

Everyday Oils for Everyday Uses

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 dietary supplement for internal use

- Use 1 drop under the tongue for occasional tension and discomfort in the upper body or head
- Add 3 drops in a capsule at breakfast to support healthy metabolism and weight
- Use 3 drops in a capsule after a workout to support the normal recovery process
- Use 3 drops in a capsule to energize your day and support a healthy muscular-skeletal system

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

- Add 3 drops to your favorite organic moisturizer for a radiant glow
- Apply 3 drops to the back of the neck to uplift your spirit
- Apply a few drops to freshly shaven skin for a refreshing and soothing feel
- Apply 1 drop to the forehead to encourage a deeper meditation state

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

- Apply a few drops to wrists and wear as a natural perfume
- Add 3 drops to a cup of Epson salts for a relaxing bath
- Diffuse 6 drops at night for sweet dreams
- Add 3 drops to your favorite organic lotion to harmonize with environmental factors

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

- Apply 1 drop to your tongue and press to roof of mouth to open up nasal passages
- Add 3 drops to water with meals to support normal digestion
- Add 6 drops to butter or cream cheese frosting for added zing
- Add 3 drops lemon plus 3 drops stevia to a tall glass of iced tea for a healthy Arnold Palmer

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

- Add 1 drop to 18-24 oz of water to support normal digestion, keep nasal passages open, and create a cooling summer beverage
- Add 1 drop to hot chocolate or chocolate chip cookie recipe for a refreshing treat
- Smell the opened bottle for a quick pick-me-up during the day
- Add 3 drops to diffuser during the day for awareness and alertness

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 glass of water to support healthy digestion
- Add 2-3 drops to sparkling mineral water for special occasions
- Apply 1-2 drops to tongue for quick breath freshener
- 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 dietary supplement for internal use

- Add 1 drop to sparkling water to create a soda alternative or soothing beverage
- Add 3 drops to a capsule at meals to support a healthy digestive track
- Sprinkle on granola parfait for flavor and nutrient benefits
- Use 1 drop under the tongue for immediate relief of occasional digestive upset

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

- Apply 3 drops to the soles of feet before exercise for performance enhancement
- Dilute and apply 6 drops to the spine for a relaxing and energizing boost to the day
- Apply 3 drops base of head and back of neck for occasional discomfort or tension
- Add 3 drops to your favorite organic massage oil for occasional areas of discomfort

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

- Diffuse 6 drops to support the respiratory and immune systems
- Dilute 50/50 and apply to upper chest to open nasal passages
- Apply 3 drops to the soles of feet for a stimulating and refreshing start to the day
- Dilute 50/50 and apply to the upper back to harmonize the immune system with your environment

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

- Add 6 drops to capsule with dinner to emotionally wind down at the end of a busy day
- Add 1 drop to almond or rice milk at breakfast to support a healthy emotional response for the day
- Use 1 drop under the tongue for the immediate relief of occasional emotional upset
- Leave cap off the bottle in dining room to promote harmony within the family

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

- Add 1 drop to a teaspoon of baking soda for a great tasting oral scrub
- Use 1 drop under the tongue for occasional tension and discomfort in the head
- Use 3 drops in a capsule at breakfast to support a normal immune response

From the older Premium Starter Kits -

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

- Create a personal spray by adding 40 drops to 4oz glass spray bottle and spray clothes, skin, and outdoor furniture to remove outdoor annoyances and odors
- Leave the top off the bottle in the bathroom for a slow diffusion of pleasant aromas
- Add 3 drops to vinegar for a natural household cleaner
- Add 1 drop to a cotton ball and place inside shoes, cars, and closets for a fresh scent

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

- Diffuse 6 drops to support a healthy respiratory and immune system
- Dilute 50/50 and apply to upper lip to open nasal passages
- Apply 3 drops to the soles of feet for a stimulating and refreshing start to the day
- Dilute 50/50 and apply to the upper back to support vitality and energy
- Add 1 drop to a cup of almond or rice milk as a nutrient booster

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

- Use 9 drops per ounce of water in glass spray bottle to spray on shower and bathroom tile
- Apply 1-3 drops to occasional insect bites and stings and repeat as needed
- Add 2-3 drops daily to a cotton ball and place in closet or hotel room for a room freshener
- Diffuse 6 drops daily to freshen house and support the family's immune system