

ESSENTIAL OILS

at a Glance



Lavender

As the world leader in essential oils, we offer hundreds of essential oils and oil-infused products. Whether you use essential oils for aromatherapy, personal care or household solutions, every aspect of daily life can benefit from a few drops of oil!

We also offer 5 Wellness Essential Oils listed with therapeutic benefits. Follow label instructions and this guide to discover some practical uses for some of our most popular single essential oils and blends.

DIGIZE™



DiGize™ features a rich, calming scent when diffused. Apply to the chest and abdomen to experience its comforting aroma.

ESSENTIAL OILS | Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, Patchouli

DIRECTIONS FOR USE



Diffuse at home or in the car to create a peaceful, soothing atmosphere.

Apply DiGize to V-6™ Enhanced Vegetable Oil Complex for a soothing abdominal massage.

FRANKINCENSE WELLNESS



Frankincense offers an earthy, honey-like and woody aroma.

Traditionally used in Aromatherapy to relieve mild upper respiratory tract congestion; to reduce bronchial mucous congestion; and to enhance nerve function.

For a full list of therapeutic claims please visit our website.

DIRECTIONS FOR USE



Diffuse, directly inhale or apply topically. See label for further directions.

LAVENDER WELLNESS



Lavender offers a sweet, herbaceous, floral aroma.

Traditionally used in Aromatherapy to relieve headache symptoms; to calm nerves; and to relieve mild nerve pain.

For a full list of therapeutic claims please visit our website.

DIRECTIONS FOR USE



Diffuse, directly inhale or apply topically. See label for further directions.

LEMON WELLNESS



Lemon offers a clean, refreshing, citrus aroma.

Traditionally used in Aromatherapy to enhance mental alertness; to relieve nausea; and as a rubefacient to stimulate blood flow to skin.

For a full list of therapeutic claims please visit our website.

DIRECTIONS FOR USE



Diffuse, directly inhale or dilute with V-6™ Enhanced Vegetable Oil Complex to apply topically. See label for further directions.

ORANGE WELLNESS



Orange offers a sweet, fruity and citrus aroma.

Traditionally used in Aromatherapy to relieve constipation; as a nervous system relaxant; and to reduce the symptoms and the occurrence of mild anxiety.

For a full list of therapeutic claims please visit our website.

DIRECTIONS FOR USE



Diffuse, directly inhale or dilute with V-6™ Enhanced Vegetable Oil Complex to apply topically. See label for further directions.

PANAWAY®



PanAway® is a cooling blend and has a refreshing scent that is uplifting during moments of exhaustion. Dilute and apply PanAway after exercise to the neck and back for a soothing and stimulating aromatic experience.

ESSENTIAL OILS | Wintergreen, Clove, Helichrysum, Peppermint

DIRECTIONS FOR USE



Apply after a strenuous workout for a refreshing cooldown. Apply several drops onto the bottoms of feet for a soothing, relaxing foot massage.

Place 3-4 drops onto a hot towel and hold over the abdomen for a cool, refreshing effect.

PEACE & CALMING®



Peace & Calming® is gentle, sweet and is one of our most popular blends. Perfect for children's bedtime and for yourself after the house has settled down.

ESSENTIAL OILS | Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy

DIRECTIONS FOR USE



Apply to the bottoms of feet at night as part of a bedtime ritual for your whole family.

Dilute with V-6™ Enhanced Vegetable Oil Complex for a calming back massage before naps or bed.

Add 4–5 drops to 1 cup Epsom salt to a bath as part of a calming evening routine.

Diffuse at night for a restful night's sleep.

PEPPERMINT WELLNESS



Peppermint offers a refreshing, cool, minty and herbal aroma.

Traditionally used in Aromatherapy as an antipyretic/febrifuge to relieve mild fever; and as an analgesic/anodyne to relieve pain; and to relieve mild migraine symptoms.

For a full list of therapeutic claims please visit our website.

DIRECTIONS FOR USE



Diffuse, directly inhale or dilute with V-6™ Enhanced Vegetable Oil Complex to apply topically. See label for further directions.

R.C.™



Combining the essential oils of three unique varieties of eucalyptus with other aromatics, R.C. is an aromatic must-have. Diffuse it or apply its energising aroma directly before, during, or after your workout to help you stay motivated.

ESSENTIAL OILS | Eucalyptus Globulus, Eucalyptus Radiata, Eucalyptus Citriodora, Myrtle, Black Spruce, Cypress, Peppermint, Pine, Lavender, Marjoram

DIRECTIONS FOR USE



Diffuse or add R.C. to a bowl of warm water. Place a towel over your head and inhale the soothing scent.

Rub on feet or chest before exercising for an uplifting and inspiring aroma.

STRESS AWAY™



Stress Away™ is our first signature blend with a sweet, tropical, citrusy scent that is relaxing, comforting and calming.

ESSENTIAL OILS | Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender

DIRECTIONS FOR USE



Diffuse Stress Away for an aroma that encourages peaceful feelings.

Add 1–2 drops of Stress Away to your bath water to add an uplifting aromatic dimension.

Dilute with V-6™ Enhanced Vegetable Oil Complex and apply to wrists, neck, temples or feet to ease everyday stress.

THIEVES®



Thieves® essential oil blend was inspired by the legend of four 15th-century thieves. With an irresistibly spicy scent and exceptional cleaning power, Thieves is a core ingredient in our home cleaning and personal care products.

ESSENTIAL OILS | Clove, Cinnamon Bark, Rosemary, Lemon, Eucalyptus Radiata

DIRECTIONS FOR USE



Diffuse to help create a cosy, peaceful environment.

Customise your Thieves experience by adding a few drops of Orange, Tangerine or Nutmeg essential oil.

Add a few drops to your dishwasher or dishwasher to eliminate odours and boost cleaning.

VALOR®



Valor® essential oil blend is one of our most popular products and a favourite of Founder D. Gary Young. A truly unique blend, Valor has a woody, grounding aroma that is great for massages and other topical and aromatic uses.

ESSENTIAL OILS | Black Spruce, Blue Tansy, Camphor Wood, Geranium, Frankincense

DIRECTIONS FOR USE



Wear as a bold, inspiring cologne or use as a top note for personalised scents.

Rub a few drops into the soles of your feet whenever you need courage.

It's calming aroma supports emotional balance and encourages confidence.

Add to Young Living Bath & Shower Gel Base or to a hot bath to invigorate your bath and shower routine.



AROMATIC/INHALATION

Use essential oils aromatically to uplift the spirit.

- Rub 2–3 drops of essential oil between your palms and inhale deeply.
- Add a few drops of essential oil to a bowl of warm water. Cover your head and bowl with a towel. Breathe deeply and slowly.
- Use your favourite essential oils in your diffuser.



PHOTOSENSITIVE

Some essential oils, especially citrus oils, contain natural molecules that react with sunlight (UV light) and cause a sensitivity reaction.

- All Young Living essential oils and oil blends that contain these compounds are labelled with a warning to avoid sun/UV light for 12 to 48 hours after applying.
- Caution should always be used when starting to use a new oil - use patch testing, dilute and apply the oil to skin that is protected from sun/UV exposure to reduce the risk of sensitivity.

Peppermint



TOPICAL

Many essential oils are safe and beneficial to use directly on the skin.

- To use oils topically, place 2–3 drops of essential oil directly on the desired area, making sure to always follow the dilution instructions on the label and massage into the skin. Repeat as desired.
- Caution: If you have sensitive skin and/or have never used essential oils topically, then we recommend that you do a skin patch test when using a new oil. Dilute and apply the oil to skin that is protected from sun/UV exposure to reduce the risk of sensitivity.
- Caution: Essential oils are very potent and may be irritating to the skin. If irritation occurs, apply Young Living V-6™ Enhanced Vegetable Oil Complex or any pure vegetable oil to the area to dilute.



DILUTION

Some essential oils require dilution. See label for use.

NINGXIA RED®

Your Starter Bundle includes a sample of our top-selling superfruit drink, NingXia Red. NingXia Red blends puree from selectively sourced Ningxia wolfberries with powerful superfruit extracts and pure essential oils for a drink that offers a balanced blend of nutrition for a delicious, whole-body superfruit infusion. Like what you taste? Find our full NingXia Red product line in your Product Guide.



THIEVES® WATERLESS HAND SANITIZER

Combining naturally derived, plant-based ingredients, Thieves Waterless Hand Sanitizer utilises powerful essential oils to clean and purify hands. Moisturising emollients, like Aloe Vera, enrich our formula and add hydrating benefits. As a bonus, this lightweight formula leaves hands soft and smells divine!



*Packaging subject to change

THIEVES® SPRAY

Quick and convenient, Thieves Spray is a portable essential oil spray ideal for cleaning small surfaces. Just one small spray freshens counters, sinks, door handles, toilets and more using only naturally derived, plant-based ingredients and the powerful spicy-citrus scent of Thieves essential oil blend. Safe to use around children and the perfect size to throw in a purse, backpack, or luggage, a bottle of Thieves Spray is ideal to keep with you wherever you go!



Lemon



Find out more about

Wellness
ESSENTIAL OILS

Scan the below QR Codes with your camera or QR reader.



Wellness Essential Oils
Therapeutic Claims

Scan this QR code to visit the Young Living website for a full list of therapeutic claims.

bit.ly/wellness-essential-oils

Wellness Essential Oils
Sharing Guide

Scan this QR code to view the Wellness Essential Oils Sharing Guide, to sell these products compliantly.

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