



Living Well

CHOOSING WISELY



YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor



WHAT ARE essential oils?

What are essential oils? Essential oils are powerful tools that can support your family's health & wellness. They are volatile liquids found in plants, herbs, and trees that are obtained by careful steam distillation, cold pressing, or resin tapping. Each essential oil contains hundreds of naturally occurring constituents and happen to be fat soluble, which makes them readily available for our bodies to use. They have been studied for their extensive benefits to both our body and mind, they are highly concentrated and more potent than herbs.

These powerful, pure essential oils are not a new fad or trend. They have enhanced lives for thousands of years, offering a variety of benefits, from beauty and dietary purposes to spiritual and religious use. Oils can be used for aromatherapy, to support a healthy body, or to change the atmosphere and mood of any space. You can also add them to your beauty routine, enhance DIY recipes, and even clean with them!

This world is bombarded by quick-fix, synthetic solutions, that often contain harmful ingredients, to mimic the very properties that nature built into these botanicals. We have a way to ditch those types of things and integrate pure, natural solutions in our homes to share and use with those most precious to us. Every aspect of daily life can benefit from the incorporation of essential oils.

- Essential oils are volatile liquids found in plants

- Hundreds of naturally occurring constituents that are fat soluble - benefits to our body

- Not new trend

- The world is bombarded by quick-fix, synthetic solutions

- We have a way to ditch and switch

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HOW TO USE *essential oils*

- Support body and mind, help enhance mood and ease stress

Using essential oils aromatically is one of the most powerful ways to enjoy their benefits! Inhaling oils can affect our body and mind before we are even consciously aware of it, which can help enhance mood and ease stress in any environment.

- Sense of Smell - Olfactory Bulb - Limbic System - Seat of Emotions - Release

The olfactory bulb is what recognizes scents and it is part of the limbic system. The limbic system is the part of the brain that deals with mood, memory, behavior, feelings, and emotions. When a scent arrives to the limbic system, your body responds by releasing unique chemicals into your brain, causing different reactions, depending on the aromas detected.

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Applying essential oils on your skin is a convenient, practical, and effective way to experience some of their many benefits! You can enhance a massage, apply on fatigued areas after exercise, smooth the appearance of wrinkles, support healthy-looking skin, ease headaches and so much more! Try applying oils to your feet, adding them to a bath, or enhance your beauty products by adding a few drops of oils.

Enjoy some of the essential oils approved as Natural Health Products for things like cough & cold symptoms, digestive discomfort, burns, cuts, eczema, headaches, as well as joint and muscle pain. You can also take advantage of the emotional benefits of using essential oils, flavour your food and drinks with our plus oils, or simply replace the synthetic fragrances in your home.

When using essential oils, the options and benefits are endless!

Premium Starter Kit

Imagine having natural and effective solutions at your fingertips!

- Most cost effective way to get started
- 11 of the most popular, versatile oils

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This kit has everything you need to get started on a path to wellness. These oils can provide both physical and emotional support for you and your family, including your fur babies.

The heavenly aroma of these oils in your diffuser will make your home feel warm and inviting, not to mention fresh and clean!

This is the best and most cost-effective way to get started, and it is the only thing on the Young Living website that is literally half off!

What is included in the kit?

- Your choice of a Desert Mist Diffuser or Dewdrop Diffuser
- 11 of the most popular, versatile oils: Frankincense, Thieves, Lemon, Lavender, Peppermint, Copaiba, Digize, Panaway, R.C, Northern Lights Black Spruce, and Purification
- 10 Sample Bottles
- Hand Sanitizer
- 2 Ningxia Sachets
- AromaGlide Roller Fitment
- Product Guide
- FREE Membership and access to private educational online groups



**Starter Kit Price
\$199.75**

**Starter Kit Value
over \$400**

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Healthy Home Starter Kit



Inspired by the legend of four 15th-century French thieves who formulated a special aromatic combination composed of clove, rosemary, and other botanicals, Thieves is one of Young Living's most popular products.

Thieves essential oil blend has such great cleansing capabilities that an entire cleaning line was created with it. These cleaning products will help enhance the environment in your home with safe, and natural ingredients.

- Inspired by a 15th century legend
- safe, natural, plant based cleaning products for the whole home

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What's Included in the Kit:

- DewDrop Diffuser
- Thieves Essential Oil - 15ml
 - Thieves Dish Soap
 - Thieves Foaming Hand Soap
 - Thieves Household Cleaner
 - Thieves Laundry Soap
- Thieves Fruit & Veggie Spray
- Thieves Waterless Hand Sanitizer
- Thieves Dentarome Ultra Toothpaste
- English/French Product Guide

Home is where total wellness begins,
Young Living is your partner in this pursuit.

Starter Kit Price

\$199.75

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Ningxia Red Starter Kit

Premium Starter Kit with Ningxia Red Wolfberries are the main ingredient in the power packed Ningxia Red drink. They are the most nutrient-dense superfood, and the highest known antioxidant food according to the ORAC scale.

Antioxidants protect the body against free radicals. Think of free radicals as the “trouble makers” for our well being since they create cell oxidation; therefore, Ningxia Red may help prevent against oxidative stress.

This drink was also formulated with superfruit juices and therapeutic grade essential oils to help you make the most out of every day.

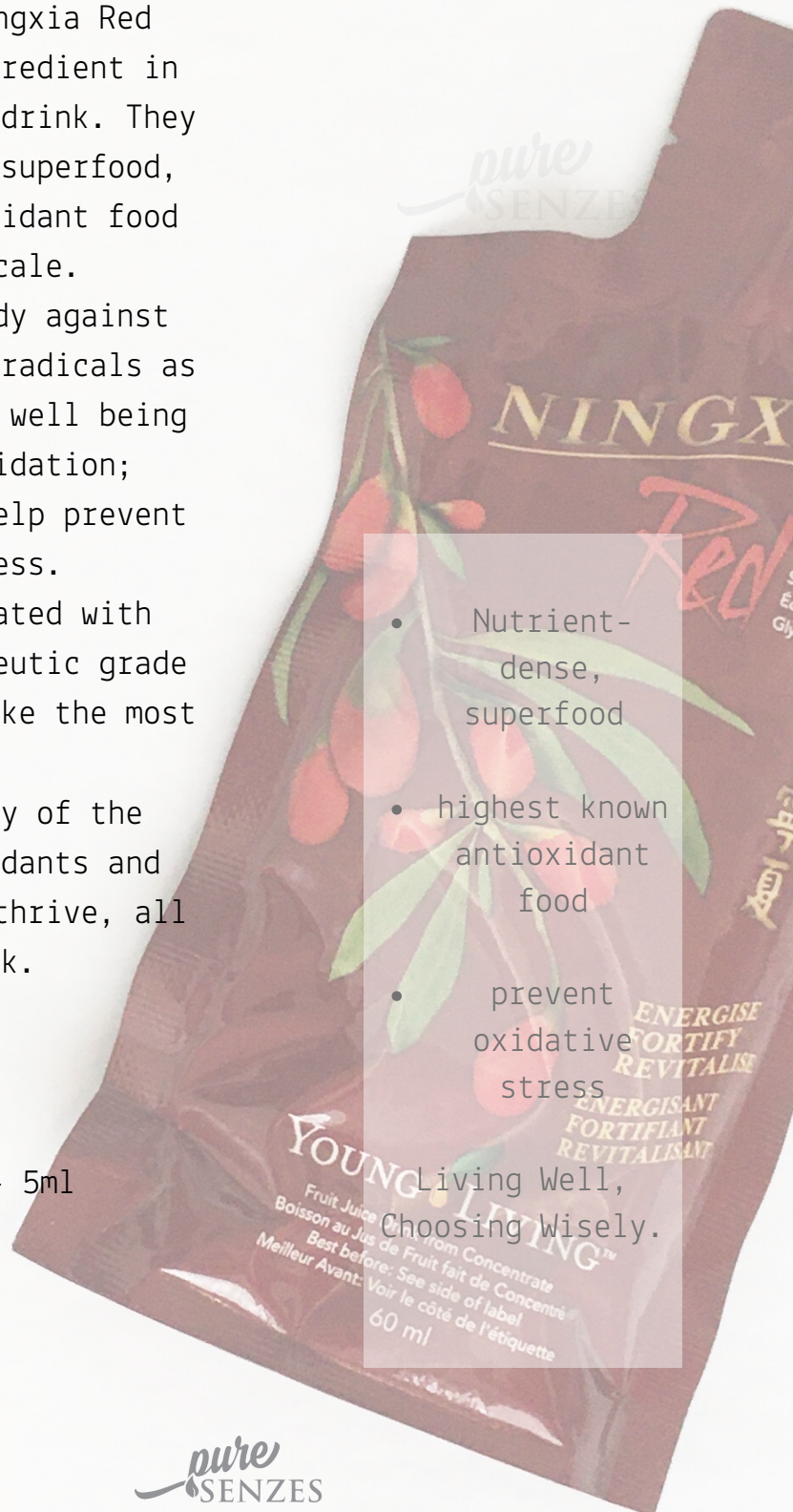
Provide your body with many of the vitamins, minerals, antioxidants and building blocks it needs to thrive, all in one delicious drink.

What's included in the kit:

- 2 Ningxia Red Bottles
- 32 Ningxia Red Sachets
- Northern Lights Black Spruce Oil - 5ml
- AromaGlide Roller Fitment
- Thieves Hand Sanitizer
- Sample Oil Bottles
- Product Guide

Starter Kit Price

\$199.75



- Nutrient-dense, superfood
- highest known antioxidant food
- prevent oxidative stress

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Little Oilers Starter Kit



This kit was made with the tiniest members of your family in mind and is the perfect option for families with small children.

These pre-diluted essential oil blends have been carefully created to ease many discomforts your little ones may encounter.

The custom-designed ultrasonic diffuser functions as a humidifier, aroma diffuser, night-light, and white-noise machine—all in one!

Feather the Owl features multiple diffusion from low to high, 10 different LED light options, and 5 white-noise sound options. Options include: rain, birds, ocean waves, fan, and lullaby music which plays in Eb Major.

Did you know: The emotional connection of Eb Major is love, devotion, intimacy, openness, and honest communion.

Includes:

- Feather the Owl Ultrasonic Diffuser
 - 5 KidScents Oil Collection:
GeneYus, KidCare, DreamEase, Refresh, and T-Gize
 - 2 AromaGlide Roller Fitment
 - Product Guide

- pre-diluted essential oil blends made with your little oilers in mind
- humidifier diffuser, night-light & noise machine all in one!
- Eb Major is connected to the emotion of love, devotion, intimacy, openness and honest communication

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Starter Kit Price

\$169.75

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Pregnancy is one of the most joyful times in a woman's life. At a time where conventional medicine is often contradicted, the use of natural alternatives can be safely used to assist the soon-to-be-mom with a wide variety of challenges and experiences during pregnancy, labor, as well as post-partum. Oils can help de-stress, relax the body and mind - especially at night. They can help reduce many discomforts that may be experienced and can also help replace cleaning products with questionable ingredients. Any harsh chemical that you avoid during pregnancy, is a chemical that you are not exposing your baby to. Using Essential oils to support your child's health and wellness give parents confidence in their ability to respond to a child's needs while using natural stress-free alternatives.

Essential oils are a great way to help establish a good night-time routine, balance moods and behavior, as well as help your littles (or yourself) with any digestive discomfort, cuts, aches, pains and more! You can diffuse your Young Living oils or simply dilute them in a carrier oil like coconut oil, or YL's V-6. You can mix in your hand, a jar, or in a roller bottle. Be sure to dilute essential oils for babies & young children

Pregnancy & Your Littles

- Safe solutions for pregnancy, labor and postpartum
- Support your child's health and wellness by establishing good night time routine, balance emotions and behavior as well as many discomforts.

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dilution ratios

Ages 0 - 1

**8 drops carrier oil to
1 drop EO**

Ages 2 - 6

**3 drops carrier oil to
1 drop EO**

Ages 7 - 11

**1 drop carrier oil to
1 drop EO**

Ages 12 +

**Full labeled
concentration**

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For the Men

Think oils are just for women and children?
Think again!

Essential oils are intended to help with so much more than pretty smells and beauty. They can ease those never-ending aches and pains, that unbearable digestive discomfort or even to help tame that beard. From tackling life's problems to boosting daily routines, essential oils can play an important role in every man's life.

In fact, some oil blends like Shutran and Mister were specifically created for men. They help to boost feelings of masculinity and confidence. Shutran is perfect for use as a cologne and there is also a Shutran shave cream available.

While your body is designed to digest and absorb nutrients from the foods you eat, sometimes, in order for a healthy gut to perform properly, it needs a little help.

Support your gut with Life 9.

Add a flavour boost to your beverage with a drop of Lime+ oil, try the Cool Azul pain cream, or enjoy a nutrient dense superfood drink called Ningxia Red.

**Some other great "manly" favorites are:
Cedarwood, Eucalyptus, Peppermint,
Digize, Deep Relief, Clarity, and Pine.**

- Shutran is designed to boost feelings of masculinity and confidence

- Choose nutritional products like Life 9 for gut health, or our superfood drink Ningxia Red.

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For the Savvy Woman

The average woman applies hundreds of different toxins on her body each and every day. Do you know what is in your products?

Young Living has an extensive list of ingredients they simply will not use because they have proven to be harmful to our bodies.

You can get that silky hair, satin-like skin, and naturally-derived makeup to match your gorgeous look without compromising your health.

Savvy Mineral Make up provides a range of color options, so you can always look like the true you. And because of the clean, vegan-friendly and cruelty-free formulation, you can feel confident about what you're putting on your skin.

Young Living really does have everything from personal care products, hair care, skin care, makeup up & incredible essential oils for all our needs!

These are NOT made with talc, bismuth, mineral oil, parabens, nano particles, phthalates, dyes, petrochemicals, synthetic fragrance, synthetic colorants and more. Why do we want to avoid these ingredients?

One of the biggest issues is that they disrupt our hormones along with many other side effects.

Must-haves for the Savvy Woman:

Savvy Minerals makeup
BLOOM skin care
Mirah product line

- Do not compromise your health for beauty
- No talc, bismuth, mineral oil, parabens, nano particles, phthalates, dyes, petrochemicals, synthetic fragrance, colorants & more

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For your Furry Friends

Share your love of essential oils with your beloved fur babies. Animal Scents products are formulated specifically for animals, so you can count on them being safe and effective for your pet!

Animal Scents line includes:

- Animal Scents Shampoo
- Inner Balance essential oil blend
- Pet Care essential oil blend
- Pet Fresh essential oil blend
- Pet Renew essential oil blend
- Puriclean essential oil blend

Alleviate your pets' nervous tension and support feelings of calm and comfort. Provide a natural way to ease your pets' irritations, support healthy recovery of irritated coat and skin to help get them back to their playful selves!

Apply before long car rides, walks through tall grass, to cleanse minor scrapes and scratches, or to soothe and moisturize their sensitive, dry skin. There is nothing better than having natural solutions on hand to handle even the toughest situations.

• Animal Scents is formulated specifically for your pets

• Alleviate nervous tension, ease irritations, soothe skin, support healthy recovery of irritated coat & more!

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Healthy & Fit

- Maintain good health from the inside out!
- Diffuse oils to set your mood: energizing, motivating, relaxing or calming.
- Soothe sore, tired muscles with Cool Azul

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It's no secret that physical exercise can bring lifelong benefits, but many of us aren't getting enough. Whether fitness is your friend or foe, we've got some secret weapons that'll make you want to move.

Start your day off right with Super B supplement, which is a source of vitamins and minerals that support biological functions which play a key role in the maintenance of good health.

Diffuse oils depending on your needs. High-intensity cardio calls for energizing oils like Peppermint and Lemon. Ready to set the mood for yoga or pilates? Use grounding oils like Palo Santo or Frankincense.

Keep a bottle of Cool Azul Pain Cream in your gym bag to rub into tired muscles.

Must-haves for a healthy lifestyle:

Young Living oil-infused supplements

Slique products

Ningxia Red

Essential Oils for Joint & Muscle Pain

Plus Line essential oils you can add to your drink

Cool Azul Pain Cream

Ortho Ease Massage Oil

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For the Golden Age



One of the advantages of having a full life is that we have seen the world, worked our dues and have become wiser in so many ways. Just when we are getting ready to sit down to enjoy the fruits of our labour, we begin to see and feel changes in our body which are not always favourable.

There are some amazing products that can improve the look of your skin and others that will provide pain relief, relief from digestive discomfort as well supplements that give the body what it needs. Even though we get a lot from our diet, it's hard to keep up with everything that we require in order for our bodies to function optimally and Young Living has natural solutions to help.

- It's hard to keep up with everything that we require in order for our bodies to function optimally
- Find solutions for physical wellness from the inside out!

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Must-Haves include:

Sulfurzyme

AgilEase

Panaway

A.R.T skin care Trio

Frankincense

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Diffuser Blends

Dreamy

3 drops Frankincense

3 drops Lavender

Great Outdoors

3 drops Peppermint

2 drops R.C.

1 drop Northern Lights Black Spruce

Wake Up

4 drops Lemon

3 drops Peppermint

Fun and Fresh

4 drops Purification

2 drops Lemon

Wellness Warrior

4 drops Thieves

2 drops Frankincense

Soothing Seasons

3 drops Lemon

3 drops Lavender

3 drops Peppermint



How Essential Oils Support Us

Essential oils are not limited to supporting certain organs, body systems, age groups.

Ask any pure essential oils user & they will tell you how the tiny molecules of oils can support us physically, mentally, emotionally and spiritually.

How does it work?

Physically

Historical and medical data shows how usage of plant based essence can help restore the bodily function within our own cells regeneration.

Mentally

Essential oils high in Sesquiterpenes applied on the brain stem are very effective to bring oxygen to the brain, bringing immediate mental alertness and connectivity.

Emotionally

Out of the 5 senses (sight, smell, hear, touch and taste) the sense of smell is wired directly to the limbic system of the brain without having to go to the reasoning brain. The limbic system is also known as the seat of emotions and memory. No wonder a smelling an oil can help release deep seated emotions for better emotional wellness

Spiritually

Through the ancient scriptures, essential oils were used extensively, such as Frankincense, Myrrh, Sandalwood Myrtle, Onycha, Cassia, to name a few.

Frankincense and Myrrh were precious gifts from the 3 wise men.

Time to Get Started ?

Getting Young Living products shipped to your door is as easy as 1-2-3!

There are no obligations, no minimum purchases, no membership fees, and you're never required to sell anything (unless you want to), just enjoy the member benefits of purchasing all your future products at 24% off retail pricing!

Being a member also means you become part of our Pure Senzes Team. You can attend our members-only events, classes, and online groups.

We will be there beside you to teach you about how these pure essential oils work, and how oil infused products can really make a huge impact in your life!

We are eager to share our testimonies, experiences and recipes with you! Our desire is for you to live a life with purpose, abundance and wellness!

Check us out @ www.puresenzes.com

Your Young Living Wholesale membership grants you a few things:

- Save 24% on every Young Living purchase
- Save even more with Essential Rewards, up to 25% more
- Earn free products with monthly promotions
- No monthly obligations or membership fees

WHAT ARE YOU WAITING FOR?

Go to youngliving.com to get started today

Don't forget to add my ID# _____ as your sponsor and enroller so Team Pure Senzes and I can guide you along!



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