

Everyday Oils for Everyday Athletes

On occasion, Young Living will change the essential oils in the premium starter kit based on availability. This handout is continually updated to include the oils available in the current and older versions of the premium starter kit. You may choose to order the oils not included in your kit included below.

Copaiba Vitality (*Copal*) approved as a dietary supplement for internal use

- Apply 1 drop to tongue and press to the roof of the mouth to keep sinuses clear during exercise
- Take 3-6 drops in a capsule to energize workouts to support the normal regeneration process
- Add 2-3 drops to your favorite tea, coffee, or juice for flavor and energy before exercise
- Apply 1-2 drops to your tongue for occasional discomfort in head and shoulders

Frankincense (*Boswellia carterii*) approved for topical and aromatic use

- Apply 2-3 drops to face in morning to keep skin young-looking and sinuses clear
- Apply 2-3 drops to any connective tissue to support the normal regeneration process
- Apply 2-3 drops to hairline to lift mood and support balanced hormones
- Apply 2-3 drops to forehead to settle the mind
- Apply 2-3 drops to the back of neck at the hairline and visualize your goals

Lavender (*Lavandula angustifolia*) approved for topical and aromatic use

- Apply 2-3 drops to soles of feet and back of the neck after workouts to relax muscles
- Apply 2-3 drops to soles of feet to relax the body-mind-spirit for a peaceful night sleep
- Use 12 drops per ounce of water in glass spray bottle and apply after being in the sun
- Apply directly to occasional blisters to soothe and support normal regeneration process

Lemon Vitality (*Citrus limon*) approved as a dietary supplement for internal use

- Add 3 drops to water in stainless steel bottle to refresh and uplift workouts
- Use 6 drops per ounce of water in glass spray bottle for shoes and workout equipment
- Add 6 drops to a glass of water before workouts to support fat burning and metabolism
- Add 6 drops in a capsule with meals to enhance detoxification and digest fats

Peppermint Vitality (*Mentha piperita*) approved as a dietary supplement for internal use

- Add 1 drop to tea for an energy boost and occasional discomfort in the head, neck, or shoulders
- Add 1 drop to water in stainless steel bottle to cool off during workouts
- Add 1 drop to baking soda and brush teeth to open sinuses and freshen breath
- Drink 1 drop per 16 ounces of water to promote sweating during workouts or in a sauna
- Apply 1 drop to the roof of the mouth to awaken and boost energy for early morning workouts

Citrus Fresh™ Vitality (a blend of orange, tangerine, mandarin, grapefruit, lemon, and spearmint) approved as a dietary supplement for internal use

- Add 3 drops to a steel water bottle to support digestion and energy during workouts
- Add 2-3 drops to sparkling mineral water for post workout recovery drink
- Apply 1-2 drops to tongue for clarity and focus during workouts
- Add 3-6 drops in a capsule and take with meals to support healthy metabolism and fat burning

DiGize™ Vitality (blend of tarragon, ginger, peppermint, juniper, fennel, lemongrass, anise, patchouli) approved as a dietary supplement for internal use

- Use 3 drops in a capsule to support the digestive system during workouts
- Add 1 drop to sparkling mineral water for post workout recovery drink
- Apply 1 drop to your tongue for occasional motion sickness during workouts
- Use 3 drops in a capsule before workouts to support healthy metabolism and fat burning

PanAway® (a blend of wintergreen, helichrysum, clove, peppermint) approved for aromatic and topical use

- Dilute 50/50 with V6 carrier oil and apply to any area of occasional discomfort or muscle soreness and after workouts
- Apply 2-3 drops to low back during longer workouts to increase stamina
- Apply 2 drops to soles of feet and spine before workouts to energize muscles
- Apply 2-3 drops to lower back when physically or emotionally exhausted

Raven™ (a blend of ravintsara, lemon, wintergreen, and peppermint) approved for aromatic and topical use

- Apply 2 drops to soles of feet to support energy and focus during workouts
- Dilute 50/50 with V6 carrier oil and apply to occasional sore muscles after workouts
- Dilute 50/50 with V6 carrier oil and apply to the chest to support healthy breathing patterns during workouts
- Apply 2 drops to soles of feet to support a healthy immune system when in public spaces

Stress Away® Vitality (a blend of copaiba, lime, cedarwood, ocotea, and lavender) approved as a dietary supplement for internal use

- Use 3 drops in a capsule to support the nervous system before competitive sporting events
- Use 3 drops in a capsule to relax the body-mind-spirit after workouts and adventures
- Mix 2 drops with 4 ounces of sparkling water for relaxing treat for kids after activities
- Add 1 drop to your favorite tea to enhance the flavor

Thieves® Vitality (a blend of clove, lemon, cinnamon bark, eucalyptus radiata, rosemary) approved as a dietary supplement for internal use

- Apply 1 drop to your tongue and apply to the roof of the mouth to keep your sinuses open and your head clear
- Add 3 drops to a capsule to support normal tissue recovery after workouts
- Mix 1 drop with 6 ounces of rice milk for a healthy immune support in public areas
- Use 12 drops per ounce of water in glass spray bottle and spray gym area, locker rooms, and wipe down workout equipment

From the older premium starter kits -

Purification® (a blend of citronella, lemongrass, rosemary, melaleuca, lavender, myrtle) approved for aromatic and topical use

- Use 9 drops per ounce of water in glass spray bottle to remove odors and wipe down workout equipment
- Use 12 drops per ounce plus 3 drops peppermint in glass spray bottle and spray clothing and shoes to prepare for outdoor activities
- Apply 2 drops to soles of feet to support normal immune and digestive functions
- Dilute 50/50 with V6 carrier oil and apply to ligaments to support normal tissue regeneration process
- Apply 1-3 drops to occasional insect bites and stings and repeat as needed
- Add 2-3 drops daily to purify two-person hot tub or hotel bath

RC® (a blend of eucalyptus globulus/radiata/citridora, myrtle, pine, marjoram, lavender, cypress, tsuga, and peppermint) approved for aromatic and topical use

- Apply 2 drops to soles of feet to support healthy breathing patterns during workouts
- Dilute 50/50 with V6 carrier oil and apply to occasional sore muscles after workouts
- Dilute 50/50 with V6 carrier oil and apply to the chest for an occasional cough or congestion
- Apply 2 drops to soles of feet to support a healthy immune system when working out in public places

Tea Tree (*Melaleuca Alternifolia*) approved for topical and aromatic use

- Use 9 drops per ounce of water in glass spray bottle to remove odors and wipe down workout equipment
- Apply 1-3 drops to occasional insect bites and stings and repeat as needed
- Add 2-3 drops daily to purify two-person hot tub or hotel bath
- Apply directly to occasional blisters to soothe and support normal regeneration process