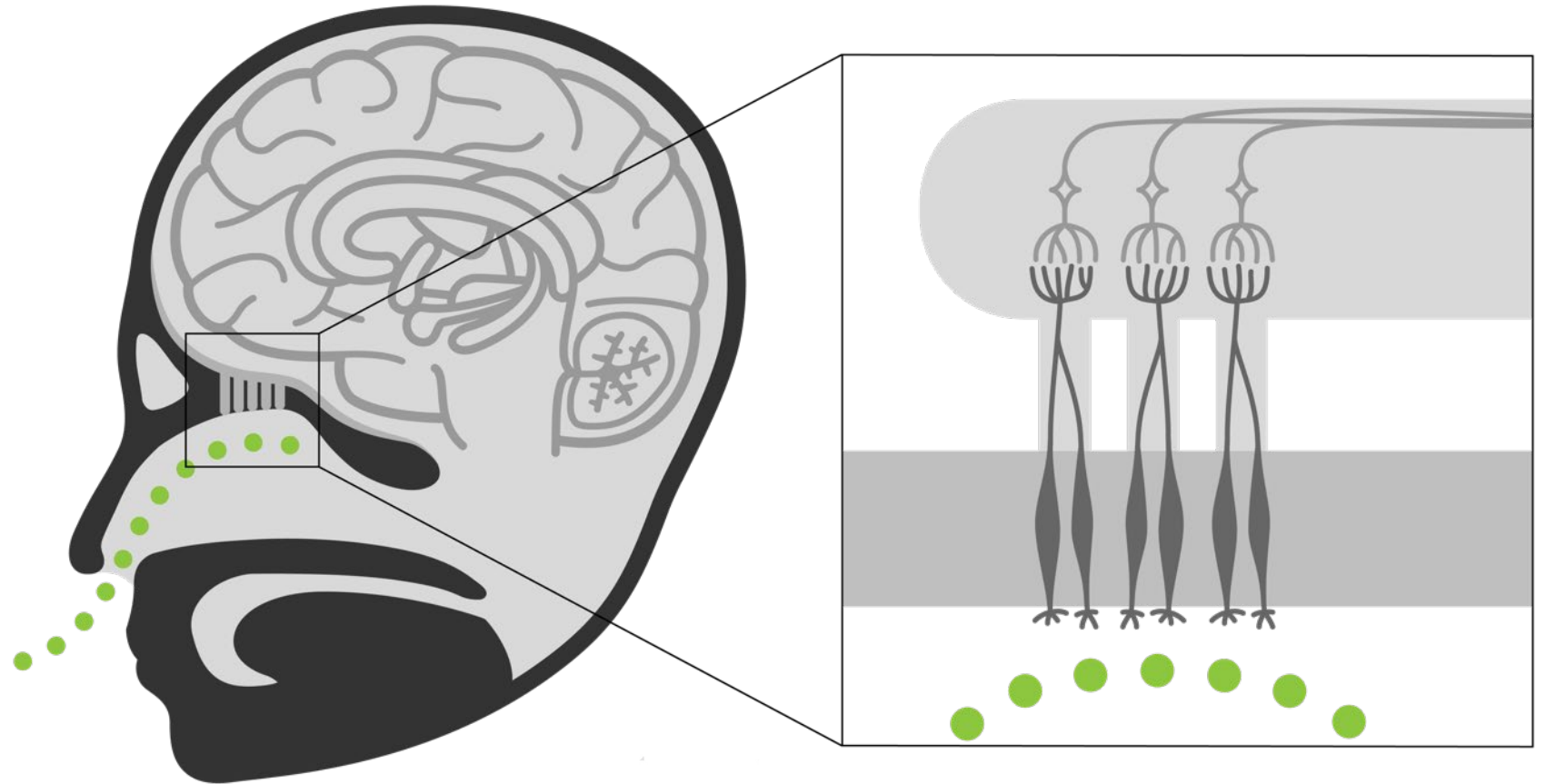
- Use a diffuser to enhance any environment and space!
- Add a couple drops of essential oils to your bath.
- Put a few drops of essential oils in your palms and cover your nose while taking a few deep breaths.
- Combine your favorite essential oils with water and witch hazel to make a linen spray.
- Use essential oils on wool dryer balls to freshen your laundry.



POWER OF AROMAS

Smell is the only sense connected to the limbic lobe of the brain, the emotional control center.

A scent can evoke an emotion before we are consciously aware of it.





TOPICALLY

- Mix your favorite essential with a carrier oil for an invigorating massage.
- Apply to desired areas after exercise.
- Add to your favorite beauty products to help smooth the appearance of wrinkles and even skin tone.
- Support the appearance of healthy skin
- Apply to your wrists or neck to use a perfume!





INTERNALLY

- Flavor your drinks.
- Add to a veggie capsule.
- Bake with them!





WHAT SYSTEMS CAN VITALITY SUPPORT?

- Use Thieves Vitality to support your immune system.
- Ingest DiGize Vitality to support a healthy digestive system.
- Take Grapefruit Vitality as a dietary supplement to support your weight management program.
- SclarEssence™ Vitality can be used for mild mood changes and cramps associated with the menstrual cycle.*



WHAT SYSTEMS CAN VITALITY SUPPORT?

- Lemon Vitality has antioxidant properties and provides immune and circulatory support.*
- Nutmeg Vitality supports cognitive function.*
- Peppermint Vitality supports normal digestion.*
- German Chamomile Vitality provides mood support and can help calm occasional nervous tension.*



*These statements have not been evaluated by the Food and Drug Administration



YOUNG LIVING[®]
ESSENTIAL OILS

**HOW CAN I USE
ESSENTIAL OILS IN MY
EVERYDAY LIFE?**



ESSENTIAL OILS ARE:

- Fast acting
- Effective
- Simple to use
- Convenient
- Affordable
- Beneficial



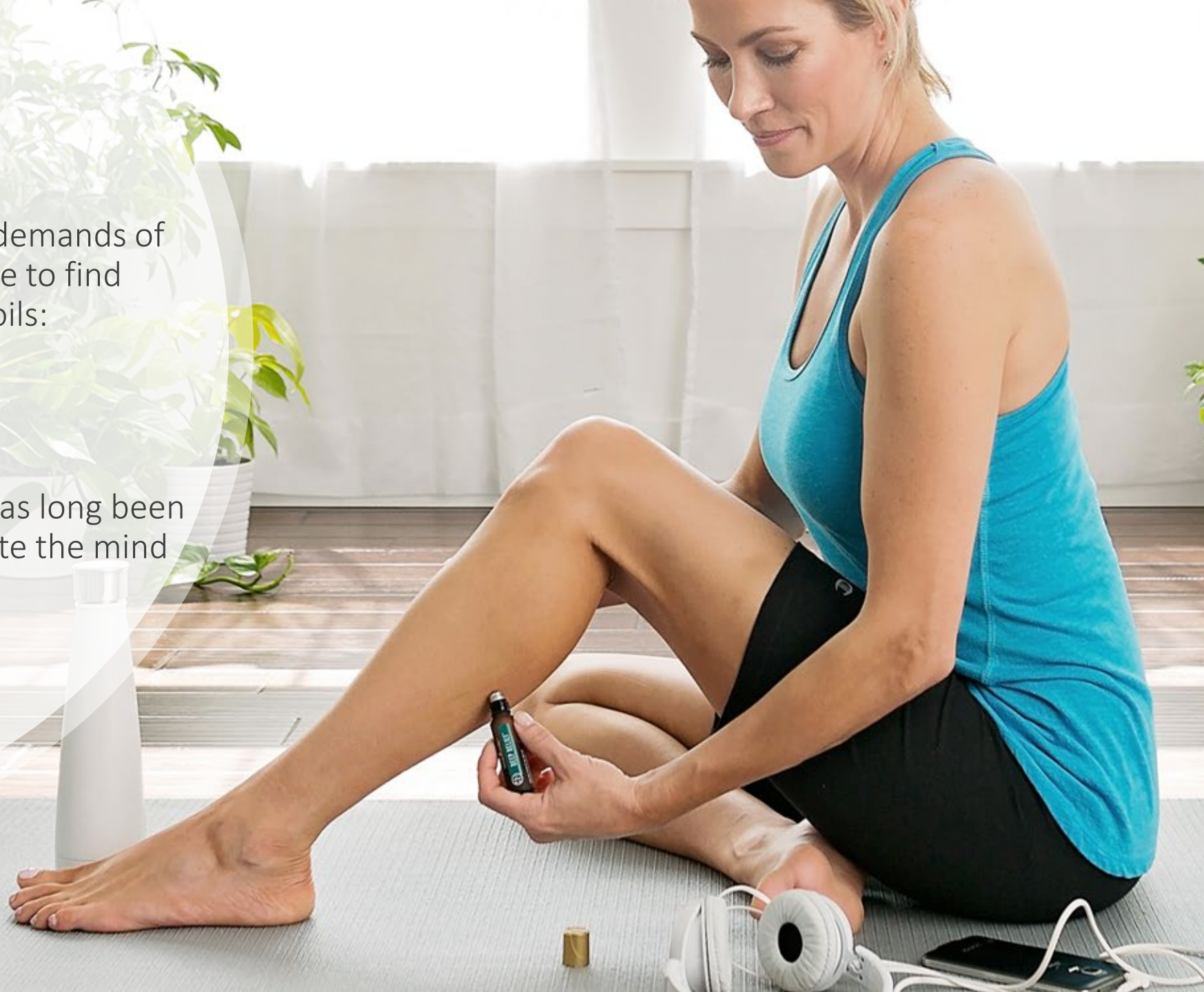
BALANCE

Sometimes a busy schedule and the demands of daily life can make it nearly impossible to find balance. Try these calming essential oils:

- Stress Away
- Lavender
- Ylang Ylang

The soothing effect of essential oils has long been used in religious ceremonies to elevate the mind and unlock powerful feelings.

- Sacred Frankincense
- Frankincense





BALANCE

Use essential oils to create a positive atmosphere and environment.

- Citrus Fresh
- Joy
- Orange

Bring bringing tranquility and peace to your bedtime routine.

- Lavender
- Peace & Calming
- Cedarwood

Feeling stuck? Discover the powerful mental influence of essential oil blends that are formulated to help you discover your potential and support your mental energy.

- Valor
- Brain Power
- Clarity





BEAUTY

Essential oils, an ancient beauty secret, are perfect for soothing the appearance of spots and fine lines, the visible signs of aging, and restoring the appearance of a radiant-looking complexion.

- Sacred Sandalwood
- Frankincense
- Lavender





WELLNESS

Essential oils help support the wellness you need to keep working, playing, and caring for your family. Support the body with these advanced, targeted essential oils.

- Digize Vitality
- Peppermint Vitality
- Thieves Vitality
- Copiaba Vitality

A top-down view of various natural ingredients and Young Living Thieves products. In the center-right is a clear plastic bottle of Thieves Waterless Hand Purifier with a white cap. Below it is a small dark glass bottle of Thieves 100% Pure Therapeutic-Grade Essential Oil Blend with a white cap. Surrounding these are fresh herbs: a sprig of rosemary, a sprig of mint, and a sprig of eucalyptus. There are also several lemon slices, a pile of dried orange peel, and several cinnamon sticks scattered around. The background is a plain white surface.

AROUND THE HOME

- Aromatically, essential oils can be diffused to improve air quality.
- Natural room deodorizer.
- In the laundry or replace your dryer sheets.
- Clean wood floors and de-grease surfaces.
- Add to the sink when washing dishes.
- The ways to use essential oils around the home practically limitless!

OIL-INFUSED PRODUCTS





SAFETY TIPS



HOW OFTEN? HOW MUCH?

- Proper usage is indicated on each Essential Oil label. Please follow label instructions.
- Essential oils are very potent and powerful— start low and go slow. In most cases 1-2 drops are adequate.
- Excessive use of essential oils may increase the risk for adverse reactions.





PATCH TEST

- Apply 1-2 drops of essential oil to the forearm.
- Usually reactions occur within 5-10 minutes.
- If you experience a hot or burning sensation, or if you develop a rash, apply a carrier oil to the affected area as often as needed.





HOW DO I DILUTE AN ESSENTIAL OIL?

- Dilution recommendations can be found on the back of each essential oil bottle.
- Carrier oils ensure that essential oils applied topically are comfortable to the skin.
- Dilution with a carrier oil does not dilute the effect of the essential oil, it allows the essential to go farther.





GOOD CARRIER OILS

- V6 vegetable oil
- Sweet almond oil
- Avocado oil
- Grape seed oil
- Fractionated coconut oil
- Hemp seed oil
- Olive oil
- Rosehip oil





WHAT ABOUT BUTTERS?

- Cocoa Butter
- Mango Butter
- Avocado Butter
- Shea Butter





ESSENTIAL OILS

Distilled from plant parts

Not involved with seed germination and early growth

Essential to life processes of the plant

Tiny molecules

Aromatic and volatile

Circulate throughout the plant

Not greasy to touch

Do not spoil or turn rancid

FATTY OILS

Pressed from seeds and fruits

Necessary food for seeds to sprout

Not essential to life processes of the plant

Large molecules

Nonaromatic and nonvolatile

Do not circulate within the plant

Greasy to touch

Turn rancid





HOT OILS

Hot oils may cause a hot or spicy sensation when applied to the skin.





CAN ESSENTIAL OILS BE APPLIED TO SENSITIVE AREAS?





PHOTOSENSITIVITY

- Citrus essential oils contain molecules that can cause a sensitive reaction to the skin when exposed to direct sunlight.
- Citrus oils like orange, lemon, grapefruit, lime, tangerine, bergamot, and blends containing these oils may cause discomfort to the skin if you are exposed to the sun within 12-48 hours of application.





PREGNANCY & NURSING

- Consult your health care provider and follow label instructions.
- Be empowered.
- It is recommended to avoid the over and excessive use of Clary Sage, Sage, Idaho Tansy, Hyssop, Fennel, and Wintergreen as well as the blends and supplements that contain these oils.



ESSENTIAL OILS FOR YOUR FAMILY

- Use gentle oils like Lemon, Frankincense, Tea Tree, and Lavender.
- Dilute with carrier oils.
- Always follow label instructions.



KEEP OILS AWAY FROM LIGHT AND HEAT





WHY CHOOSE YOUNG LIVING ESSENTIAL OILS?





SEED TO SEAL PILLARS

Sourcing



Science



Standards





OUR FARMS



 Young Living Corporate Farm or Distillery

 Young Living Partner Farm or Distillery

 Young Living Global Headquarters

 Young Living International Offices



- Support a healthy lifestyle
- Skincare and beauty
- Wellness
- Vitality and vigor
- Refreshing and uplifting fragrance
- Peaceful and relaxing aroma
- Use around the home and add to your cleaning products





WANT TO LEARN MORE?

Young Living is committed to supporting you throughout your journey. Use these resources to find tips, educational tools, and other helpful assets as you share Young Living with family and friends.

- YoungLiving.com
- Youngliving.com/blog
- Seedtoseal.com
- Ningxiared.com

