



Nature's Essential Oils

November
2010

www.NaturesEssentialOilsOnline.com

Young Living Therapeutic-grade essential oils

Thanksgiving is soon and Christmas is just around the corner!

Avoid the craziness of Black Friday by ordering wellness gifts from Young Living this month and receive FREE FRANKINCENSE OIL!

(Retail Value \$91.78)

In the month of November order \$225.00 PV and receive a 15 ml bottle of Frankincense oil FREE!



This newsletter has wonderful ways to give wellness gifts for a holiday, birthday, hostess gift, or any occasion. These unique gifts will be cherished by the receiver.

View the product catalog at <http://viewer.zmags.com/publication/f80ec2b9#/f80ec2b9/1> and the holiday catalog at <http://viewer.zmags.com/publication/ad56b42f#/ad56b42f/1> for your favorite products. Share **WELLNESS** gifts with the people you love!

Here are just a few ideas to get you started. . .

Budget Friendly Wellness Gifts for under \$10!

It's inexpensive to make bath salts. One bottle of Young Living essential oils goes a long way. It is easy to do and your friends and family will be thankful for your thoughtful gift.

Lavender Bath Salt Recipe or Lavender-Peppermint Foot Soak

Mix 2 cups of Epsom Salt and ½ cup of sea salt or baking soda. Stir in 5-6 drops of Lavender oil (for bath) **or** 2-3 drops each of Lavender and Peppermint (for foot soak). Stir completely. Put salt mixture in a nice dark colored glass or plastic container with a pretty label. If you don't have a dark colored bottle, cut pretty fabric in a large square that your container will fit into and pull the fabric up around the container and tie at the top with pretty ribbon. Add a tag that says "**Bath Salt and Foot Soak - Add ½ cup bath salt to water in tub for a body soak or 1/8 cup in a dish pan 2/3 full of warm water for a foot soak. Soak, relax, feel calmer, and enjoy! Knowing that you are soaking in the best quality essential oils that are free of chemicals makes this even more of a luxury!**"

Lavender Item No. 3575

Peppermint Item No. 3614

Recession-Busting Tip: Break up your Essential Seven kit into seven wonderful gifts. Just package one of the oils in a beautiful pouch or box and add a card. People love to receive oil presents! Give them instructions how to use the oils. **Item No. 3120**



Diane and BJ have essential oil instructions and suggested uses for these oils. Just ask for copies and add them to your oil gifts!



Lemon oil makes a great gift because lemon oil has so many uses plus you can use it to flavor water and help alkalize the body. Use it to sanitize surfaces and clean your home, fruits, and vegetables. You can also use lemon oil for flavoring yogurt, whipping cream, chicken alfredo, etc. It has an FDA label and NO chemicals! EVERY home should have lemon oil!!! Add oils to foods AFTER heating.

Item No. 3578

Orange oil makes another inexpensive gift and helps keep the body's cells healthy! Orange oil is a "mood lifter." Use this "happy" oil in your diffuser. You can also use it for flavoring in water or any food. It is great to add to whipped cream! It is FDA approved and NO chemicals!

Item No. 3602



Some **individual packets of NingXia Red** are great gifts for that



person you never know what to get. They also make fantastic stocking stuffers. One ounce of Ningxia Red has the antioxidant power of:
4 lbs. of carrots 2 qts. carrot juice 8 oranges 1 pt. orange juice
2 c. blueberries 3 c. raspberries 2 c. beet juice 2 lbs. beets

Item No. 3168 (30 packets) or 3169 (100 packets—much more budget friendly price)

KidScents® for the Little Ones!

KidScents® Lotion moisturizes, softens, and protects children's sensitive skin using herbal extracts and a unique mix of botanicals. It contains MSM to promote healthy skin, calming and soothing shea butter (with natural UV protection), aloe vera, antioxidant vitamins, wheat germ and almond oil, and uplifting therapeutic-grade essential oils.

Item No. 3682

KidScents® Bath Gel is a safe, gentle, and mild all-natural liquid soap that contains MSM (a natural form of sulfur that promotes healthy, clear skin), soothing aloe vera, a mix of antioxidant vitamins and botanicals, and fragrant essential oils to leave tender skin feeling soft and refreshed. KidScents Bath Gel has the perfect pH balance for children's skin. – **Item #3684**

KidScents®Tender Tush is a gentle ointment that nourishes and protects skin with soothing ingredients like coconut, olive, and wheat germ oils. The all-natural ingredients in Tender Tush soothe the delicate skin in the diaper area while gentle essential oils provide comforting aromatherapy. Tender Tush is also great for expectant mothers who are concerned with stretch marks. **Item No. 3689**

KidScents® Shampoo has a safe, mild formula designed to provide the perfect pH balance for children's delicate skin. It contains MSM, a natural sulfur compound known to strengthen hair, along with aloe vera, chamomile, and other nourishing herbs and vitamins. Item No. 3686

KidScents® Toothpaste is a safe, natural alternative to commercial brands of toothpaste. Perfect for children of all ages, KidScents Toothpaste makes a great training toothpaste for children during the crucial first years while they develop their primary teeth. **Item No. 3687**



Dentarome Ultra Toothpaste – Thankfully, this is a SAFE toothpaste with no toxic fluoride that really works! This toothpaste has plenty of bacteria and germ fighting power! – **Item No. 3738**



Dentarome Plus Toothpaste – This serves multiple uses as a toothpaste, deodorant, and night time acne cream – **Item No. 3744**



Thieves Hand Cleaner – Keep in purse or pocket. Doubles as a daytime acne gel. – **Item No. 3622**

Buy **Thieves foaming soap**. Pour out half the soap and put in a glass jar. Fill the foamer container with pure water. Leave a little room so you can shake it up. Give instructions to use the soap in the jar as a refill. You have two bottles of soap from one, and this formula is plenty strong for home use. – **Item No. 3674**



Buy 5/16 dram bottles from Young Living and put oils in them. Include directions and suggestions for use. You can give one or more bottles to a friend in a small box or gift bag. These little bottles 34 drops of oil. A half bottle would be approximately 17 drops. A 15ml oil would completely fill approximately 7+ bottles. Half full, a 15 ml bottle would fill approximately 14+ bottles. **Essential Oil Sample Bottles – Item No. 3194 – 25 pk.**

Buy small bottles and containers from Abundant Health (www.AbundantHealth4u.com) or find in stores. Check out the dollar stores for containers. Pure oils should be in dark glass containers. Plastic may work if you add creams or carrier oil.

Some ideas for small bottles and containers:

Gifts for:	Use 5/16 dram bottles with labels and reducers for:	Buy small plastic containers for:
Mothers and babies	Gentle Baby or Peace & Calming	Tender Tush, Animal Scents, or Rose Ointment
Athletes	Wintergreen, Peppermint, or PanAway	Orthosport
Anyone	Thieves or Lemon	Inner Defense or Super C
Dieters	Grapefruit	Cel-Lite Magic
Women	Joy or Peace & Calming	Unscented coconut oil moisturizer plus choice of oils
Men	Valor	Animal Scents (Use like Vaseline or Neosporin.)

Give sample sizes of Animal Scents in small plastic containers. Try Thieves Household Cleaner (1/3 to 1/2 capful in 8 oz. glass spray bottle) or shampoo, lotions, massage oils, or shower gel in small plastic bottles. Write or type up instructions and suggestions for use. Put these sample size containers in a pretty organza bag or wrap it up with pretty material and tie with a ribbon.

Make perfume! Buy small roll-on glass bottles at www.abundanthealth4u.com. Put in 7 or 8 drops of your selected essential oil and add V6 oil from Young Living. This can be used as a perfume but without chemicals (many are toxic) like commercial perfumes. Create a special label. BJ made this for her aunt Ag and added a label that said *Perfume de Agnes*. You can add special touches with permanent pens found at craft stores.



Wellness Gifts for over \$10:

GIVE THE GIFT THAT KEEPS ON GIVING ~

Buying a starter kit for someone you love will give them wholesale buying privileges. This is a one-time fee of \$40. There is no annual fee, and the only obligation is to purchase \$50 PV each year.

What a glorious gift this could be to enhance the wellness of your friends and family and to help make their lives and homes healthier!

Even the basic starter kit has two 5 ml of essential oil, three one-ounce packets of Ningxia Red along with educational CDs, Essential Oil User Guide a coupon for \$40.00 off of the WHOLESALE price of a cold air diffuser of choice along with literature and CDs on the benefits of essential oils. Cold air diffusers are a must for every home. The diffusers are small and portable so they can be moved from room to room. The EPA says that about 50% of illnesses are caused by polluted indoor air. Make your home a safer and healthier place to be this winter! Plus a wholesale membership grants a discount of 24% off retail prices! **What a splendid gift to present to your loved one!**

To enroll for a Young Living wholesale membership, you can either contact Diane (952-221-6690) or BJ (218-948-2622) or visit www.youngliving.com and click on "Member Sign Up" in the upper right hand corner of the screen and follow the directions. Or call the Customer Care Department at 1-800-371-2928 Monday through Friday 6 a.m. to 8 p.m.

MST and Saturday, 7 a.m. to 3 p.m. MST. You can use either **Diane's code 988544** or **BJ's code 970884** when enrolling. As a bonus, the new member will receive friendly, FREE, ongoing support from team leaders Diane and BJ!

When creating a membership you will need your gift receiver's personal information, so if you prefer you can give you a "Membership Gift Certificate" by contacting Diane or BJ. We can provide a beautiful gift certificate and the receiver can contact us to redeem.



Stress Away ~ The holidays can be a hectic time!! What better gift can you give than a product to help others manage their stress? For the first time ever, Young Living has combined the soothing scents of lime and vanilla absolute in a handy roll-on. This wonderful blend of essential oils brings a sense of calm in the midst of a hectic day. *This is a ROLL-ON for MANAGING STRESS NATURALLY* with a relaxing and INTOXICATING fragrance! This easily fits in your purse or pocket and you never waste a drop! **Item #4472**

These kits are great! Get a great collection of therapeutic-grade oils in small sizes! Or you can break apart these kits and give individual bottles to your friends and family.



Everyday Oils Kit– An AMAZING collection! Containing nine of the most popular essential oils, this collection offers the cleansing power of Thieves and Purification, the comforting touch of PanAway and Valor, the soothing benefits of lavender and Peace & Calming, and the versatility of frankincense, lemon, and peppermint. **Item #3695**



Golden Touch Kit – Contains immune-building oils

Golden Touch 1™ provides immune protection all throughout the year. The oil blend formulas in this collection have been specifically created to take advantage of essential oil constituents that support many functions of the body. A growing number of today's professionals consider essential oils to be the missing link in health care. Refer to individual oil blends for specific benefits. Includes The Missing Link™, seven Blends (5 ml bottles): Di-Gize™, EndoFlex™, JuvaFlex™, Melrose™, Raven™, R.C.™, and Thieves®. **Item #3130**



Raindrop Kit –Raindrop Technique® combines the art of aromatherapy with the techniques of Vita Flex and massage in the application of essential oils to various areas of the body. This collection provides a revolutionary means of bringing balance and harmony to the body-- physically, mentally, and emotionally. Kit contains: seven single oils (5 ml bottles): Thyme, Basil, Peppermint, Oregano, Wintergreen, Cypress and Marjoram and two oil blends (5 ml bottles): Valor® & Aroma Seiz™. Also included in this kit you will find one 8-oz. bottle of Ortho Ease® Aromatherapy Massage Oil and one 8-oz. V-6™ Enhanced Vegetable Oil Complex. The Raindrop collection also includes an instructional DVD and mini brochure that teach you how to perform the Raindrop Technique® on others.

Most raindrop sessions cost \$45 to \$100 for EACH session. With this kit, you can learn to do the raindrop technique yourself and you should be able to get about 10 – 11 raindrop treatments from ONE kit. Save \$34 to \$85 PER TREATMENT! Or buy the RAINDROP kit for yourself and then create your own "RAINDROP GIFT CERTIFICATE" to give to your friends or family members! You can give them a personal Raindrop session that they will enjoy and be healthier because of it! **Item #3137**

Create a **"Winter Cold and Sore Throat Kit"** by giving a bottle of Lemon Oil, a bottle of Eucalyptus Radiata oil, a small bottle of honey, and this recipe:

Don't let a winter cold or sore throat get your down! Calm your cough, sore throat and boost your immune system while sipping on this delicious and soothing warm drink.

8 ounces of warm water
2 drops of Young Living Eucalyptus Radiata oil

4 drops Young Living Lemon oil
Honey to taste

This delicious drink tastes like warm honey eucalyptus cough drop and will soothe your sore throat and help with cold symptoms. Add the oils AFTER heating the water.

Eucalyptus is a great oil to use when you are having trouble breathing due to a cold. It will open up your sinuses and your lungs. Rub it on your chest area, neck, or rub a very small amount under your nose to open up your nasal passages. Lemon can be used in any water for added taste and will help alkalize your body. Both of these essential oils are great for combating germs associated with colds and the flu. Check the Essential Oil Desk Reference for more ideas on fighting colds, viruses, and bacteria.

Eucalyptus Radiata Item #3538 **Lemon Oil Item #3578**

Reference books are always great gifts to give!

Go to <http://www.naturesessentialoilsonline.com/Our-OnLine-Store.html>

Click on the books you want through our account on Amazon. You will be able to check out using your personal Amazon account.

We STRONGLY suggest that "oilers" get a copy of the *Essential Oil Reference Guide* or *Higgley's Reference Guide*. Another wonderful book is *Healing Oils of the Bible*. This book is written from a scientific and Christian point of view. Start reading at chapter 2. After you are finished with the book, go back and read chapter 1.



Details are at

<http://www.naturesessentialoilsonline.com/Our-OnLine-Store.html>.

There are so many ways to give from your heart with healthy Young Living essential oils and products. Only pure, therapeutic-grade essential oils help your body heal. Adulterated oils and inferior grade essential oils may smell alright but will not heal or benefit your health. In fact, some oils contain additives, chemicals, or are chemically extracted from the plants (to get more oil) with chemicals that are harmful to humans. To ensure you are getting the best, buy only the best, Young Living Essential Oils.

We wish you a blessed Thanksgiving surrounded with family, friends, and all the healthy trimmings!



Look for our December newsletter for ideas on last minute gifts and wonderful recipes for holiday dinners using healthy essential oils. Keep this holiday season happy and healthy!

**Contact Diane Baana at 952-221-6690 or
BJ Rylander at 218-948-2622 or email:
Blessings@NaturesEssentialOilsOnLine.com**