

What Are Essential Oils?

Essential oils are volatile, aromatic liquids that can be extracted by flowers, seeds, stems, leaves, bushes, bark, roots of herbs and trees through distillation. Essential oils are the oldest form of medicine known and were considered more valuable than gold. Essential oils will absorb in the body when applied to the skin, inhaled or ingested. The oils will be distributed to every cell in the body on an average of twenty-one minutes. The oils will remain in the body between twenty minutes and two hours. Essential oils promote total body wellness, much like massage, chiropractic, nutritional support and acupuncture. The true transformations begin when your mindset remains constant and strong towards your goals.

Inspire a Positive Emotional State

Love the way the spritz of fragrance from a fresh orange peel can brighten your day? Each essential oil's complex, pleasant and unique scent activates the limbic system—the brain's center of emotion and memory—differently. While some essential oils may uplift the spirits, others may empower you to release negative thoughts and habits. Essential oils can be your key to a more fulfilling and balanced emotional life. To help you rediscover peace, balance and joy, use these essential oils and blends for diffusion, soothing baths, massage, inhalation or topical application:

Joy, Lavender, Orange, Peace & Calming, Peppermint, Jasmine

Purify Your Home

Harsh chemical formulas aren't your only home cleansing option. Enjoy peace of mind without compromise when you polish countertops, clean sticky messes, repel insects and cleanse dirty surfaces with the gentle but effective power of essential oils and our Thieves line of products. Young Living offers you convenient options for harnessing essential oils' cleansing abilities and pleasant scents. Replace the harsh cleansers in your home with our versatile products:

Thieves, Lemon, Thyme, Purification, Lemongrass

Refine Your Skin

Purge chemicals from your beauty routine and rediscover your natural glow. An ancient skincare secret, essential oils can help soothe tension, support healthy cell growth, promote a clear complexion and soften signs of aging and nurture healthy hair. Using only natural ingredients, these advanced skin and hair care solutions make it easy to enjoy the beautiful benefits of essential oils every day: *Lavender, Frankincense, Myrrh*

Create Deep Spiritual Awareness

Incense and essential oils from plants have always played an important part in religious and spiritual ceremonies, helping participants to transcend the trivial and connect with something larger than themselves. Research shows that the pure constituents in these oils stimulate olfactory receptors and activate regions in the brain's limbic system associated with memory, emotion and state of mind. To enhance your spiritual practice, dilute and apply meditative, empowering essential oils directly to wrists, feet, and behind the ears or diffuse in a quiet space. Popular essential oils and blends for spiritual focus include:

Sacred Frankincense, White Angelica, Egyptian Gold, Inspiration, The Gift

Enhance Your Physical Wellness

Modern lifestyles don't always create optimal conditions for physical wellness. Poor diet, lack of exercise and an overabundance of environmental toxins can leave the body unbalanced and diminish energy levels. From cleansing and weight management to supporting every system of the body, essential oils can provide the targeted solutions you need to restore balance and feel your best.