



YL CENTRAL

YOUNG  LIVING®
ESSENTIAL OILS



THE STARTER KIT

Learning to use your essential oils



USING YOUR STARTER KIT



A close-up photograph of lavender flowers in shades of purple and blue, with a soft bokeh background. A white, ornate, scalloped-edged frame is centered over the image, containing the text.

LAVENDER

Lavandula angustifolia



LAVENDER

- **Source plant:** *Lavandula angustifolia*—known as “True Lavender”; a perennial herb and member of the mint (Lamiaceae) family
- **Plant part used:** Flower
- **Oil extraction method:** Steam distillation
- **Main constituents:** Most-active constituents are linalyl acetate and linalool



DID YOU KNOW?

*It takes 27 square feet of lavender to make one
15-ml bottle of Lavender essential oil.*



PLANT INFORMATION

- There are 39 known species of lavender. Young Living distills only *Lavandula angustifolia*, commonly known as “True Lavender,” for our Lavender essential oil.
- *Lavandula angustifolia* is the most widely cultivated flower species.
- The name “lavender” comes from the Latin verb *lavare*, which means to wash.
- Lavender is drought tolerant and can grow well in higher temperatures.
- Over 2,500 years ago in Ancient Egyptian times, lavender was used during the mummification process.
- Lavender was used in Medieval times, when baths weren't common practice, to freshen and scent clothes and bed linens.
- The Romans used lavender to scent everything, including their linens, bath water, and even their skin and hair.





FEATURES AND BENEFITS

- Has a calming aroma to help clear and clarify the mind.
- Has cleansing properties when used for skin and hair.
- Can be diffused to promote calm feelings and fight occasional nervous tension.
- Can be diffused to support a worry-free outlook.
- Can be diffused or applied topically to enjoy its relaxing and calming properties.
- Can be diffused to enjoy balancing properties that calm the mind and body.





FEATURES AND BENEFITS

- Can be applied topically to cleanse and soothe minor skin irritations.
- Can be applied to the skin after a day in the sun.
- Can be applied on its own or with your favorite moisturizer to reduce the appearance of blemishes and enhance the appearance of a youthful complexion.
- Supports aging skin when applied alone or with your favorite lotion or moisturizer.
- It is a key ingredient in Stress Away™, Tranquil™, Forgiveness™, and RutaVaLa™ essential oil blends.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.





PRACTICAL USES

- Diffuse Lavender for the ideal relaxed environment. Add a few drops on pillows, bedding, or bottoms of feet at bedtime.
- Freshen your linen closet, mattress, or car by combining Lavender with water in a spray bottle and misting it over surfaces that need freshening.
- Apply Lavender to dry skin.
- Complement your beauty routine by adding Lavender to non-scented lotions, creams, or moisturizers.
- Add 8–10 drops to warm bath water for a soothing evening bath.
- Add a few drops to organic wool dryer balls to add a fresh scent to your laundry.





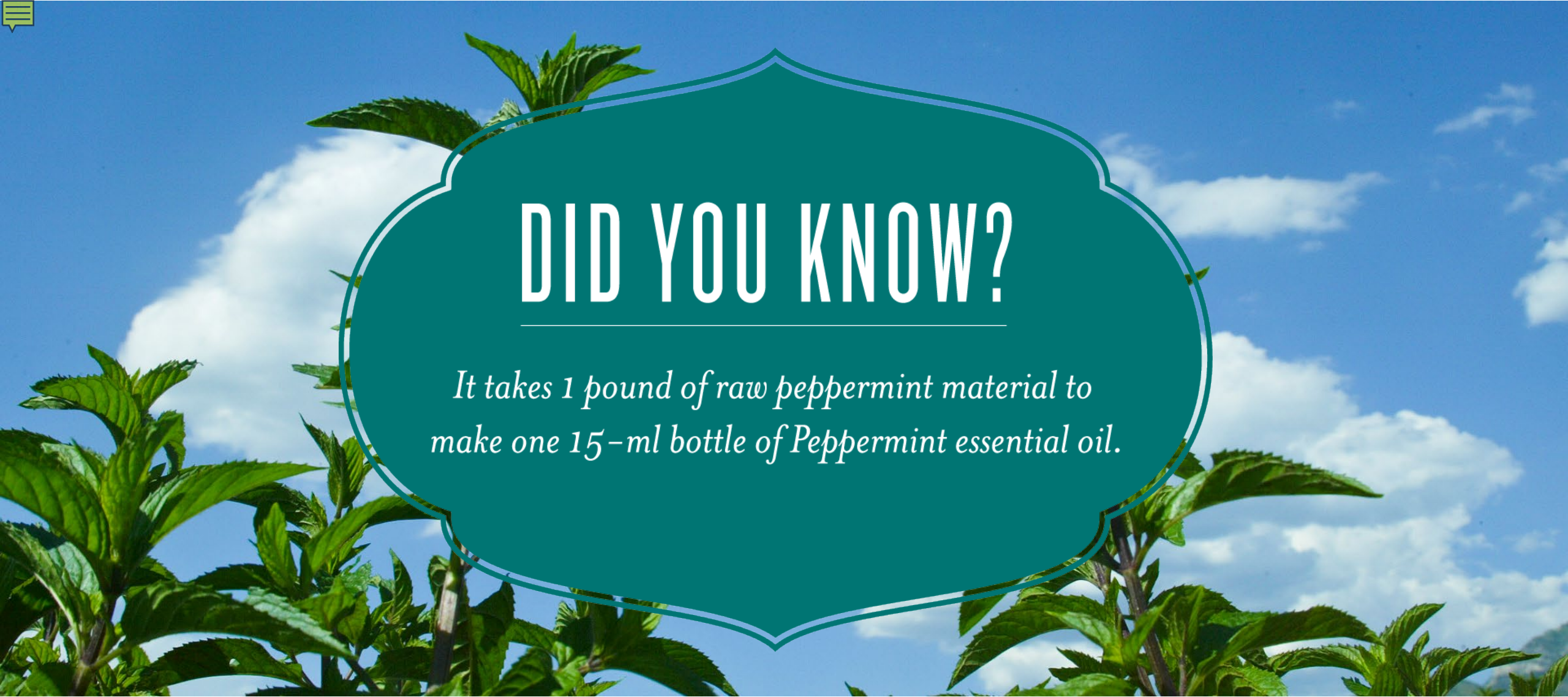
PEPPERMINT

Mentha piperita

PEPPERMINT



- **Source plant:** *Mentha piperita*, an herbaceous perennial plant that grows 30–90 cm (12–35 in.) tall
- **Plant part used:** Leaves and stems
- **Oil extraction method:** Steam distillation
- **Main constituents:** Menthol and menthone; other constituents include menthofuran, 1,8-cineole (eucalyptol), isomenthone, neomenthol and menthyl acetate



DID YOU KNOW?

It takes 1 pound of raw peppermint material to make one 15-ml bottle of Peppermint essential oil.



PLANT INFORMATION

- Peppermint is in the same family as both Lavender and Rosemary.
- Peppermint is originally from Europe, but 75 percent of the world's supply is now grown in the United States.
- Dried peppermint leaves were found in Egyptian pyramids dating back to 1000 BC
- The peppermint plant is a hybrid of spearmint and watermint.





FEATURES AND BENEFITS



- Peppermint Vitality supports gastrointestinal system comfort.*
- Peppermint Vitality promotes healthy bowel function.*
- Peppermint Vitality enhances healthy gut function.*
- Peppermint Vitality maintains efficiency of the digestive tract.*
- Peppermint Vitality may support performance during exercise.*
- Peppermint Vitality is a key constituent in DiGize™ Vitality essential oil blend.
- Peppermint Vitality reduces feelings of discomfort after large meals.
- Peppermint Vitality can curb appetite.





PEPPERMINT VITALITY™ USES



- Support healthy bowel function and digestion by taking Peppermint Vitality in a vegetable capsule or beverage before or after meals.*
- Support your performance levels during a workout by adding Peppermint Vitality to your NingXia Nitro® or NingXia Red® or try putting a couple drops in a vegetable capsule.*
- Keep Peppermint Vitality in your purse and use it as a breath freshener.
- Start your day with a refreshing beverage by adding Peppermint Vitality to your fruit smoothies each morning.
- Have Peppermint Vitality on hand to support GI system comfort.*
- Bake with it! Incorporate Peppermint Vitality into your favorite dessert recipes or smoothies.



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LEMON

Citrus limon

LEMON



- **Plant source:** Citrus limon, a species of small evergreen tree native to Asia and part of the Rutaceae family of plants
- **Plant part used:** Rind
- **Oil extraction method:** Cold pressed
- **Main constituents:** Most-active compound is limonene; other key constituents include gamma-terpinene, beta-pinene, alpha-pinene, and sabinene



DID YOU

KNOW?
*It takes about 75 lemons to
make one 15-ml bottle of
Lemon essential oil.*



PLANT INFORMATION

- Originally from the regions of Asia, the lemon tree wasn't common in Europe until the 16th century.
- Lemons were first introduced to the Americas when Christopher Columbus arrived in 1493.
- The Lemon tree is a part of the evergreen family and reaches a height of about 20 feet tall.





FEATURES AND BENEFITS

- Includes powerful antioxidants.
- Includes the naturally occurring constituent limonene.
- Has an invigorating citrus flavor.
- Offers immune support.*
- Has cleansing properties.*
- Provides circulatory support.*
- A key ingredient in Thieves[®], NingXia Red[®], and Inner Defense.[™]



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PRACTICAL USES

- Create custom vinaigrettes or marinades to add a delicious citrus flavor to summer salads and grilled items.
- Add 1 drop of Lemon Vitality to your morning drink to support a healthy immune system.
- Spray Lemon Vitality on cut fruit to keep it from browning.
- Add 1 drop to plain or vanilla yogurt and top with fresh berries.
- Blend a drop of Lemon Vitality into Gary's True Grit™ Einkorn Pancake and Waffle Mix batter and top your waffles or pancakes with fresh fruit for a healthy, tasty breakfast.
- Add to tea, baked goods, homemade preserves, and other treats.



COPAIBA

Copaifera reticulata

COPAIBA



- **Source plant:** *Copaifera reticulata*, a pinnate-leaved South American tree in the legume family
- **Plant part used:** Gum/resin
- **Oil extraction method:** Resin tap
- **Main constituents:** Sesquiterpenes—beta-caryophyllene and Alpha-humulene



DID YOU KNOW?

Natives of northern Brazil have used Copaiba oil and resin to support their wellness since at least the 16th century.



PLANT INFORMATION

- Copaiba essential oil is resin tapped from the trunk of the Copaifera tree, which is native to Brazil.
- Copaiba essential oil is recognized for containing high levels of the naturally occurring constituent beta-caryophyllene.
- Many cultures use copaiba resin in religious and cultural practices.





FEATURES AND BENEFITS

- Copaiba Vitality™ supports overall wellness.*
- May be used as an important part of your daily health regimen.*
- Copaiba Vitality has a pleasant, complex taste that pairs well with chamomile or rooibos tea.
- Copaiba is a key oil in Deep Relief™, Breathe Again™, and Stress Away™.





PRACTICAL USAGE

- Put a few drops into a veggie capsule and take daily.
- Mix Copaiba Vitality™ with honey and warm water to create a calming tea.
- Add 1–2 drops to your morning smoothie.
- Try taking Copaiba Vitality with Frankincense Vitality for synergistic support to the body.*



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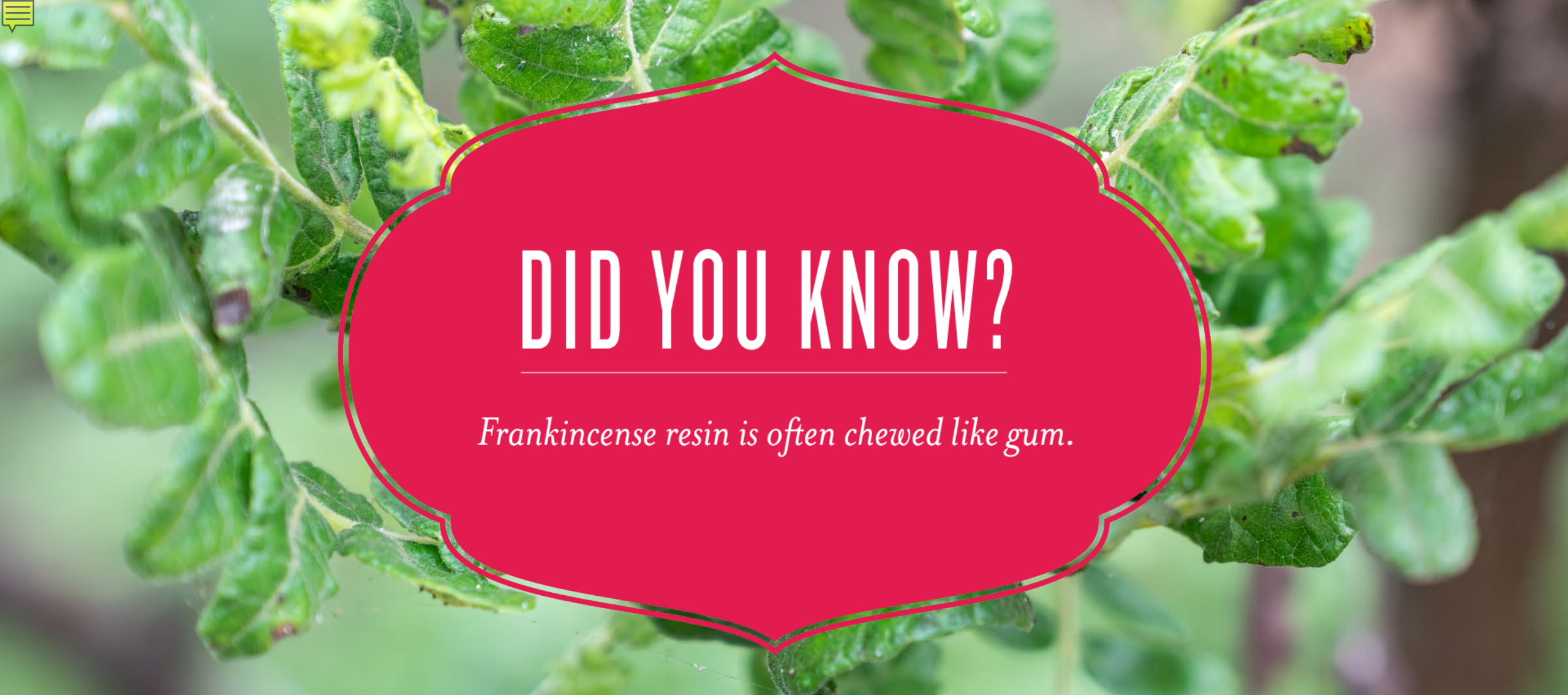
FRANKINCENSE

Boswellia carterii

FRANKINCENSE



- **Source plant:** *Boswellia carterii*; resin comes in various grades, depending on the time of harvest
- **Plant part used:** Gum/resin
- **Oil extraction method:** Resin tap
- **Main constituents:** Most-active ingredients are alpha-pinene, limonene, and sabinene



DID YOU KNOW?

Frankincense resin is often chewed like gum.



PLANT INFORMATION

- Frankincense has been used for thousands of years in religious ceremonies. In many parts of the world it is considered a holy anointing oil.
- It was given to Jesus Christ as a gift at his birth.
- Frankincense is mentioned in one of the oldest known scientific records, the Ebers Papyrus, dating from the 16th century B.C.
- Boswellia Frankincense is a very hardy tree. Only four main species of Boswellia can produce true frankincense.
- It takes approximately 8–10 years for the trees to mature enough to produce resin.





FEATURES AND BENEFITS

- Promotes feelings of peace, grounding, and relaxation.
- Helps even the appearance of fine lines, wrinkles, and skin tone associated with the normal aging process.
- Helps reduce the appearance of blemishes.
- Has calming properties that can support spirituality and inner strength.
- Promotes feelings of relaxation and tranquility.





PRACTICAL USES

- When used aromatically, it promotes feelings of peace, grounding, and relaxation. Try adding a few drops of oil to a bath.
- Apply Frankincense to the back of the neck and temples for an aroma that imparts an uplifting sense of spiritual awareness before yoga or meditation.
- Frankincense has calming aromatic properties that can support spirituality and inner strength. Try diffusing it during yoga, meditative practices, or scripture reading.
- Use it in your daily beauty routine by adding it to your unscented face lotion, toner, and/or face wash to support the appearance of healthy-looking skin.
- Use it to rejuvenate and promote younger, fresher-looking skin.
- Rub on your hands and inhale it at the end of a long day for a warming and soothing effect.
- Apply it after a workout or try using it in a deep-tissue massage.



A close-up photograph of a Eucalyptus Radiata plant, showing its characteristic silvery-green, lance-shaped leaves and a small, developing flower bud. The plant is the background for the top half of the image.

THIEVES

*A blend of Cinnamon, Lemon, Rosemary,
Clove, and Eucalyptus Radiata*



THIEVES®

Individual essential oils and their main constituents:

- **Cinnamon Bark:** Trans-cinnamaldehyde
- **Clove:** Eugenol
- **Eucalyptus Radiata:** Eucalyptol
- **Lemon:** Limonene
- **Rosemary:** Eucalyptol





DID YOU KNOW?

Thieves essential oil blend was inspired by the legend of four 15th-century French thieves who formulated and wore a special aromatic combination of clove, rosemary, and other botanicals that they believed provided protection while they were stealing.



PLANT INFORMATION

- Clove essential oil is steam distilled from the flower buds of the clove tree.
- *Eucalyptus radiata* leaves were traditionally used to help support a healthy respiratory system.
- The lemon tree probably originated in China or northeast India, but it wasn't well known in Europe until the 1500s.
- Cinnamon has been used in traditional medicine for centuries to help support the immune system.
- The rosemary herb was known by ancient cultures as the herb of memory; the leaves were thought to prevent forgetfulness and quicken the mind.





THIEVES® VITALITY™

- Support overall wellness and a healthy immune system* with just a few drops of Thieves Vitality.
- Immune system support.*
- Cleansing to the digestive system.*
- Antioxidant properties.*
- General wellness support.*



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PRACTICAL USES

- Add 1–2 drops of Thieves Vitality to a vegetarian gel capsule and take daily or as needed as a dietary supplement.
- Take Thieves® Vitality™ in a capsule, especially during winter, to support your immune system.*
- Try mixing Thieves Vitality and Oregano Vitality for an extra winter kick!*
- Take a shot of NingXia Red® with a drop of Thieves Vitality for a quick, spicy boost to your daily NingXia Red shot.
- Add Thieves Vitality to food to enhance the flavor of tea, oatmeal, granola, etc.
- Add 1 drop of Thieves Vitality and 2 drops of Orange Vitality as a refreshing flavor to complement your favorite beverage.

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RAVEN

*A blend of Ravintsara, Lemon, Wintergreen,
Peppermint, Eucalyptus Radiata.*

RAVEN™



Individual essential oils and their main constituents:

- **Ravintsara:** 1,8 Cineole
- **Lemon:** Limonene
- **Wintergreen:** Methylene Salicylate
- **Eucalyptus Radiata:** Alpha-pinene
- **Peppermint:** Eucalyptol





DID YOU KNOW?

*Methyl Salicylate, the active constituent
Wintergreen, is also used as an active ingredient in
many common sports creams.*



PLANT INFORMATION

- Deep inside the trees and roots, eucalyptus plants have dormant shoots that germinate only under the trigger of heat by flames—a strategy to survive frequent wildfires.
- Dried peppermint leaves were found in Egyptian pyramids dating back to 1000 BC.
- Originally from the regions of Asia, the lemon tree wasn't common in Europe until the 16th century.



FEATURES AND BENEFITS



- Cool, minty eucalyptus aroma.
- Aroma promotes calm and relaxation in any stuffy environment.
- Provides a soothing and comforting aroma when applied to chest.
- Contains naturally occurring constituents of Menthol, Eucalyptol, Methyl Salicilate

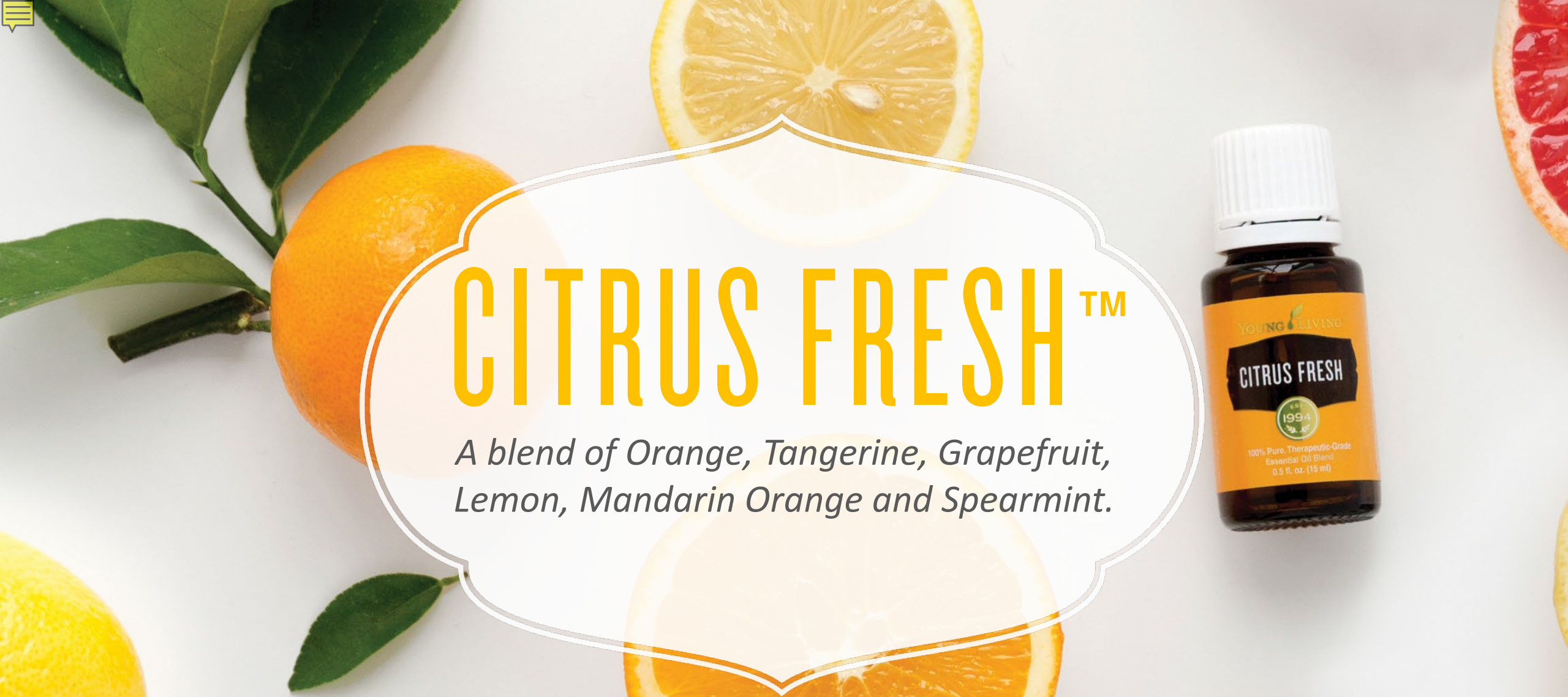




PRACTICAL USES

- Dilute with V-6™ Vegetable Oil Complex and massage it onto your chest and neck during the cold-weather season for a comforting aroma.
- Apply to feet as part of your bedtime routine.
- Diffuse during cold-weather season.
- Diffuse or inhale directly for a refreshing respiratory experience.
- Use as part of your exercise routine to promote the sensation of deeper breathing.





CITRUS FRESH™

*A blend of Orange, Tangerine, Grapefruit,
Lemon, Mandarin Orange and Spearmint.*



CITRUS FRESH™



Individual essential oils and their main constituents:

- **Orange:** Limonene
- **Tangerine:** Limonene
- **Grapefruit:** Limonene
- **Lemon:** Limonene
- **Mandarin Orange:** Limonene
- **Spearmint:** Carvone



A top-down view of several sliced citrus fruits (orange, grapefruit, and lemon) and green leaves scattered on a light-colored surface. A white, ornate, cloud-like frame with a thin orange border is centered over the image, containing text.

DID YOU KNOW?

*All citrus oils are cold pressed to extract
the essential oil from the fruit's rind.*



PLANT INFORMATION

- Orange is cold pressed from the rinds of the fruit. The extracted essential oil has a juicy aroma, reminiscent of the fresh fruit.
- Tangerine contains esters and aldehydes and has a bright scent to promote a positive outlook.
- Grapefruit has a wonderfully uplifting citrus aroma and encourages feelings of joy and playfulness.
- It takes 75 lemons to produce one 15-ml bottle of Young Living Lemon essential oil. Lemons are also used worldwide in cleaners and soap for their refreshing scent.
- Spearmint originated in Asia and is a wonderful essential oil to use topically on desired areas before or after a workout.





FEATURES AND BENEFITS

- Has a citrusy, fresh, and appealing aroma.
- Has an energizing, invigorating, and uplifting scent.
- Creates a focused and creative aromatic environment when diffused.
- Can be used during times of occasional sadness.
- Purifies the air from unwanted odors.
- Creates a clean, fresh scent in any environment when diffused.
- Can be inhaled for a boost of creativity and joy.
- Promotes feelings of happiness and comfort when diffused.





PRACTICAL USES

- Add Citrus Fresh™ to Thieves® Household Cleaner to enhance and brighten the aroma.
- Use it as an everyday signature perfume by diluting it with a carrier oil and applying 2-3 drops behind your ears or on your wrists or neck.
- Create a linen spray by mixing Citrus Fresh and water in a glass spray bottle.
- Add it to your favorite lotions or to Young Living Bath & Shower Gel Base to create an uplifting aromatic experience.
- Add 2-3 drops to wool dryer balls to freshen up any load of laundry.





DIGIZE™

*A blend of Tarragon, Ginger, Peppermint,
Juniper, Fennel, Anise, Patchouli,
and Lemongrass*



DIGIZE™



Individual essential oils and their main constituents:

- **Anise:** Anethole (anise camphor)
- **Fennel:** Anethole (anise camphor)
- **Ginger:** Zingiberene
- **Juniper:** Alpha-pinene
- **Lemongrass:** Geranial
- **Patchouli:** Patchoulol
- **Peppermint:** Menthol
- **Tarragon:** Estragole



The background of the entire image is a close-up, high-resolution photograph of numerous fennel seeds. The seeds are small, elongated, and have a distinct ribbed texture. They are a warm, golden-brown color with some darker, almost black, seeds interspersed. The seeds are scattered across the frame, creating a dense, textured background.

DID YOU KNOW?

In ancient Chinese medicine, fennel was used for many different reasons, including as a digestive aid and to balance menstrual cycles.



PLANT INFORMATION

- Ginger is used in many different forms—fresh, powdered, dry, or as juice or oil.
- Anise has been grown for more than 4,000 years in Egypt.
It is found in many essential oil blends such as Abundance™, Live with Passion™, and Magnify Your Purpose™.
- The tarragon herb can be found in other Young Living products such as Allerzyme™, ComforTone®, Essentialzymes-4™, and ICP™.
- Fennel has been used for centuries for its digestive benefits.





FEATURES AND BENEFITS

- Helps support and cleanse the digestive system.*
- Acts as a great companion to Essentialzymes-4™ when taken with meals to support your wellness regimen.*
- Includes antioxidant properties.*
- Follow your meal with freshness! DiGize™ Vitality™ can help you enjoy your meals in comfort and complements your wellness regimen.
- Includes the naturally occurring constituents menthol, citrol, and zingiberene.

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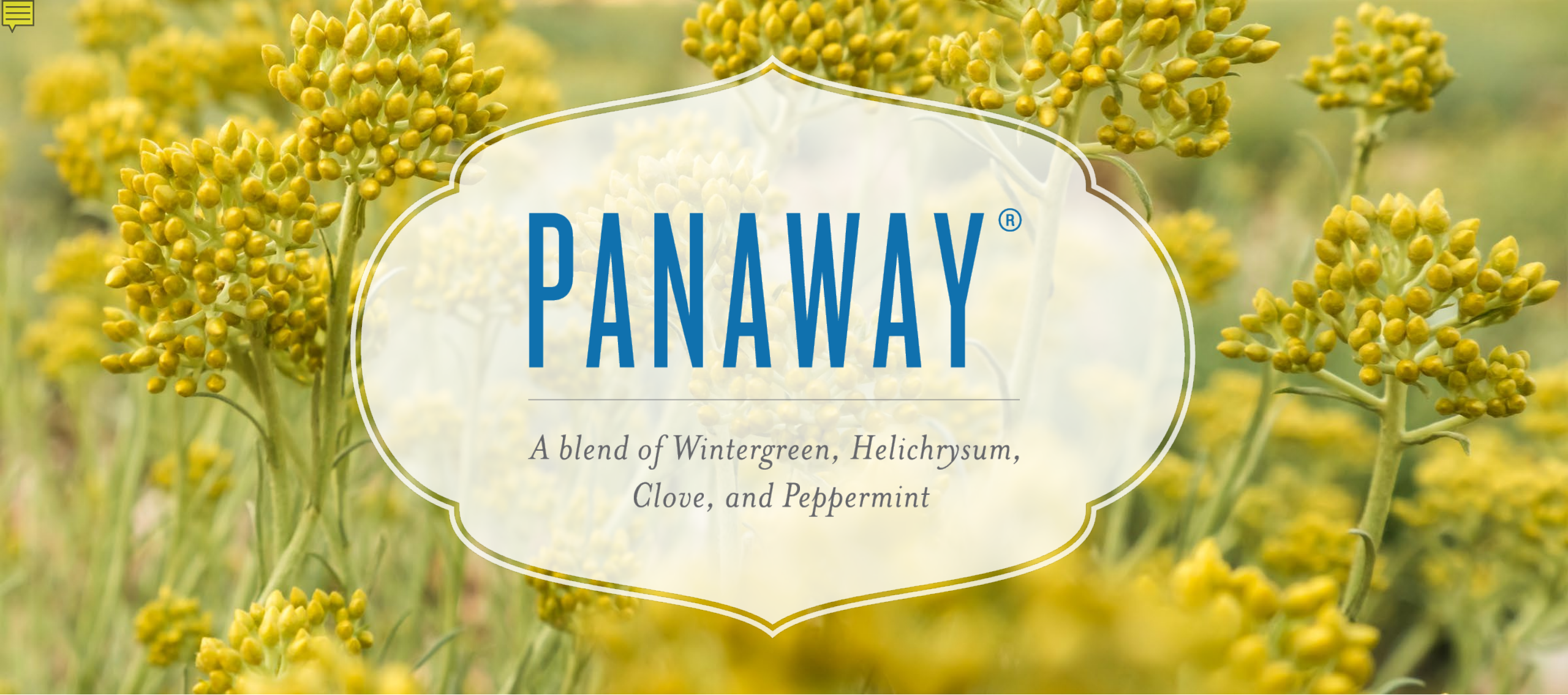


PRACTICAL USES

- Use DiGize™ Vitality™ to help you enjoy each meal!
- Add 1–2 drops to a veggie capsule and take it as a daily dietary supplement or whenever you need it!*
- Take DiGize Vitality in conjunction with Essentialzymes-4™ before or after meals to support your wellness.*
- Combine 2 drops DiGize Vitality with 1 drop Peppermint in a cup of chilled water for a stimulating beverage.
- Always have it on hand at times when your digestive system is in need of boost, like when you are traveling or during large holiday meals!*

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A background image of numerous yellow flower buds on green stems, slightly out of focus. A white, ornate, shield-like frame with a gold border is centered over the image.

PANAWAY[®]

*A blend of Wintergreen, Helichrysum,
Clove, and Peppermint*





PANAWAY®



Individual essential oil components and their main constituents:

- **Clove:** Eugenol
- **Helichrysum:** Neryl acetate
- **Peppermint:** Menthol
- **Wintergreen:** Methyl salicylate





DID YOU KNOW?

PanAway® causes a cooling sensation on the skin that makes it an ideal choice for a deep-tissue massage after exercise.



PLANT INFORMATION

- Methyl salicylate, found in Wintergreen, is also used as an active ingredient in many common creams.
- Helichrysum is known by many cultures for its ability to support the appearance of healthy skin.
- Clove has been used for centuries for its many benefits.





FEATURES AND BENEFITS

- Has a stimulating aroma.
- Supports the appearance of healthy skin coloration.
- Contains the naturally occurring constituents methyl salicylate, gamma- curcumene, menthol, and eugenol.
- Is a best-selling blend formulated by D. Gary Young.

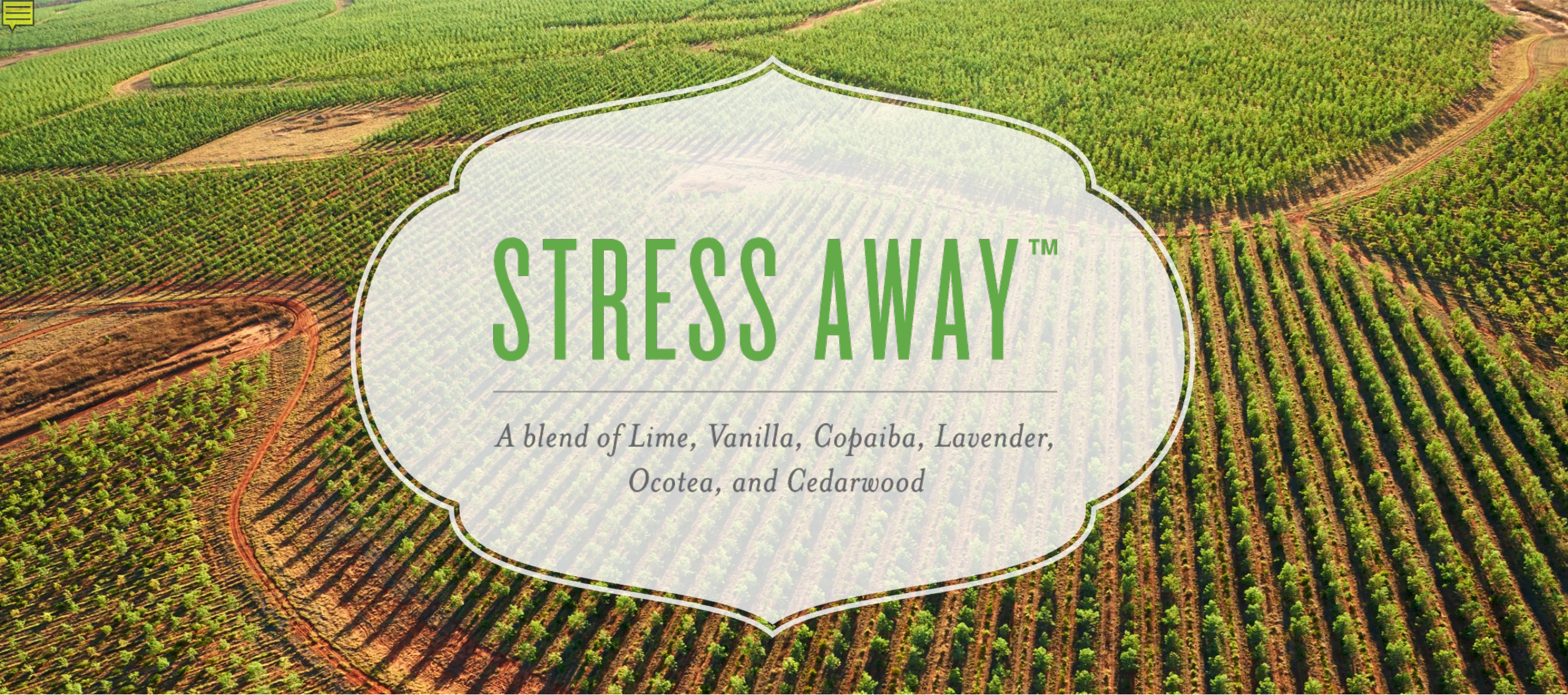




PRACTICAL USES

- Can be added to V-6™ Vegetable Oil Complex and applied to the neck and back for a soothing experience.
- PanAway® is a great oil to keep in your gym bag. Apply it after exercise for its cooling benefits.
- Dilute PanAway with V-6™ Vegetable Oil complex or another carrier oil for use in massage.
- Add it to your favorite non-scented cream for a pre- and post-workout cream or add a few drops to Cool Azul Sports Cream®.





STRESS AWAY™

*A blend of Lime, Vanilla, Copaiba, Lavender,
Ocotea, and Cedarwood*



STRESS AWAY™



Individual essential oils and their main constituents:

- **Cedarwood:** Beta-Himachalene
- **Copaiba:** Beta-caryophyllene
- **Lavender:** Linalyl acetate and Linalool
- **Lime:** Limonene
- **Ocotea:** Beta-Caryophyllene, Methyl Cinnamate, Cinnamyl Acetate
- **Vanilla:** Vanillin



The background of the entire image is a dense, close-up photograph of many bright green lemons. In the top-left corner, there is a small yellow icon of a speech bubble with three horizontal lines inside.

DID YOU KNOW?

*Stress Away is the first product to contain
the unique combination of Lime and pure Vanilla.*



PLANT INFORMATION

- Ocotea has been used as a flavoring since Incan times, and Ecuadorians today use this spice for cooking.
- *Vanilla plantifolia* is a species of vanilla orchid that is native to Mexico, and it is one of the primary sources for vanilla flavoring because of the high vanillin content.
- Cedarwood grows in cold climates and high altitudes. It is also high in sesquiterpenes.





FEATURES AND BENEFITS

- Promotes relaxation and a calming environment.
- Has a calming and peaceful aroma.
- Has an inviting fragrance that helps calm the mind.
- Can be diffused or used topically to help get you through a busy day.





PRACTICAL USES

- Apply it topically to the base of your neck, shoulders, and temples before bedtime to promote a relaxing and calm environment.
- Diffuse Stress Away at work for an uplifting aroma.
- Apply a few drops topically before a busy day.
- Add 10 drops of Stress Away to 2 cups of Epsom salt and dissolve it in a warm bath.
- Use Stress Away on your wrists, neck, or diffuser jewelry as a natural alternative to perfume.



START TODAY!

