

## Testimonials

"I found Young Living oils to be top quality, definitely deserving of the term 'Therapeutic Grade.' Young Living will be North America's leader in producing and properly marketing the highest grade of essential oils."

**Daniel Pénoël, M.D.**

*Leading authority on medical use of essential oils*

"From time immemorial, in every country, aromatic plants have always been considered the most effective treatment for diseases afflicting mankind. In many cases the essential oil is used, which is evidence that the volatile part is the most effective."

René-Maurice Gattefossé  
Author of *Aromathérapie: Les huiles essentielles  
hormones végétales*



*René-Maurice Gattefossé, the father of the modern day science of aromatherapy, discovered by accident the therapeutic properties of essential oils when he plunged his burned arm into a vat of lavender oil after a laboratory explosion. His pain subsided quickly and the burn healed exceptionally fast without a scar.*

"For years I was unable to sleep. I took sleeping pills but they didn't help. The first time I used *Peace & Calming* I slept the whole night through. Essential oils really work!"

*T. Mroczka  
Boca Raton, Florida*

Your Independent Young Living Distributor:

Maria Schasteen - ID# 54980  
www.aroma-essence.com  
To order call: 1-800-371-2928

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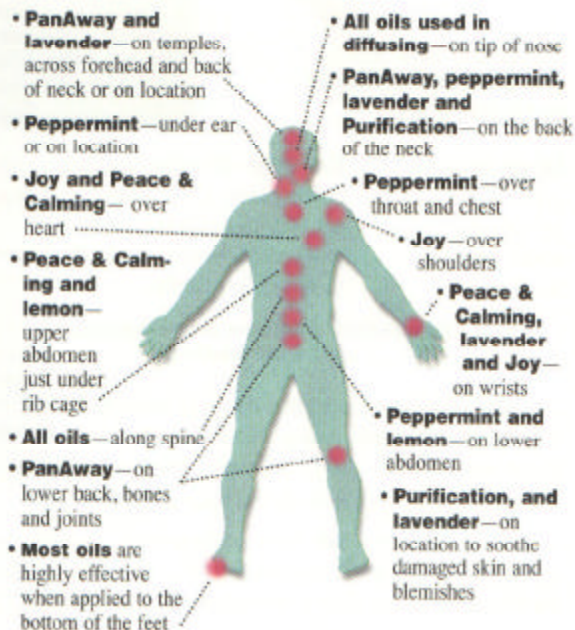
## Essential 7

*Young Living*  
ESSENTIAL OILS™



## Direct Application

First time users should mix one drop of essential oils with three drops of V-6 Mixing Oil or any pure vegetable oil. Diluting the oil helps to spread it evenly, and promotes penetration into the tissues.



"I always travel with *Purification* to protect me from airborne pathogens in airplanes and hotel rooms. A few drops on a cotton ball put in the air vent does wonders."

*T. Williams  
Fountain Hills, Arizona*

"When we moved to America, my elderly parents stayed behind in Belgium. I became very depressed out of concern for the future. After using *Joy*, my depression quickly left. Today, I carry the *Essential 7* wherever I go."

*M. Von Oetinger  
Coral Springs, Florida*

## How to use your Essential 7 Kit

### Diffusing

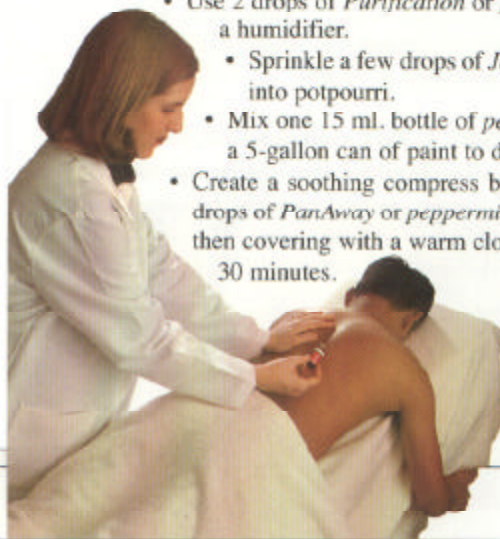
Diffusing is convenient and highly effective. A diffuser includes an oil well, a nebulizer (glass tube) and an air pump to fill a room with a micro-fine mist of our wonderful aromas.



*Diffuse Purification, Peace and Calming, Peppermint, Lemon, Joy or Purification to benefit the whole family.*

### Other uses for the Essential 7

- Add a drop of *lemon* oil to water for disinfecting and cleaning—floors, laundry, kitchens, bathrooms, etc. Use a drop to disinfect hands after using public restrooms.
- Add a drop of *lemon* or *peppermint* to herbal teas.
- Add a few drops of *Joy* or *Peace & Calming* to your bath (mix with *Bath Gel Base* as a dispersing agent).
- Use *Joy* as an alluring perfume to inspire romance.
  - Rub 2 drops of *PanAway*, *lavender* or *peppermint* into hands and cup over mouth. Breathe deeply. Avoid contact with eyes.
  - Use 2 drops of *Purification* or *peppermint* in a humidifier.
  - Sprinkle a few drops of *Joy* or *lavender* into potpourri.
  - Mix one 15 ml. bottle of *peppermint* into a 5-gallon can of paint to dispel fumes.
  - Create a soothing compress by rubbing 1-3 drops of *PanAway* or *peppermint* on location, then covering with a warm cloth. Leave for 30 minutes.



## What Are Essential Oils?



**Essential oils are to the plant what blood is to the body**

**Blood** cleanses, protects, oxygenates, nourishes and heals.

**Essential oils**—the distilled lifeblood of the plant. Their complex chemical constituents cleanse, protect, oxygenate, nourish and offer many therapeutic benefits.

### **Essential oils are penetrating and fast acting**

Blood studies reveal that the lipid structure of essential oils penetrate cells deep in the body and can pass throughout tissues within minutes. They cross the blood-brain barrier to benefit both the body and the mind.

Many essential oils have *antiparasitic, antibacterial, antifungal and antiviral* properties, yet are relatively harmless to human tissue, according to Jean Valnet, M.D.

### **The Risks of Counterfeit Oils**

Most essential oils sold in the United States are used for perfumes and flavorings. Many contain chemical solvents to amplify fragrance and lower cost. They lack the fragile and complex constituents of our therapeutic-grade oils. A synthetic or low-grade oil may actually cause rashes, burns, allergic reactions, nausea and indigestion.

### **You can trust Young Living therapeutic-grade oils**

Before being released for sale, **every single batch** of oils is quarantined, inspected and tested for purity and quality. We send samples to independent laboratories for testing by state-of-the-art gas chromatography and infrared analysis. Some oils are subjected to further testing in England and France. Altogether oils can go through five separate levels of quality analysis.



### **Rediscovery of Essential Oils**

Throughout the ancient world, essential oils such as frankincense, sandalwood and spikenard were among the costliest commodities because of their healing properties. Historical records also reveal that healing oils were used widely in Egypt, China and India. The frankincense and myrrh brought as gifts to the Christ child may, in fact, have been distilled essential oils. Essential oils were so highly regarded that ancient rulers bartered them for gold, land and even slaves.

### **Why we we produce our own oils at Young Living Farms**

To guarantee a supply of pure therapeutic-grade essential oils, we cultivate our herbs organically on farmland uncontaminated by chemical fertilizers, fungicides or herbicides. We irrigate with clean mountain water and use an advanced mix of enzymes, minerals and organic biosolids to build and maintain the soil. We steam distill freshly harvested plant material using a costly, slow, low-pressure, low temperature process that preserves the fragile complex chemistry of the essential oil.

To meet escalating demand for therapeutic-grade essential oils, we have more than tripled farm production every year for the past four years.

## The Essential 7 Kit

Unlock the Power of Therapeutic-grade Essential Oils

### Peppermint

- Soothing for digestion.
- Cool and refreshing whether diffused or topically applied.
- Alan Hirsch, M.D., researched peppermint's dramatic effects on weight loss.
- Dr. Dember of the Univ. of Cincinnati has studied peppermint's ability to improve concentration and mental accuracy.

Code 3614. Also available in 15 ml.



### Lemon

- One of the oldest traditional antiseptics.
- According to Jean Valnet, M.D., lemon has antiseptic-like properties and supports the immune function.
- Improves and protects the skin.
- Helps deodorize and purify air and water.
- *After applying citrus oils, avoid exposure to direct sunlight or UV rays.*

Code 3578. Also available in 15 ml.



### Lavender

- The most versatile of all essential oils.
- Highly soothing and relaxing.
- Cleanses and soothes cuts, bruises and skin irritations.
- Calming, relaxing and balancing, both physically and emotionally.

Code 3575. Also available in 15 ml.



### Purification

- Helps purify and deodorize the air.
- Neutralizes mildew, cigarette smoke and other *disagreeable odors*.
- Apply to skin to help *cleanse insect bites, cuts and scrapes*.
- An *antiseptic* blend of citronella, lemongrass and melaleuca.

Code 3399. Also available in 15 ml.



### PanAway

- Gary Young created PanAway as a result of an injury in which he severely tore the ligaments in his leg.
- Contains helichrysum which is soothing for localized skin discomfort; clove oil which contains eugenol, used synthetically by dentists to numb gums; peppermint, which soothes nerves; and birch oil, which has an active principle similar to cortisone.

Code 3390. Also available in 15 ml.



### Joy

- Produces an uplifting magnetic energy that brings joy to the heart.
- Worn like a perfume, Joy is alluring and irresistible. It inspires romance and togetherness.
- Refreshing and uplifting when diffused.
- A luxurious blend of ylang ylang, bergamot, mandarin and pure rose oil.

Code 3372. Also available in 15 ml.



### Peace & Calming

- A gentle, relaxing, uplifting blend that promotes a deep sense of peace.
- Dampens tensions and irritability.
- Used as a massage, it is a wonderful prelude to a peaceful night's rest.
- Especially *comforting to children*.
- This gentle, fragrant blend of cistus, blue tansy and patchouli is *specially designed for diffusing*.

Code 3393. Also available in 15 ml.



**The Essential 7 Kit** contains 5 ml. bottles of these seven exquisite oils plus a free instruction tape.



Eight stainless steel vertical distilleries at the Whispering Springs farm near Mona, Utah.

Maria Schasteen - ID# 54980

To order call: 1-800-371-2928

[www.aroma-essence.com](http://www.aroma-essence.com)