

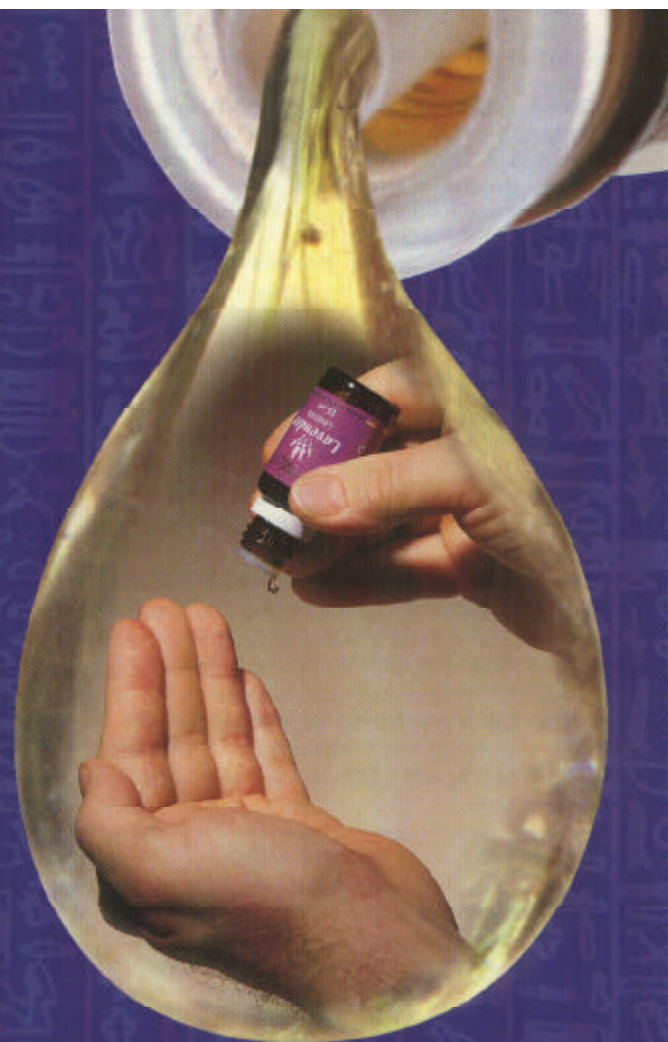
Guidelines for Safe Use

- **Always keep a bottle of V-6 Mixing Oil or any pure vegetable oil handy when using essential oils.** Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
- **Keep bottles of essential oils tightly closed and store in a cool location away from light.** If stored properly, essential oils will maintain their potency for many years.
- **Keep essential oils out of reach of children.** Treat them as you would any product for therapeutic use.
- **Essential oils rich in menthol (such as peppermint)** should not be used on the throat or neck area of children under 30 months of age.
- **Direct sunlight and essential oils.** Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils (marked with an orange drop 🍊) may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays within 3 to 4 days.
- **Keep essential oils away from eye area and do not put into ears.** Do not handle contact lenses or rub eyes with essential oils on your fingers. Oils with high phenol content—oregano, cinnamon, thyme, clove, lemongrass, bergamot, Thieves and ImmuPower—may damage contacts and irritate eyes.
- **Pregnant women** should consult their health care professional before using essential oils and avoid wild tansy and oils containing constituents with hormone-like activity, such as clary sage, sage and fennel.
- **Epileptics** and people with **high blood pressure** should consult their health care professional before using essential oils. Avoid hyssop, fennel and wild tansy oils.
- **People with allergies** should test a small amount of oil on a small area of sensitive skin such as the inside of the arm before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
- **Before taking GRAS essential oils internally,** always dilute with an oil-soluble liquid like honey, olive oil or soy milk.
- **Do not add undiluted essential oils directly to bathwater**—especially oils marked with a red drop 🍷. Use Bath Gel Base as a dispersing agent for all oils applied to your bath.

For more information, contact your
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How To Use Essential Oils

Young Living
ESSENTIAL OILS™



Consult your health care professional

Consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions that require professional attention.

How to make your experience with essential oils a pleasant one

Exercise caution when applying essential oils to skin that has been exposed to cosmetics, personal care products, soaps and cleansers containing synthetic chemicals. Some of them—especially petroleum-based chemicals—can penetrate and remain in the skin and fatty tissues for days or even weeks. Essential oils may react with such chemicals and cause skin irritation, nausea, headaches or other uncomfortable effects.

Essential oils can react with toxins built up in the body from chemicals in food, water and work environment. **If you experience a reaction to essential oils, it may be wise to temporarily discontinue their use and start an internal cleansing program (30 days using the Cleansing Trio) before resuming regular use of essential oils.**

Other things you can do:

- Dilute the oils—1 to 3 drops of oil to 1 tsp. V-6 Mixing Oil or any vegetable oil. More dilution may be needed.
- Consult your health care professional for direction.
- Reduce the number of oils used at one time.
- Use single oils or oil blends one at a time.
- Reduce the amount of oil used.
- Reduce the frequency of application.
- Drink more purified water.
- Ask your health professional to monitor detoxification.
- Skin-test the diluted essential oil on a small patch of skin. If any redness or irritation results, cleanse skin thoroughly and reapply.
- If skin irritation or other uncomfortable side effects persist, discontinue use.

Types of products to watch out for:



- Cosmetics, deodorants and skin care products containing aluminum, petrochemicals or other synthetic ingredients.
- Synthetic chemicals in strong perms, hair coloring and hair sprays. Avoid shampoos and soaps containing chemicals such as sodium lauryl sulfate and lead acetate.
- Garden sprays, paints, detergents and cleansers containing toxic chemicals and solvents.

What Are Therapeutic-Grade Essential Oils?

- They are highly concentrated natural plant extracts; a drop or two can produce significant results.
- They act as the blood of the plant, protecting it from bacterial and viral infections, cleansing breaks in its tissue and delivering oxygen and nutrients into the cells.
- They are different from vegetable oils, such as corn oil, peanut oil, olive oil, etc. They are not greasy and do not clog the pores like vegetable and other oils can.

When to Dilute Essential Oils

Dilution is strongly recommended for:

- Oils coded with yellow  or red  drops.
- **GRAB** oils taken internally.
- First-time users of single oils or blends.
- Those with sensitive or fair skin.
- Oils applied to sensitive areas of the body—face, neck, genital area and armpits.
- Oils applied to infants or small children.

If you have an emergency...

Immediate dilution is strongly recommended if skin becomes painfully irritated or if oil accidentally gets into eyes.

- Dilute with V-6 Mixing Oil or any vegetable oil. Avoid using water since essential oils are not water soluble, and water may cause them to penetrate more quickly and actually increase the irritation.

- If dilution does not provide relief, discontinue use and contact your health care professional.

If a child or infant swallows an essential oil:

- Administer milk, honey or another safe, oil-soluble liquid.
- Call your poison control center or seek immediate emergency medical attention.



How to Safely Tap the Power of Therapeutic-Grade Essential Oils

Direct application

Because essential oils are soluble with the lipid membranes of cell walls, they have an unmatched ability to penetrate cells and disperse within minutes throughout the body. Consider how nicotine skin patches and hormone skin patches rely on transdermal absorption to deliver drugs throughout the body.

Before you start . . .

- Always skin-test an essential oil before using it. Each person's body is different, so apply oils to a small area first.
- Apply one oil or blend at a time. When layering oils that are new to you, allow enough time (15 to 30 min.) for the body to respond before applying a second oil.

How to enhance the benefits of essential oils

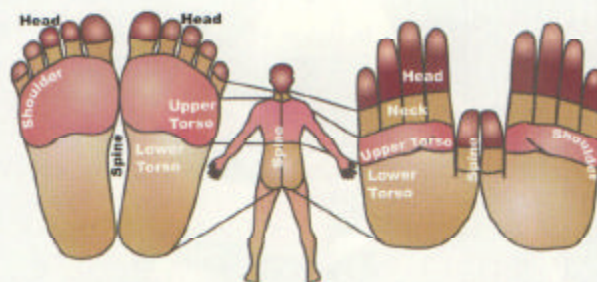
The longer essential oils stay in contact with the skin, the more likely they are to be absorbed. Gentle Care Rose Ointment, a mixture of beeswax, vitamin E and other natural ingredients, is designed to be layered on top of essential oils to reduce their evaporation and enhance penetration. It also helps seal and protect cuts and wounds.

Massage

Mix 3-4 drops of essential oil with 1/2 tsp. of a massage oil base such as V-6 Mixing Oil to create your own custom massage oil. You can also use our pre-mixed massage oils, such as Ortho Ease, Ortho Sport, or Sensation Massage Oils.



Raindrop Therapy is a kit of highly antibacterial essential oils designed specifically for massage. Raindrop Therapy was developed as a result of research indicating that many forms of spinal misalignments are caused by muscle spasms and inflammation-producing bacteria and viruses. The kit includes a free demonstration video.



VitaFlex is a specialized form of hand and foot massage that is exceptionally effective at delivering the benefits of essential oils throughout the body. Apply a drop or two of essential oil to those areas of the feet that correspond to the system of the body you wish to support.

Wearing as a perfume or cologne

Therapeutic-grade essential oils are natural, refreshing and healthy alternatives to synthetic fragrances and deodorants.

Mixing Oils

You can mix or layer a single oil with a blend or mix a single oil with another single oil. However, avoid mixing or layering oil blends over the same location; this may alter the aroma as well as the benefits.

Creating a compress

- Rub 1-3 drops on desired location, diluted or neat, depending on the oil and the skin sensitivity at that location.
- Cover with a hot, damp towel.
- Cover the moist towel with a dry towel for 10-60 minutes.

As the oil penetrates, you may experience a warming or even a burning sensation, especially in areas where the greatest benefits occur. If burning becomes uncomfortable, apply V-6 Mixing Oil or any pure vegetable oil.

Bath or shower

Add 2-3 drops of essential oil to our special Bath Gel Base to disperse evenly and prevent stronger oils from stinging sensitive areas. Use our essential-oil-enhanced shampoos, conditioners and bath and shower gels. To maximize benefits, leave them on the skin or scalp for several minutes to allow the essential oils to penetrate.

Dietary supplements

The Generally Regarded As Safe (GRAS) oils can be taken internally as dietary supplements. Some oils (valerian, lemon, grapefruit, orange and tangerine) are more effective taken orally.

Cooking

Many essential oils make excellent food flavorings. Only 1 to 2 drops of essential oil can be equivalent to a full bottle of dried herbs. To maximize their benefits, dilute as needed and add them *after* cooking.

Protect your home environment with diffused therapeutic-grade essential oils.



Diffusion

The Young Living diffuser is specially designed to disperse a fine mist of essential oils sufficient to fill a room in a few minutes. It disperses oils without the heating or burning that can **render the oil therapeutically less beneficial**. Research shows that cold-air diffusing certain oils may:

- Reduce bacteria, fungus, mold and unpleasant odors.
- Relax, relieve tension and clear the mind.
- Help in weight management.
- Improve concentration, alertness and mental clarity.

Start by diffusing oils for only 15-30 minutes per day. As you become accustomed to the oils and recognize their effects, you can increase the time.

Direct inhalation

Put several drops into the palms of the hands, cup over the mouth and breathe deeply. You can also apply oils to a tissue or handkerchief and inhale.

Humidifier/Vaporizer

Essential oils like peppermint, lemon or frankincense make ideal additions to humidifiers or vaporizers.

Cleaning

A few drops of oil can be added to dishwasher, the washing machine or the dishwasher to help disinfect and purify. Favorites are lemon, peppermint, Melrose and Purification.

If you are in a hurry . . .

You do not have to count the precise number of drops or apply the oil to an exact location. Simply shake a few drops into your hand and rub them in.

SINGLES

▲ GRAS Basil	◆ GRAS Oregano	▲ Envision
▲ Birch	◆ GRAS Patchouly	▲ Exodus II
▲ Canadian Red Cedar	▲ GRAS Pepper, Black	▲ Forgiveness
▲ Cedarwood	▲ GRAS Peppermint	▲ Gathering
▲ Chamomile, Roman	◆ GRAS Petitgrain	▲ Gentle Baby
◆ GRAS Cinnamon Bark	▲ GRAS Pine	▲ Grounding
▲ Cistus	▲ Ravensara	▲ Harmony
▲ Clary Sage	◆ GRAS Rosalina	▲ Hope
◆ GRAS Clove	◆ GRAS Rose	▲ Humility
▲ GRAS Coriander	▲ GRAS Rosemary	▲ ImmuPower
▲ Cypress	▲ Rosewood	▲ Inner Child
◆ GRAS Dill	▲ GRAS Sage	▲ Inspiration
▲ GRAS Eucalyptus	◆ GRAS Sandalwood	▲ Into The Future
◆ GRAS Fennel	▲ GRAS Spearmint	▲ Joy
▲ Fir	▲ Spikenard	▲ Juva Flex
▲ GRAS Frankincense	◆ GRAS Spruce	▲ Magnify Your Purpose
◆ GRAS Galbanum	▲ GRAS Tangerine	▲ Melrose
◆ GRAS Geranium	▲ GRAS Tarragon	▲ Mister
▲ GRAS Ginger	◆ GRAS Thyme	▲ Motivation
▲ GRAS Grapefruit	◆ GRAS Valerian Root	▲ M-Grain
▲ Helichrysum	▲ Vetiver	▲ PanAway
▲ Hyssop	▲ Vitex Negundo	▲ Passion
◆ GRAS Jasmine	▲ Wild Toney	▲ Peace & Calming
◆ GRAS Juniper Berry	◆ GRAS Ylang Ylang	▲ Present Time
◆ GRAS Lavender		▲ Purification
▲ GRAS Laurus Nobilis	BLENDS	▲ Raven
▲ GRAS Lemon	▲ Abundance	▲ R.C.
◆ GRAS Lemongrass	▲ Acceptance	▲ Release
▲ GRAS Marjoram	▲ Aroma Life	▲ Relieve It
▲ GRAS Melaleuca	▲ Aroma Siez	▲ Sacred Mountain
▲ GRAS Mountain Savory	▲ Awaken	▲ SARA
◆ GRAS Myrrh	▲ Christmas Spirit	▲ Sensation
▲ Myrtle	▲ Citrus Fresh	▲ Surrender
▲ GRAS Nutmeg	▲ Clarity	▲ Thieves
▲ GRAS Orange	▲ Di-Tone	▲ 3 Wise Men
	▲ Dragon Time	▲ Valor
	▲ Dream Catcher	▲ White Angelica
	▲ Endo Flex	
	▲ En-R-Gee	

How to read the application code

GRAS Generally Regard As Safe (by the FDA) for internal use.

- ◆ Dilution not required; suitable for all but the most sensitive skins. Generally safe for children over 2 years of age.
- ▲ Dilution recommended for both topical and internal use. Dilute before using on sensitive areas—face, neck, genital area, etc. Keep out of reach of children.
- ◆ Avoid use on skin exposed to direct sunlight or UV rays.
- ◆ Always dilute before applying to the skin or taking internally. Keep out of reach of children.