

# I'm Oil In! – April 2016



I'm Oil In!

## Earth Day—Young Living Style!

### Seed to Seal Promise

Young Living is proud to set the standard for essential oil purity and authenticity by carefully monitoring the production of our oils through our unique Seed to Seal® process. From the time the seed is sourced until the oil is sealed in the bottle, we apply the most rigorous quality controls possible to en-

sure that you are receiving essential oils exactly the way nature intended.

### Promise to Families

"We believe that you and your family deserve products that are genuine, free of synthetic chemicals, and of unmatched purity. Seed to Seal® is both a promise to you and a reflec-

tion of our sense of global stewardship."

Through each step of our production process on both our own and partner farms, we use the most exacting standards possible to make our products, your life, and the earth better. Only one company can make the Seed to Seal promise. Only Young Living.

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### **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 April Promotion

Retail Value \$99.66 –  
\$253.61

**-15 ml Orange EO:** Orange EO is cold-pressed from the fresh fruit, which imparts a sweet, citrus aroma whenever used.

**-5 ml PanAway EO:** Combines Wintergreen, Helichrysum, Clove, and Peppermint essential oils.

**-Digest & Cleanse:** Formulated with time-tested essential oils that work to help support normal di-

gestion!

### **-Just for Kids Collection:**

Includes 5 ml bottles of Owie™, TummyGize™, and GeneYus™ essential oil blends.

### **-15 ml Stress Away EO Bonus for ER Orders:**

A unique YL blend that brings a relaxing, warm, tropical aroma into any environment! (Only available in qualifying Essential Rewards orders of 190 PV or more.)

Reach any of these PV

minimums – 190 PV, 250 PV, or 300 PV – with your April order and earn great free products, including a bonus reward for your qualifying Essential Rewards order!



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

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## Orange EO

Orange essential oil, cold-pressed from the rinds of oranges, has a juicy aroma reminiscent of the fresh fruit. An important ingredient in popular blends such as Citrus Fresh™, Abundance™, Christmas Spirit™, and Peace & Calming®, Orange oil offers a sweet, peaceful aroma that can fill a room with a sense of peace, harmony, and creativity.

Try making Orange essential oil part of your morning routine – either diffused or applied topically – to start your day off with an inspiring boost of citrus aroma. Orange, like other

citrus oils, can cause photosensitivity, so avoid applying it to exposed skin before spending time out in the sun. Orange is delightful on its own, or you can combine it with complementary oils such as Lemon, Tangerine, Grapefruit, Cinnamon, Neroli, or Patchouli.

### Orange essential oil uses:

- Diffuse Orange essential oil in your children's play areas. They'll love the sweet, playful scent!
- Diffuse Orange with Lime,

Lemon, or Tangerine for a sunny warm-weather scent.

- Even clean linens may need a little freshening. Combine 8–10 drops with distilled water or witch hazel in a small spray bottle and spritz over linens and in closets to keep your sheets, towels, and clothes smelling great.

Orange is the perfect essential oil to welcome the Spring!



## PanAway EO

Spring break is upon us. Can summer be far behind?



The beach is calling, and I must go. One quick glance in the dreaded mirror tells me I have some work to do

“The beach is calling, and I must go....”

to be ready for the warmer seasons, outdoor activities, and summer clothes. How about you? Are you ready? If you have waited until now to start making that transition, you may discover that you have some

muscles that you didn't know were there. Keep your PanAway handy! It is your sore muscles best friend!



You/We can do it!



## Have a Gut “Feeling”?

If you haven't already done so, you might want to jump start your spring cleaning by cleansing your body. A cleanse is also a great way to get your weight loss plan going in the right direction. It will help to rid your body of toxins and goes a long way to eliminating those dreadful cravings that often sabotage our best efforts.

**Digest & Cleanse** is an important part of Young Living's 5-Day Nutritive Cleanse. It can also be taken on your vacation to help support your digestive health when you are eating out more often and trying all those foods that you don't normally eat.

For more info on the 5-Day cleanse, check out my blog post for a Detox

Diary and Lessons Learned:

<http://imoilin.com/2015/01/18/5-day-detox-diary-days-1-and-2/>



## Recipe of the Month: DIY Milk Bath

### Ingredients:

- 1 & 1/4 cup Powdered Milk
- 1/4 cup and 1 tbsp cornstarch
- 1/4 cup and 1 tbsp baking soda
- 12 drops of essential oil (Choose you favorite single, blend, or make your own combo! You might even try one of the promo oils, i.e., Stress Away or Orange.)

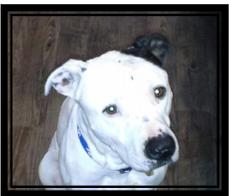
### Directions:

Add all ingredients in a large bowl and mix well. Place in a mason jar and cap tightly. (The one pictured was purchased at Target's Dollar Spot.) Wait 24 hours before use.

The recipe can be used for 4 baths using a little less than 1/2 cup each time and can be stored for roughly 3 months. Relax & Enjoy!



## Tips from Tex



In many areas, it is Spring Break time. Some families leave town; others enjoy a “stay-cation”. Regardless of your family’s choice, it will mean changes for your favorite fur-baby – and changes can mean STRESS!

“...changes can mean STRESS!” –Tex

T-Away™ was formulated with a soothing scent for your animal to support a new level of emotional freedom and joyful feelings. While T-Away is out of stock, try using Stress Away

to help your fur-baby cope with all the changes of schedule, eating routines, travel, etc.



## Something to Ponder

“I call heaven and earth to witness against you that today I have set before you life or death, blessing or curse. Oh, that you would choose life; that you and your children might live!” – Deuteronomy 30:19 TLB

We are faced with choices every

single day, even every single hour. Sometimes we choose wisely; sometimes not so well.

Have you considered your choices in the context of life and death. We often choose like we have years and years to correct our course. We live like there is no

tomorrow and then are shocked when something happens to threaten or shorten our lives.

Choose life! Make your choices count every single day.



## I'm Oil In!

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

*My Journey Starts With Me!*



Dear Friends,

It's the first weekend in April. My daffodils are blooming and everything is turning green. But wait! What's that? Yep, it's SNOW! It has been snowing all day – off and on – with gale force winds and gusts up to 60 mph! Hello? I thought it was March winds and April showers. The seasons are a little confused. Seems like you can't count on anything these days to be consistent, especially the weather.

There is one thing, though, that you can count on for consistency – Young Living Essential Oils! That is one of the reasons that I chose Young Living for my family's health and wellbeing. Their Seed to Seal promise is hands-down the best in the world. If you want quality, purity, and consistency, choose Young Living! I know I did, and I've never been disappointed.

"See" you next month!

Ever Blessed,

Cindy

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



## Oops! I've Gone Inactive!

If you haven't placed an order in over a year, your account has gone inactive.

No worries!

You can contact Member Services at 1 (800) 371--3515 to reactivate your account.

To help welcome you back, Young Living is offering the "Spring Back" promo to everyone who reactivates with an order of at least 100 PV.

Not only does Young Living have great products, but it also

provides great support – an awesome Virtual Office, amazing Member Services (online and by phone), and there's always your local and long distance support team (sponsor/enroller).

This promotion is only available through the month of April (4/1-4/30) and is offered to former, currently inactive members who have not placed an order since at least March 2015.

Isn't it time?

Don't miss this great opportunity to reconnect and give your health the boost it needs and deserves!

