

250+ *Everyday uses for the*

PREMIUM STARTER KIT

BONUS:
Recipes for Cooking,
Cleaning and
Personal Care



Acknowledgment

Thank you to the amazing Essential Oil Goddess team members for their collaboration to make this booklet possible. A HUGE thank you to Julie Jones, Jo Behlau, Emmely Rackemann, Elizabeth Moldenhauer, Fiona Milton-Head, Tuula Olin, Catherine Kuhn, Angelique Rauschenbach, Amanda Cuda, Amy Joyous Marais and Jen Gallagher for their contributions.

Disclaimer

The information contained in this booklet is intended as a source of information only. The suggestions in this booklet are only for use with Young Living Therapeutic-Grade Oils. It is not provided to diagnose, prescribe, or treat any disease, illness, injury or condition of the body. The information in this book should not be used as a substitute for medical advice or counselling, obtained from a qualified health professional.

Please refer to the Product Guide for your country to learn how to use essential oils.
Remember, when cleaning with essential oil products, patch test first before doing a large area.
Always use an inconspicuous spot.

Neither the authors nor publisher accept responsibility for such use. This booklet has been created by Young Living Independent Distributors.

Important information	
My Member Number:	
Date of Essential Rewards:	
Password:	
PIN:	

Young Living Australia Customer Service

Phone: 1300 289 536 or (02) 8604 5600

Email: custserv@youngliving.com.au

Website: www.youngliving.com.au

Your Team Support	
Name:	
Phone:	
Email:	



Introduction

.....

Welcome to the world of Young Living. We are excited you have decided to take this amazing journey with us.

Inside this booklet you will find lots of suggestions to use your Premium Starter Kit. Your Premium Starter Kit contains 11 of the essential oils in this eBook. We have included the base collection of essential oils and the “flex oils.” You may receive one or more of the flex oils in place of a base collection oil due to seasonal changes and/or raw material shortages. At Young Living, real plants grow in real time!

A great way to start is to take the 10 day challenge. Use 1 essential oil a day, for 10 days to find more uses for your oils. These oils are created for everyday use!

Young Living Essential Oils are the world leaders in essential oils. You can read the Product Guide for your country to discover more about our purpose, our promise of purity from Seed to Seal, and our farms around the world.

You may find once you start using Young Living Essential Oils, you may want to share it with friends and family.

Love it! Share it!

When you share your everyday experiences and help others discover the joy of Young Living Essential Oils, Young Living will send you a thank you payment each month, for each order.* Just talk to the person who introduced you for more information.

Enjoy the Journey! Your Young Living Team

* Please refer to compensation plan for full details.





Copaiba (*Copaifera reticulata*)

.....

Tapped directly from the Copaiba Tree in Brazil, Copaiba is a clear oil that has a rich, uplifting, woody fragrance.

- 1 Apply to your chest to elevate your mood.
- 2 Add a few drops to coconut oil and massage into legs, shoulders, back and neck.
- 3 Add a few drops to a carrier oil to moisturise your skin.
- 4 Add a few drops of copaiba direct to soothe skin.
- 5 Apply to shoulders and back of neck to encourage relaxation.
- 6 Apply to the temples to slow down a racing mind and instil mindfulness.
- 7 Copaiba is a magnifying oil. Add it to any other oils to enhance their purpose or layer onto other oils used topically.
- 8 Rub on legs when overworked or underworked.
- 9 Contains over 90% sesquiterpenes.
- 10 An oil contained in the blends Deep Relief, Breath Again and Stress Away. Says it all!
- 11 Rub in with a carrier oil to ankles, knees, elbows, neck, hands and feet.
- 12 Great to add to coconut oil and use on your face to firm skin!
- 13 Apply a few drops to the neck for a relaxing massage.
- 14 Apply a few drops to any joint before or after exercise.
- 15 Apply a small amount to the lips when the cold winds come.



Frankincense (*Boswellia carteri*)

.....

Frankincense is used particularly for ageing and dry skin. Its earthy, balsamic scent has calming properties that can increase spirituality and inner strength.

- 16 Diffuse to create an atmosphere of relaxation and calming.
- 17 Mix with a carrier oil and apply topically to support healthy skin.
- 18 Diffuse to alleviate everyday stress and negative emotions.
- 19 Apply to temples for a peaceful night's sleep.
- 20 Combine with shea butter or coconut oil for a soothing skin moisturiser.
- 21 Diffuse to enhance meditation and spiritual connection.
- 22 Apply a few drops to the chest to uplift mood.
- 23 Apply a drop to third eye chakra for spiritual awareness.
- 24 Apply a drop on the crown chakra for higher connection and mood elevation.
- 25 Apply a drop around the eye area for anti-wrinkle cream (avoid eyes).
- 26 Use topically diluted in V6 on the face and neck.
- 27 Drop on the back of neck as a wonderful natural perfume.
- 28 Add a drop of frankincense to your favourite raw chocolate recipe for a deep, earthy flavour.



Lavender (*Lavandula angustifolia*)

.....

Lavender is the most versatile essential oil and is often used to support the skin. Its refreshing relaxing scent has balancing properties that may calm the mind and body or boost energy and stamina.

- 29 Diffuse or inhale from cupped hands for relaxation.
- 30 Add to distilled water and spray on pillows and bed linen to aid restful sleep.
- 31 Mix with coconut oil or shea butter for a soothing skin balm.
- 32 Add a few drops to the washing machine and/or dryer for fresh laundry.
- 33 Add to Epsom salts for a relaxing bath.
- 34 Use with a carrier oil for a calming massage.
- 35 Inhale before an exam to promote calmness.
- 36 Apply after sun for a healthy glow.
- 37 Diffuse to balance the energy in the room.
- 38 Diffuse just before bedtime for a peaceful night's sleep.
- 39 Apply to skin after a day at the beach or outdoors.
- 40 Add to the dryer on a small cloth – great for towels and bed linen.
- 41 Apply a drop under your eye area (avoid eyes) before going to sleep.
- 42 Apply on the stomach area when feeling a bit upset or nervous.
- 43 Easy lavender lemonade. Squeeze a fresh lemon, add 2 teaspoons of maple syrup (or more to taste) and 1 drop of lavender oil. Add to a 1 litre glass bottle and top up with purified water.





Lemon (Citrus limon)

.....

Lemon consisting of 68 percent of di-limonene has a strong, clean, purifying citrus scent that can be calming when inhaled. Cold pressed from the fresh fruit peel of lemons grown in Argentina and the United States, lemon oil has refreshing and cooling properties. An instant pick-me-up, promoting energy and mental clarity.

- 44 Add to the washing machine for fresh laundry.
- 45 Mix with distilled water for an effective surface cleaner.
- 46 Can be used to clean harmful chemicals from fresh produce.
- 47 Add a drop to moisturiser to improve the complexion and nourish the skin.
- 48 Highly effective for removing goo and sticky substances.
- 49 Can be used as a pre-wash stain remover on clothing.
- 50 Diffuse to uplift and invigorate your mood.
- 51 Mix with baking soda and raw honey for a nourishing facial cleanser.
- 52 Apply to body to freshen up.
- 53 Diffuse lemon when studying.
- 54 Apply to feet before or after wearing high heels (turns 2 hour shoes into 4 hour shoes!)
- 55 Smells refreshing and clean when diffused.
- 56 Inhale deeply from cupped hands to invigorate and stimulate the mind, particularly when stress or tensions arise from everyday issues.
- 57 A powerful oil that contains d-limonene.
- 58 Can help to increase focus and concentration via diffusion or inhalation.
- 59 Great to refresh the kitchen sink and wipe counter tops.
- 60 Diffuse to brighten up your day.
- 61 Use 5-8 drops in the diffuser late afternoon to keep energy high, as air refresher, and/or add brightness to the day.
- 62 Add 1 drop of lemon oil to your water for flavour.
- 63 Add 1 drop of lemon oil for extra kick when you add lemon juice to a recipe.





Lemongrass (*Cymbopogon flexuosus*)

.....

Lemongrass has a light, fresh, citrus aroma with earthy undertones. Refreshing, rejuvenating, stimulating, and balancing, lemongrass inspires and improves mental clarity.

- 64 Apply a couple of drops to your lower right rib to help overcome feelings of resentment.
- 65 Add a couple of drops to your neck to help overcome the need for schedules and to feel more spontaneous.
- 66 Add a couple of drops to the palm of your hands, rub them to together and run your hands through your Aura for cleansing.
- 67 If you need to visit a hospital, rub lemongrass on your hands before and after.
- 68 Add to a massage blend and apply to the lower back and leg muscles to encourage flexibility. Great for yoga or any lengthening exercises.
- 69 Diffuse to enliven the spirit and awaken the senses.
- 70 Add to a spray bottle for in the bathroom. Creates a fresh, clean atmosphere.
- 71 Add at the end of any Thai dish creation.
- 72 Place a drop or two on the cardboard on the inside of the toilet roll to create a fresh bathroom aroma.
- 73 Rub it between your toes.
- 74 Add to a warm bath to relax a tired body.
- 75 Add one drop to a teaspoon of honey to make a delicious syrup.
- 76 Add to hommus dip for extra flavour.
- 77 Change the mood of a room by applying to back of ankles.
- 78 Beautiful fragrance in the diffuser, will make your family sing!





Melaleuca alternifolia (Tea Tree)

Commonly known as tea tree oil, Melaleuca alternifolia is steam distilled from the leaves in Australia. It can be used in skin care for its cleansing properties.

- 79 Diffuse to cleanse and purify the air.
- 80 Add a few drops to your facial cleanser or moisturiser for added cleansing properties.
- 81 Diffuse or create a body spray to enjoy the outdoors annoyance free.
- 82 Protects against environmental and seasonal threats.
- 83 Apply to the skin after shaving for a soothing effect.
- 84 Use in a natural shampoo to assist with oily hair.
- 85 Add to distilled water to make an effective outdoor spray.
- 86 Can be used with water for a natural cleanser.
- 87 Dab a drop on skin blemishes when they appear.
- 88 Add to hair when rinsing for healthy, shiny hair.
- 89 Add to purified water to create a healthy kids hair spray for school days.
- 90 Add some drops to your shampoo for healthy hair (great for dogs too!)
- 91 Great addition to your facial wash or cream to help open and clean the pores of the skin.
- 92 Add drops to your natural cleaners for cleansing for around the chemical free home.
- 93 Creates a wonderful aroma when used in the diffuser.



Orange (Citrus sinensis)

The delicious citrus aroma of orange induces relaxation and brings peace and feelings of happiness. Rich in the powerful antioxidant di-limonene.

- 94 Apply a couple of drops to your heart chakra to increase feelings of being worthy.
- 95 Diffuse to uplift your mood.
- 96 Add a few drops to a carrier oil to moisturise your skin.
- 97 Make your own raw chocolates and add orange for an indulgent flavour.
- 98 Add a drop of orange to a daily shot of NingXia Red for an extra boost.
- 99 Diffuse to promote a sense of peace, joy and celebration with family and friends.
- 100 Dilute and apply to the lower belly for comfort and ease.
- 101 1 drop in Green Tea is really yummy! Perfect in a cup of hot chocolate.
- 102 Add a few drops to a cotton ball and place in the wardrobe to help keep clothes fresh and annoyance free.
- 103 Inhale to calm the mind.
- 104 Be bold; apply to wrists and abdomen for confidence when facing a challenging day.
- 105 Rub on the feet for silky smooth soles.
- 106 Orange to the tummy every day, for extra zing in your life.



Peppermint (*Mentha piperita*)

Steam distilled from the freshly picked plants, the strong, fresh, minty aroma of peppermint essential oil gives a feeling of well-being and is effective to aid physical and mental concentration.

- 107 Apply to the soles of the feet for cooling effect.
- 108 Diffusing or inhaling can assist mental alertness.
- 109 Apply to tired muscles after physical exercise.
- 110 May be settling when rubbed over the abdomen.
- 111 Add a few drops to your shampoo to stimulate the scalp and energise your mind.
- 112 Apply to the neck and temples to soothe away everyday stresses.
- 113 Inhale just before exercise for an extra boost.
- 114 Diffuse when children are doing homework for a concentration boost.
- 115 Add to the diffuser late afternoon to keep going.
- 116 Good for studying; awakens the mind.
- 117 Inhale from the bottle to fine tune the senses.
- 118 Place a drop on the tongue for a taste sensation.
- 119 Inhale when rising and “BAM!”, time to wake up!
- 120 Inhale when you have a long drive. Apply to cotton balls in air vent of car anytime for alertness and focus.
- 121 Add drops to water in a glass spray bottle for a cooling, uplifting and energizing body spray for hot days.
- 122 Keep in the refrigerator for extra ‘coolness’.
- 123 Add 1 drop of peppermint oil to your water for flavour.
- 124 Add 1–2 drops to your favourite chocolate recipe for a great choc-peppermint taste.





AromaEase™

AromaEase™ has a cool, minty aroma and contains powerful essential oil constituents that provide feelings of calmness when used aromatically.

ESSENTIAL OILS: Peppermint, Spearmint, Ginger, Cardamom, Fennel

- 125 Diffuse to create a calming and relaxing environment.
- 126 Apply to the abdomen to create a feeling of balance.
- 127 Put on Solar Plexus for strength.
- 128 Dab on the earlobes to prepare for an event or a busy day.
- 129 Apply to throat chakra for clarity.
- 130 Diffuse to break the ice at parties and classes to have a fun time!
- 131 Great to apply on the tummy after a big meal.
- 132 Apply to abdomen for “butterflies in the stomach”.



Citrus Fresh™

Citrus Fresh™ is a blend of energising citrus oils designed to boost creativity and increase clarity of thought. It also works as an air purifier.

ESSENTIAL OILS: Orange, Grapefruit, Mandarin, Tangerine, Lemon, Spearmint

- 133 Apply a couple of drops to the upper left side of your belly to promote feelings of feeling of aliveness and loving life.
- 134 Add a few drops to your morning NingXia Red for an extra uplift throughout the day.
- 135 Inhale to amplify your creativity.
- 136 Inhale to uplift your mood.
- 137 Diffuse in the mornings to bring a sense of sunshine into your day.
- 138 Add 7–10 drops to a 50mL glass spray bottle and top with water for a DIY toilet spray
- 139 Add to smoothies for a yummy, fresh taste.
- 140 Combine a few drops with distilled water in a spritzer bottle to spray your linen closet, wardrobe and shoe cupboard for an uplifting fragrance boost.
- 141 Add a few drops to a diffuser to invite positivity and energy.
- 142 Rich in d-limonene.
- 143 Add a few drops to water and freeze in icy-pole moulds for a refreshing summer treat.
- 144 Rub a few drops all over body when jumping out of the shower.
- 145 Add a drop or two into a glass of water or stainless steel bottle, for an incredibly refreshing zesty flavour.
- 146 Add a drop or two to your icing sugar decorations or cashew cream cakes.
- 147 Great addition to almost any beverage on a hot summer day.
- 148 Add to icing in Melting Moments.
- 149 Apply to wrists and soles of feet for an uplifting, happy day.



DiGize™

.....
This proprietary blend of Young Living essential oils is a great mealtime companion and addition to your wellness regimen.

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

- 150 Rub on your stomach for a soothing feeling after a big meal.
- 151 Inhale to feel refreshed and re-energised.
- 152 Great for when travelling abroad, apply to the soles of your feet for protection.
- 153 When you have gone overboard at the buffet table, DiGize is very soothing when rubbed on the tummy.
- 154 When traveling, DiGize is your friend, use it every day on stomach.
- 155 Rub on Solar Plexus to settle nerves before travelling, speaking or performing.
- 156 Rub on bottom of feet for happy tummies.
- 157 Apply to the stomach (clockwise to get things moving, anti-clockwise to slow things down!)
- 158 Take with you when traveling on a boat, or as a passenger in a car on windy road trips.
- 159 Rub a drop or two on the belly before or after a meal.



PanAway®

.....
Containing wintergreen and clove essential oils, PanAway® is often used for massage, after activity and exercise and warming aches. Containing several potent essential oils.

ESSENTIAL OILS: Wintergreen, Clove, Helichrysum, Peppermint

- 160 Use before and after physical activity.
- 161 Rub on the neck, temples and shoulders for everyday tension.
- 162 Add to a carrier oil for a soothing massage.
- 163 Apply to tailbone area to warm up before any movement.
- 164 Use after any vigorous training for soothing.
- 165 Massage into shoulders and neck.
- 166 Apply to any tired parts of the body.
- 167 Apply to tired feet after standing all day.
- 168 Apply to knees for a warming and soothing sensation.





Purification®

The sweet, refreshing scent of Purification® instantly deodorizes and neutralizes the air. This blend also contains citronella.

ESSENTIAL OILS: Lemongrass, Rosemary, Melaleuca alternifolia, Myrtle, Citronella, Lavandin

- 169 Purify the air by diffusing or adding to a cotton ball and placing into air vents.
- 170 Add to bicarb soda as a DIY carpet deodoriser.
- 171 Combine with coconut oil to support healthy, clear skin.
- 172 Add to distilled water to create a spray to enable enjoyment of the outdoors annoyance free.
- 173 Add a few drops to every load of washing for fresh laundry.
- 174 Add to a cotton ball and place inside smelly shoes.
- 175 Apply to throat chakra when travelling or even just out and about in public.
- 176 Apply a drop to blemishes to cleanse the skin.
- 177 Great diffused in every room of the house for pets, people and kids.
- 178 Put a couple of drops on a cotton ball and place anywhere you like to neutralise odours.
- 179 Add two drops to a washer and place in clothes dryer to refresh stale wet laundry.
- 180 Clears the air – perfect to diffuse for a house full of boys!!
- 181 Add a few drops to the garbage bins to purify.
- 182 Use as a bathroom spray – Add filtered water in a spray bottle and 20 drops of Purification. Shake and use in bathroom, smells wonderful every time!
- 183 Apply topically to the skin to alleviate dry skin.
- 184 Add to spray bottle with water for a great deodoriser for every room in the house.



R.C.™

R.C.™ is an invigorating blend of pure essential oils – including Spruce, Cypress and three varieties of eucalyptus that is relaxing when used in massage.

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

- 185 Mix with V6 carrier oil or coconut oil for a soothing vapour rub.
- 186 Add a few drops to a bowl of steaming hot water for an invigorating inhalation.
- 187 Add to V6 carrier oil to create a soothing and relaxing massage.
- 188 Diffuse for a wonderful winter blend.
- 189 Add a few drops to a hot, moist towel for a hot compress.
- 190 Add a few drops to a cotton ball and put into air vents.
- 191 Place a few drops on the heart for strength of character.
- 192 Diffuse to freshen air in a smelly house.
- 193 In the diffuser it clears and freshens the air.
- 194 Uplifting when rubbed on the soles of the feet.
- 195 Invigorating when used before and after exercise.
- 196 Contains Cypress, which is an emotionally grounding oil.
- 197 Invigorating blend, place on chest and breath deeply.



Stress Away™

Young Living's Stress Away™ essential oil blend is a natural solution created to combat normal stresses that creep into everyday life. Stress Away is the first product to contain the unique stress-relieving combination of Lime and Vanilla pure essential oils.

ESSENTIAL OILS: Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender*

** Vanilla is an absolute or essence rather than essential oil.*

- 198 Apply to wrists and neck for relaxation and calming.
- 199 Create a calm and peaceful sleeping environment when diffusing before bed time.
- 200 Add to epsom salts to create a wonderfully relaxing bath experience.
- 201 Apply to a cotton ball and put into air vents to promote a calm environment.
- 202 Create a spray bottle mist by combining with water for linen and pillows to promote a restful sleep.
- 203 Soak in it! Apply all over arms, abdomen and legs.
- 204 Cup and inhale during stressful situations to restore a feeling of calmness.
- 205 Apply on the wrists before yoga class to help to relax the body and ease into the stretches more.
- 206 Roll on before going shopping with the kids.
- 207 Diffuse after a full day of activity with the kids.
- 208 Does exactly what the name implies!
- 209 Apply to temples to soothe and calm your whole being.
- 210 Contains Lime, which can support healthy skin when applied topically.
- 211 Apply to wrists and inhale by adding a drop to the palm of the hand and cup over the nose to help release those “butterflies” before an important meeting.
- 212 Being stuck in traffic just got a little easier. Inhale directly.
- 213 Take the edge off that upcoming meeting with the boss. Apply and inhale before the meeting.
- 214 Add to the diffuser after a day full of activity to settle the family.
- 215 Apply a drop to the throat to bring clarity to the voice.
- 216 Apply as a perfume everyday when feeling that everything is chaotic and you need to take time out and balance.
- 217 Apply or inhale before going to a stressful situation.
- 218 Apply and inhale on your way home from work and your life is less hectic!
- 219 Inhale and apply before having that talk to your teenager about the mess in the room.
- 220 Apply, inhale or diffuse every day, to keep stress away.
- 221 Wonderful in the car for diffusion, drive to work carefree and happy, no road rage here.





Thieves®

.....
The revolutionary Thieves® blend contains powerful essential oils that defend and protect. Diffuse throughout the home to kill dangerous airborne bacteria or apply on the bottom of feet for an internal boost.

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

- 222 Diffuse to help eliminate airborne bacteria.
- 223 Combine with distilled water in a spray bottle for a powerful surface cleaner.
- 224 Apply to the soles of the feet for protection, especially in winter.
- 225 Mix with baking soda for a powerful bathroom scrub.
- 226 Make your own hand purifier by mixing with aloe vera gel and a small amount of water.
- 227 Add to water and gargle for an effective mouth wash.
- 228 Add a few drops to the dishwasher.
- 229 DIY roll on to keep in your purse and apply when in crowded places.
- 230 Add a few drops to a handkerchief in the laundry for extra cleansing.
- 231 Apply to feet before putting on socks and shoes.
- 232 Dilute with a carrier oil for a warming chest rub.
- 233 Diffuse, or apply on the feet in cold weather as it's very warming!
- 234 Every day after meeting many people, apply a few drops on the soles of feet at night.
- 235 Diffuse to protect and cleanse your home and pets.
- 236 Add a few drops to a damp cloth to clean walls.
- 237 Diffuse to create a chemical free environment that is clean and sanitised.





NingXia Red® (NXR)

.....

Infused with the power of Lemon and Orange essential oils, NingXia Red® is a nutritious wolfberry drink that energises, fortifies and replenishes the body. Along with wolfberries, nature's most powerful superfruit, NingXia Red combines five other nutrient-dense fruits like blueberries, and pomegranates to provide energy and an array of health-promoting antioxidants.

ESSENTIAL OILS: Lemon, Orange, Yuzu, Tangerine

- 238 Drink straight from the sachets or as recommended from the bottle for nutritional support.
- 239 Supports longevity and overall wellness.
- 240 Contains a great whole food source of protein, fibre, vitamins and minerals.
- 241 Contains therapeutic-grade essential oils of Yuzu, Tangerine, Lemon and Orange.
- 242 High in antioxidants.
- 243 A natural form of energy without sugar, caffeine or other artificial stimulants.
- 244 Add to a fresh fruit smoothie for a delicious drink or snack.
- 245 The sachets may be frozen and consumed as a delicious treat in warmer weather.
- 246 Add a NXR sachet to a glass and fill with Ning Xia Zyng. Instant (non-alcoholic) cocktail!
- 247 Drink as an after school snack.
- 248 Great as an afternoon pick me up with sparkling mineral water in a wine glass!
- 249 Drink when you need a shot of energy to boost your day.
- 250 After exercise – Pour 3/4 of glass full of Tonic water and add a shot of Ningxia red, serve with ice.
- 251 Contains the wolfberry, which is known to strengthen, energise and replenish the body.
- 252 Provides long-lasting energy support.
- 253 Motivation in a bottle.
- 254 Energy for the whole family.
- 255 Keeping you at optimum health.
- 256 Can fill the nutritional gaps in a healthy diet.



Using Your Diffuser

.....

Follow manufacturer's instructions to fill with water and add approximately 6–10 drops of your favourite essential oil.

Favourite Diffuser Blends:

- 6 drops lemon and 3 drops peppermint
- 4 drops of lavender and 4 drops of Stress Away
- 4 drops Purification and 6 drops lemon
- 3 drops of frankincense and 6 drops of lemon
- 5 drops of Thieves and 5 drops of lemon
- 3 drops of Melaleuca alternifolia and 6 drops lavender
- 3 drops Thieves and 2 drops of Citrus Fresh
- 5 drops of Citrus Fresh and 2 drops Lemongrass
- 4 drops Citrus Fresh and 1 drop of peppermint



Cooking with Essential Oils



Please note: We only use and recommend Young Living Essential Oils for food and beverages. Young Living Essential Oils comply with the labeling guidelines as set out by FSANZ (Food Standards Australia and New Zealand).

Orange Truffles

Soak 1 cup dates overnight, blend with 1 cup soaked overnight cashews, pecans and walnuts. Blend and then drop in 4–5 drops of orange oil with added vanilla essence and maple syrup to taste. Blend all together with some cacao powder or cacao nibs to taste. Roll in shredded coconut.

Orange Mango Grapefruit Sorbet

2 frozen bananas, 1/2 cup frozen mango, squeeze through compact juicer, blender or Thermomix and make sorbet. Mix in drops of grapefruit oil and orange oil for a delicious fresh and clean taste.

Rice Paper Roll Wrap

Use 1 dollop of coconut oil in a fry pan, crack in two eggs (tofu or mixed chopped nuts if vegan) sprinkle pink salt, nutritional yeast, throw in shitake or button mushrooms, asparagus spears or broccoli, spring onion chunks, toss and sauté.

Turn heat off when lightly cooked. Add 1 drop of each essential oil; lemongrass and black pepper. Toss through. Scoop into wet rice paper roll and place some green leaves spinach or kale. Add your favourite flavours, edible flowers and more. Wrap up and eat.

Healthy Raw Choc-Peppermint Chocolate

(an Essential Oil Goddess favourite!)

- 5 tbsp raw cacao powder
- 5 tbsp raw coconut oil
- 2 tbsp agave
- 1–2 drops Young Living Peppermint Essential Oil (or Orange or Frankincense)

Combine all ingredients together in a bowl. Pour onto a lined, shallow plate and put it into the freezer for about 15 minutes. When set, break into chunks and enjoy! You can also use moulds to make individual, gourmet chocolates. Keep in the fridge or leave out on a hot day for chocolate sauce (yummy on coconut ice cream – it sets like a choc-top!) Optional: You can also add a handful of nuts or Ning Xia Wolfberries when mixing.

Raw Lavender Chocolate Mousse

- 1 large avocado,
- ¼ cup Organic Raw Cacao powder
- 1 dessertspoon Coconut Nectar
- 1 drop lavender Essential Oil (if you want to use less, use a toothpick dipped into the bottle, then swirl through blended ingredients then discard toothpick)

Add all ingredients to a high speed blender, blend until smooth.

Chemical Free Home Recipes

BONUS

Thieves General Cleaner

(From *An Aromatic Life* by Jen Gallagher et.al)

Use everywhere, except for granite, marble and natural stone.

In a 400 mL spray bottle combine:

- 200 mL water
- 200 mL vinegar
- 3 drops Thieves essential oil
- 3 drops Lemon essential oil

Peppermint Purifying Cleaner

(Use as an alternative to Pine Cleaner products)

- 6 tblsp borax
- 240 mL white vinegar
- 10 drops peppermint essential oil
- 5 drops *Melaleuca alternifolia* (tea tree) essential oil

Combine all ingredients in a 2L container.

Fill with pure water to make 2L.

Stir to dissolve. Shake before use.

Use for cleansing and purifying areas.

Also good for stain removal.

Liquid Laundry Detergent

(From *An Aromatic Life* by Jen Gallagher et.al)

(Note: You will need a 20 litre container)

- 2 cups unscented liquid castile soap
- 2 cups borax
- 2 cups washing soda
- 3 tablespoons of Bluo (non-toxic brightener available in the laundry aisle)
- 20–30 drops lemon myrtle essential oil (or essential oils of choice such as Purification®, Joy™, lavender, bergamot, cinnamon bark, etc.)

Pour the castile soap into a large, clean bucket and add the borax and washing soda. Add warm water and stir well until most is dissolved. Tip dissolved laundry detergent into 20L container and continue to add more warm water to the bucket and stir until dissolved. You may need to do this several times until all the laundry liquid is dissolved. Add Bluo and stir in. Top up 20L container with extra warm water to make 20L of laundry liquid. For convenience, siphon into 1L container as needed. Use ¼ cup for each load of laundry.



Personal Care Recipes



Foaming Facial Cleanser

- 2 tsp Young Living Orange Blossom Facial Wash or Young Living Bath Gel Base (add 5 drops of any essential oils such as frankincense, lavender, lemon, Purification – for teenage skin) or Kidscents Bath Gel
- Purified water

Squeeze small amount of Young Living Orange Blossom Facial Wash into a 50 mL pump bottle. Top up with purified water.

Beauty Serum

- 4 drop lemon essential oil
- 3 drops lavender essential oil
- 2 drops frankincense essential oil
- V6 vegetable complex
- 10 mL dropper bottle

Blend essential oils and V6 in the bottle. Massage lightly over skin and add hot towel for a few minutes for an extra glow.

Lavender Face Scrub

A detoxing and relaxing face scrub

- 3 tablespoons Epsom salt
- 3 tablespoons coconut oil
- 3 drops of Lavender essential oil

Mix all of the ingredients into a small glass air-tight jar. No need to apply any moisturiser.

Soothing Exercise Blend

Great when you've exerted some physical energy! (or about to run your first marathon!)

- 5 drops of PanAway essential oil
- 5 drops of Lavender essential oil
- 5 drops of Peppermint essential oil
- 3 tablespoons of coconut oil or V6 vegetable oil

Mix all of the ingredients into a small glass air-tight jar.

Foot Care Massage

- 1 drop Thieves essential oil
- 1 drop Lemon essential oil
- 1 drop Peppermint essential

Apply to the feet every night in a little V6 vegetable oil if desired.

Facial Toner

- 5 drops of Frankincense essential oil
- 10 drops Lavender essential oil

Add drops of essential oil to a small glass spray bottle. Add filtered water to 100mL. To use: Spray on cotton pad and use after washing the face, before moisturiser.

Natural Deodorant

- 3 drops Lavender essential oil
- 2 drops Melaleuca alternifolia essential oil
- 3 tablespoons of shea butter or coconut oil (coconut oil will melt in warm weather)
- 2 tablespoons bicarb soda

Mix shea butter, baking soda and melaleuca and lavender essential oil in a small glass jar. Use as needed.

YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor

