

Oils First Newsletter

Essential Oils for Every Body and Every Day

Journey with Young Living

What Is An Essential Oil?



The most powerful part of the plant!

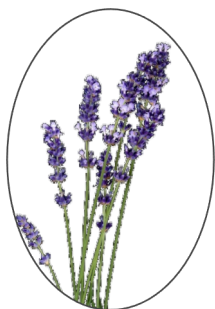
Essential oils are the most powerful part of the plant. They are the aromatic liquids found within the scrubs, flowers, trees, roots, bushes, fruit, rinds, resins and herbs. Some people like to call essential oils “nature’s living energy” because they contain unique constituents that provide a host of benefits. Plant juice works too!

Most essential oils are extracted from plant sources using steam distillation and are highly concentrated, making them far more potent than dried botanicals.

Oils consist of over 100 natural organic compounds.

There are over 300 oils on the earth . . . but you only need 10 to 20 oils to build a good kit that supports your body and your family.

Let's dig deeper, *Nancy*



Seed to Seal



Sourcing



Science



Standards

www.seedtoseal.com

Seed to Seal: It is not a slogan, it is a calling.



Why Use Essential Oils?

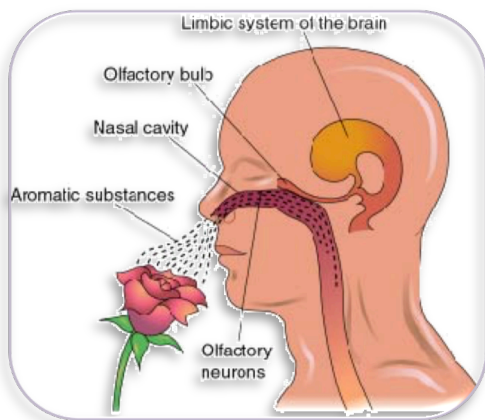
Essential oils are versatile, with a wide variety of uses. Some people use essential oils to enliven an environment, support different body systems, or just for their great scents.

In humans, they provide support for EVERY SYSTEM in the body: your skeletal system, your muscular system, circulatory system, your muscular system, circulatory system, endocrine system and your hormones, respiratory system and immune system. They support brain health and healthy weight. They are used extensively for emotions and for spiritual support in your prayer life.

An essential oil in a diffuser can soothe a child's tough day at school and provide a calming effect when you've had a stressful day at work.

Oils can be used as an alternative to cleaning chemicals in the home. You can literally start swapping out every single chemical cleaning toxin in your home to live a purer lifestyle, and you can do it without breaking the bank!

However you choose to use essential oils, chances are someone else has tried that same use in the past. If you still don't know where to start, rest assured that each essential oil is labeled with instructions for use and our team has lots of resources with ideas and examples of using these! Just reach out to us. We love to help.



Safety & Dilution

Email me to get our newsletter that gives detailed information about Safety and Dilution of essential oils.
nancy@oilsfirstblog.com

**Here is a challenge
for you!**

Download these apps: Think
Dirty and EWG

How Do They Enter?

Tests have shown oils reach the heart, liver and thyroid in 3 seconds when inhaled. Essential oils make it to the blood stream in 26 seconds when applied topically.

How Long Do They Last?

Expulsion of essential oils takes place in 3 to 6 hours in a normal, healthy, body.

Where Do You Begin?

With a Young Living Starter Kit!

On the Young Living web site, it is the only thing that is half off!

Without a diffuser, you're literally getting 11 bottles of therapeutic grade essential oils for \$70. Each bottle has about 90 drops of oil in it – That is 90 applications.

www.oils1st.com



Nancy Todd – Young Living Member # 179428 – www.oils1st.com

How Do You Use Essential Oils?

→Aromatically← The German Method

One of my favorite ways to use essential oils is aromatically. Many of us have had a time where a smell triggers a memory – freshly baked bread, pine needles, or spring flowers can easily take you back to positive times in your life. Essential oils are the same!

1. Place a couple of drops in the palm of your hand.
2. Rub your hands together.
3. Cup your hands over your nose and mouth and inhale deeply.

Diffusion is another great way to use essential oils aromatically. Young Living offers a wide variety of diffusers, and when you enroll as a new member, you will receive a diffuser in your Premium Starter Kit.

→Topically← The English Method

Essential oils can also be applied to the skin. Topical application is a great way to support your skin because essential oils are easy to use and provide quick benefits. If you have never used essential oils, one great area of the body to apply them topically is to the feet

→Internally← The French Method

Some people choose to use essential oils internally by adding them to water or liquid, placing them in a capsule, or taking one of Young Living's oil-infused products. Within **20 minutes of using an essential oil they will affect every cell in the body!!**

These oils are labeled as Vitality oils – which are safe for consumption. More on this subject is found at

<http://www.oilsfirstblog.com/how-to-use/>

Grades of Oils

Grade A – Therapeutic -Made from organically grown plants and distilled at low temperatures

Grade B – Food grade-May contain synthetics, pesticides, fertilizers, chemical extenders, carrier oils

Grade C – Perfume-Often contains adulterating chemicals and solvents to gain higher yield. Solvents can be cancerous, and are in many store bought oils. They may also be diluted 80-95% with alcohol.

Grade D – Floral Water-Aromatic only and usually a byproduct of Grade A distillation. After the oil is pulled out, the left over floral water is sold to companies. They in turn will fill 5% of the bottle with this floral water, and top the rest off with carriers and label it "pure."

But I Can Get Essential Oils Cheaper!

Three Reasons:

1. They spray their crops with pesticides.
 2. When you use a chemical solvent to extract the oil, you pull more out!
 3. If you dilute it with a cheaper oil or carrier oil, you stretch the oil you have distilled
- Mostly about cutting corners!

Lavender
RC
Purification
Panaway
Frankincense
Stressaway
Vitality Oils:
Lemon
DiGize
Thieves
Copaiba
Peppermint

WHAT IS COMING IN YOUR KIT

- Diffuser of your choice
- NingXia Red Samples
- bottles to share
- essential oil samples
- AromaGlide roll-on bottle
- Lifetime wholesale membership
- and more



Pick your
Diffuser



Why Young Living? "To empower and educate those who are willing to watch God's creation work in their lives." Quote by: Diane London



I would also encourage you to sign up for the Essential Rewards program. You get to pick the oils that come to your door every single month, you switch them out-and you get paid 10% back for everything you order in new oils. That's 10% back on your laundry soap and dish soap and Thieves cleaner - which is all I use to clean my house!

It's one of the best choices I ever made. I recommend the Thieves Essential Rewards kit-because is one swoop, it contains just about all you need to get rid of nearly every chemical cleaner in your home. It's simple and easy. And if you're taking chemical free living head on, it's the best place to start.

- + easy monthly shipments
- + discounted shipping
- + exclusive bonuses
- + essential rewards points – earn free product credits!

No cost to sign up! Adjust your order each month! It really is the best way to go to get the most for your money. It is optional, and you can sign up later down the road. As your months with Essential Rewards increase, so do your rewards!

I decided to do it right away to start getting points back on products I started switching over.) – this allows me to get them with a better deal, earn points back and get more products (**for FREE!!**)

How To Order

Online - Go to www.oils1st.com - Click on: Sign Up

Nancy & Chuck Todd are your sponsors & enrollers, member #179428

Choose one of these Two memberships:

- 1 Wholesale Member: Purchase a Start Living Kit and **save 24% on all orders**. Go to www.oils1st.com to get started & choose your kit and options.
- 2 Customer: Purchase at a retail prices.

Choose & write down:

1. User Name: your name _____
2. Password (8-12 chars): _____
3. PIN: (4 digit) _____
4. Your member #: _____

You are ready to start shopping. When you are done – Remember to Log Out! To Reorder again, go to www.oils1st.com Log onto Virtual Office using your member # and password. Then go to ORDER on the left side of the screen, click on and choose your items. **Orders by Phone:** Live Operator: 1-800-371-2928 M-F 7:00am – 7:00pm MST

Definitely call me at any time for further assistance or for help in placing your order.
Nancy Todd
605-280-1369

Nancy Todd – Young Living Member # 179428 – www.oils1st.com

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