



RECOMMENDED ESSENTIAL OILS

This is 'THE' list!

These essential oils can all be diffused and/or applied to the skin (read directions for each oil online) and are essential to health NOW. I love using Young Living.

These special, pure, medical-grade oils have been an age-old practice! Smart! Check these oils out and give them a go at home, in the office, the car, the taxi, the bedroom, the airplane, the hospital room...

Order oils at www.youngliving.com
use You!Healing account **order code: #1130342**

Go to the next page to see the list of essential oils I recommend:

You!Healing
anne@youhealing.org
www.youhealing.org





THIEVES Essential Oil

Clove, Lemon, Cinnamon, Eucalyptus Radiata, and Rosemary. Antimicrobial, antibacterial, immune-booster



Peppermint Essential Oil

Creates a stimulating, focused atmosphere, cleans out the lungs, increases energy, and great for head and stomach aches



Stress Away Essential Oil

A blend of Lime and Cedarwood. Stress relieving, promotes relaxation and calming atmosphere, combats irritation and exhaustion throughout the day or to unwind before bed



Eucalyptus Radiata Essential Oil

Relieves joint or muscle pain, colds and coughs. Diffuse Eucalyptus Radiata oil to promote a stimulating and rejuvenating environment



Rosemary Romarin Essential Oil

Encourages clear thinking, boosts creativity and energy, relieves digestive discomfort and reduces the symptoms of cold & cough



R.C. Essential Oil

A blend of cypress, spruce, and three varieties of eucalyptus. Supports clear breathing, promotes restful sleep

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Purification Essential Oil

A blend of oils with sweet refreshing scent that instantly deodorizes, cleans and purify the air



Lemongrass Essential Oil

Refreshing, rejuvenating, stimulating, and balancing, it is an inspiring oil. It also enhances relaxation and relieves digestive discomfort



Lemon Essential Oil

It has a refreshing and cooling properties. Promotes an instant pick-me-up and reduces the symptoms of cold & cough



Cedarwood Essential Oil

Creates a relaxing, calming, and comforting atmosphere when diffused to help support a relaxing nighttime routine. It also has a cleansing and moisturizing properties



Pine Essential Oil

Enhances relaxation and helps relieve joint or muscle pain. It can also reduce the symptoms of cold & cough



Lavender Essential Oil

Promotes feelings of calm and fights occasional nervous tension. Has balancing properties, calm the mind and body, supports digestive discomfort, relieves headache

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En-R-Gee Essential Oil

This blend of oils help to restore mental alertness and boosts energy



Tea Tree Essential Oil

Antimicrobial, antibacterial, encourages clear thinking and increases focus. Inhale to reduce the symptoms of cold & cough

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