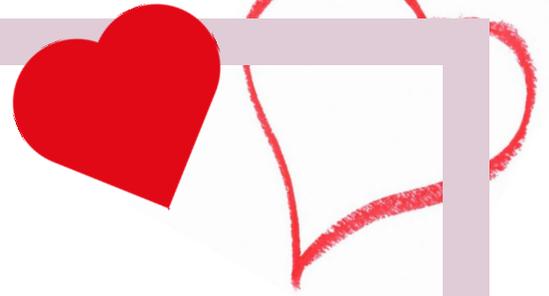




# I'm Oil In!



## It's the Love Month!

February is the Love Month. The stores are filled with red hearts, flower bouquets, heart-shaped boxes of candy, greeting cards and stuffed animals to stir our emotions and turn our hearts toward love.

There are many ways, though, to express love, and most don't require a withdrawal from our wallets.

Why not give these a try?

### ~10 WAYS TO LOVE~

*Listen*

without interrupting

*Share*

without pretending

*Speak*

without accusing

*Enjoy*

without complaint

*Give*

without sparing

*Trust*

without wavering

*Pray*

without ceasing

*Forgive*

without punishing

*Answer*

without arguing

*Promise*

without forgetting

## I'm Oil In!

Volume 2, Issue 2

February 4, 2015

### Please Note:

- The statements made in this newsletter are for educational purposes only and have not been evaluated by the Food and Drug Administration.
- The products discussed are not intended to diagnose, treat, cure or prevent disease.
- Always consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions that require professional attention.

## Free February Promotion

Retail Value \$43.75—  
\$101.05

### **-5 ml Thyme EO:**

Warm, spicy, and a perfect addition to many savory dishes.

### **-5 ml Taste of Italy EO Bonus for ER Orders:**

Features Basil and four different varieties of Oregano and is perfect for creating unforgettable recipes. (Only available in qualifying Essential Rewards orders of 190 PV or more.)

### **-Lavender Hand &**

**Body Lotion:** Featuring skin-loving Lavender EO, this moisturizing formula can comfort even the driest winter elbows, hands, and heels.

### **-30 Essential Rewards**

**Points:** Earn 30 points to be used like cash toward some of your favorite products!

Reach any of these PV minimums—190 PV, 250 PV, or 300 PV—with your February order and earn

great free products, including a special culinary blend you'll find nowhere else except in your qualifying Essential Rewards order!



Check out the full details on [www.imoilin.com](http://www.imoilin.com).

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## The 5 Languages of Love!

Have you heard of The 5 Love Languages or read any of the books by Dr. Gary Chapman? I used his “test” and teachings when conducting pre-marriage counseling. You can be doing all the right things for the wrong people!

**Words of Affirmation**—Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

**Quality Time**—In the vernacular of Quality Time, nothing says “I love you” like full, undivided attention. Being there for this type of person is critical, but really being there—with

the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

**Receiving Gifts**—Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

**Acts of Service**—Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to

ease the burden of responsibilities weighing on an Acts of Service person will speak volumes. The words he or she most wants to hear are, “Let me do that for you.” Laziness, broken commitments, and making more work for them, tell those with this language their feelings don't matter.

**Physical Touch**—This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

**Discover your love language!**—<http://www.5lovelanguages.com/>

## Give the Gift of JOY

Not sure what to get your sweetie? Give the gift of JOY! This beautiful, complimentary blend of oils evokes memories of being loved, being held, and sharing loving times.

### What does it do?

- ◆ It helps to overcome the blues and dispel grief.
- ◆ It promotes feelings of love and confidence.
- ◆ It promotes emotional balance.

*“JOY covers all 5 Love Languages!”*

Not sure what your sweetie's love language is? Here's how to cover all your bases with JOY.

**Receiving Gifts**—Well, that's obvious. Be sure to wrap it with lots of pretty tissue and ribbon!

**Words of Affirmation**—Attach a

card with a handwritten note professing your love and relating how he/she brings you joy.

**Quality Time, Acts of Service, and Physical Touch**—Add some JOY to V-6 Oil and give a full body massage at the end of a long day!

Voila! You've got them all covered!



## Heart Health Month

February, the Love Month, is also the month designated for Heart Health Awareness.

Seems like we usually take our hearts for granted until something isn't working right. Don't wait for something to go wrong. Give your heart the support it needs for ongoing health and vitality.

Aroma Life™ is an essential oil blend that contains Helichrysum, Ylang

Ylang, Marjoram, Cypress, and Sesame Oil.

### What does it do?

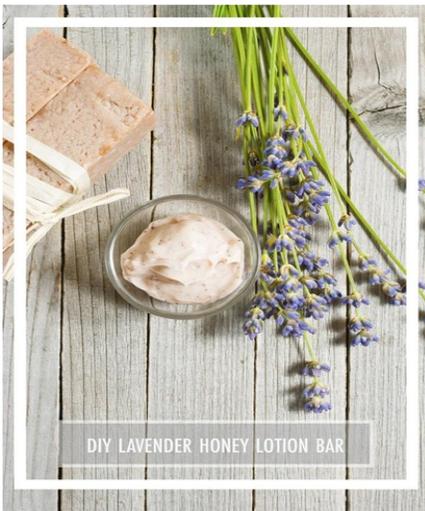


- ◆ Promotes good circulation
- ◆ Supports the Lymphatic System
- ◆ Supports the Cardiovascular System
- ◆ Reduces Stress

### Where to apply?

“Best when massaged over the heart. It can be diluted with V-6 Oil for a full body massage. It can also be applied to the Vita Flex Heart Points, including under the left ring finger and the left ring toe, on the left arm just above the elbow, and on the arteries of the neck.” (*Reference Guide for Essential Oils, 2013 Edition*, by Connie and Alan Higley, page 151.)

## Recipe of the Month: Lavender Honey Lotion Bar



DIY LAVENDER HONEY LOTION BAR

### DIY Lavender Honey Lotion Bar

- 2 tablespoons beeswax
- 4 tablespoons coconut oil
- 1 tablespoon olive oil
- 1 tsp honey
- 2-4 drops Lavender essential oil

In a double boiler or microwave, melt together beeswax and coconut oil in a small bowl

until combined. Add in olive oil, honey, and essential oil and mix to combine. Pour mixture into a silicone mold or lined muffin tins. Put in fridge and let harden for 1+ hours. Remove bars from mold and enjoy!



## Tips from Tex

Pets are fans of the 5 Love Languages, too!

**Words of Affirmation**—Speak to your pet in affirming ways. Your tone of voice can strike fear or inspire trust.

**Acts of Service**—Groom your pet or have your pet groomed. Keep your fur-babies food and water dishes clean. Provide clean, dry bedding, particularly in winter months.

**Quality Time**—Dogs, especially,

### *The 5 Love Languages for Pets*

**LOVE** quality time! Give them opportunities to be with you. Take them on walks. (It's good exercise for you, too.)

**Gifts**—Chew toys and tug-o-war ropes are nice and appreciated, but we really LOVE Young Living oils. Lavender helps our skin and helps us relax. Peace and Calming settles us during times of separation anxiety.

**Valor** gives us courage, particularly if we are a rescue pet.

**Physical Touch**—Yes, yes, and yes!!! See the chart for a dog's preferred pet zones.



## Something to Ponder

The focus of Valentine's Day seems to be couples, but not everyone is part of a couple. Some have lost their loved one, and some are still waiting for that special someone to come into their lives. Even for those who have their sweetheart, it's not always a bed of roses.

The weight of and responsibility



for our happiness should never rest on another person. Try as

we might, we never seem to always measure up to the task. People disappoint us.

Instead, trust your heart to the One Who never disappoints and Who loves us without limit!

“He heals the brokenhearted, and binds up their wounds.”

Psalm 147:3 (RSV)

## I'm Oil In!

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[www.imoilin.com](http://www.imoilin.com)**

*My Journey Starts With Me!*



## Off Balance?

When was the last time you were swept off your feet? Too long ago to remember? Still waiting?

Being swept away requires a surrender of control and the willingness to trust someone else with your wellbeing. It can bring joy, excitement, lightheadedness, and even feelings of romance.



There is nothing romantic, however, about being out of balance in your life and health.

Probably the most important benefit of essential oils is their ability to bring the body (physically, emotionally, and spiritually) into greater balance.

Why not do yourself and your family a favor and give them the best Valentine ever? Give them the gift that keeps on giving.

Start your journey to health with a Young Living Premium Starter Kit. You will begin to experience

the joy and comfort that comes from being in balance.



*Happy Valentine's Day!*

*I usually go all out for the holidays—any holiday, actually—but this year they seem to be sneaking up on me at breakneck speed! I don't know why I think I have to be the keeper of all things celebratory. Valentine's Day was here long before I was and will continue for years after I'm gone.*

*I've decided to throw a little love my own way this year and give myself a break. My family will still know that I love them even if they don't get the usual Valentine surprise. They may be a little disappointed, but love isn't about February 14. It's about the little things done everyday, sometimes silently and behind the scenes, that convey love.*

*Throw a little love your own way. Get out your diffuser and your favorite oil (JOY, maybe). Grab a good book or the latest magazine, prop up your feet, and enjoy!*

*Time to go find that book!*

*Simply Yours,*

*Cindy*

*When it comes to Young Living™ Essential Oils,  
"I'm Oil In!"*

**All you  
need is  
LOVE**