

FIGHT SEASONAL ALLERGIES

WITHOUT YOUR MEDICINE CABINET

LAVENDER, LEMON & PEPPERMINT ESSENTIAL OILS CREATE
POWERFUL, ALL-NATURAL ALLERGY RELIEF



3 WAYS TO USE

1. Add 3 drops of each and rub behind ears and on back of neck.
2. Add 5 drops of each to an empty vegetable capsule.
3. Add 1 drop each to a spoonful of local honey for children, and 2-3 drops for adults.

*Only Young Living Oils are safe to ingest. For information about the differences between Young Living and drug store brands, please visit our website.

ALLERGY RELIEF

ROLLER BOTTLES

Combine all oils and fill to top with carrier oil. Apply to area as needed.

Allergy Blend

5 drops Lemon
5 drops Lavender
5 drops Peppermint

Itchy Skin

10 drops Purification
10 drops Lavender
7 drops Peppermint



CAPSULES

Seasonal Sniffles

3 drops each of:

Lavender, Lemon and Peppermint

Empty vegetable capsule

Carrier oil (grapeseed, olive oil, liquid coconut oil, etc.)

~ Put oils into capsule and fill the rest with carrier oil.

Take with water.

TEA

Soothing Tea

1 cup hot water or your favorite herbal hot tea

1 drop of Thieves

2-3 drops of Lemon

1 drop Peppermint

Honey to sweeten to taste

~Drink as often as needed



SPRAY

Outdoor Annoyance Spray

4 ounces distilled water

4 ounces Witch Hazel

10 drops Purification

10 drops Thieves

10 drops Peppermint

Add the Witch Hazel to 8 oz. bottle.

Mix in the essential oils, and then add the distilled water. Shake before each use.



IMMUNE BOOST

WITHOUT YOUR MEDICINE CABINET

When you have a strong immune system, you are less likely to get ill or if you do get caught off guard your body will be able to easily defend itself. One of the most beneficial ways for you to get the most from your essential oils is by diffusing them. Diffusing essential oils on a daily basis is a great first line of defense.

When you inhale, breath in, or diffuse into the air essential oils, they go directly to the lungs. There they are quickly absorbed into the blood stream as they cross the airway/capillary system.

From there the molecules of essential oils are transported throughout the body and into each and every cell. Since it only takes a few minutes for blood to circulate throughout the whole body, the essential oils you have just inhaled will be throughout your entire body within a few minutes.



CLOVE, LEMON, EUCALYPTUS RADIATA, CINNAMON, ROSEMARY

To increase the activity in different parts of your immune system. Suggested to use when you've been exposed to viruses or other disease producing organisms.

- Cinnamon Bark
- Eucalyptus Globulus
- Frankincense
- Oregano
- Rosemary

To help your body build up your immune system. They keep your white blood cells in production, work with the body to fight infection and to help it heal itself.

- Bergamot
- Roman Chamomile
- Lavender
- Lemon
- Myrrh
- Sandalwood
- Tea Tree
- Thyme
- Vetiver

IMMUNE SUPPORT

ROLLER BOTTLES

Combine all oils and fill to top with carrier oil.
Apply to area as needed.

Immune Booster

10 drops Thieves
10 drops Lemon
5 drops Peppermint
5 drops Tea Tree
3 drops Oregano
~ Combine all oils and fill to top with carrier oil.
(Apply to bottom of feet at bedtime.)



Hacking Up a Lung

4 drops R.C.
2 drops Peppermint

Immune Booster

3 drops Thieves
2 drops Lemon
Or
3 drops Thieves
1 drop Lemon
1 drop Peppermint
1 drop Orange
Or
3 drops Thieves
2 drops Purification



STRESS ANXIETY DEPRESSION

The 2014 research by American College of Healthcare Sciences gave 58 hospice patients hand massages once a day for one week with an essential oil blend consisting of equal ratios of Bergamot, Frankincense and Lavender in 1.5 percent dilution with sweet almond oil. All patients who received the aromatherapy hand massage reported less pain and depression. The study concluded that aromatherapy massage with this essential oil blend is more effective for pain and depression management than massage alone.

* Chang, S.Y. (2008). Effects of aroma hand massage on pain, state anxiety and depression in hospice patients with terminal cancer. Taehan Kanho Hakhoe Chi., 38(4):493-502.

Roller Bottle Blends: Add the essential oil blend to a roller bottle and top off with your favorite carrier oil. Inhale, and apply around nose, on neck, on back of neck, and on chest 2-4 times daily.

Anxiety Blend

- 5 drops Balance
- 5 drops Serenity
- 8 drops Peace & Calming

Kick Anxiety & Depression

- 5 drops Valor
- 5 drops Joy
- 5 drops Harmony
- 5 drops Stress Away

Lift & Calm Blend

- 3 drops Sandlewood
- 3 drops Cypress
- 3 drops Ylang Ylang
- 3 drops Bergamot
- 3 drops Black Pepper



7 Best Essential Oils for Anxiety

1. Bergamot (Citrus bergamia)

With its distinctive floral taste and aroma, on one hand Bergamot oil is calming and often used to decrease feelings of depression by providing energy. On the other, it can also help with insomnia induce relaxation and reduce agitation. Applying Bergamot essential oils inducing feelings of being “more calm” and “more relaxed.”

2. Chamomile (Chamaemelum nobile)

Long known for its support to benefit inner harmony, Chamomile has been used in teas and tinctures. Like the peaceful, calming scent of the tea, Chamomile essential oil have been shown to ease anxiety symptoms, while also decreasing irritability, overthinking, anxiousness and worry. Interestingly, a study conducted at the University of Pennsylvania School of Medicine found that Chamomile oil *“may provide clinically meaningful antidepressant activity that occurs in addition to its previously observed anxiolytic activity.”*

3. Frankincense (Boswellia carteri or boswella sacra)

Frankincense is great for easing depression and anxiety because it provides a calming and tranquil energy as well as spiritual grounding. In aromatherapy, it helps deepen meditation and quiet the mind. Combines with Bergamot and Lavender essential oils, Frankincense has been found o have a positive effect on reducing pain symptoms and depression. Many studies have shown how Frankincense produces changes in the brain chemistry, and produces feelings of comfort and happiness.

4. Lavender (Lavandula angustifolia)

A most common essential oil, lavender benefits include having a calming, relaxing effect. Lavender helps with inner peace, sleep, restlessness, irritability, panic attacks, nervous stomach and general nervous tension, and is considered to be restorative for the nervous system.

5. Rose (Rosa damascena)

Like the flower it comes from, Rose essential oil is settling to the emotional heart and perhaps the second most popular after lavender for relieving anxiety and depression. In this way, Rose essential oil is helpful for panic attacks, grieving and shock.

6. Vetiver (Vetiveria zizanioides)

Ahh, Vetiver oil has a tranquil, grounding and reassuring energy. A favorite for many, its often used after traumatic experiences, helping with self-awareness, calmness and stabilization. As a nervous system tonic, it decreases jitteriness and hypersensitivity and is also useful in panic attacks and shock syndromes.

7. Ylang Ylang (Cananga odorata)

Ylang Ylang's calming and uplifting effects helps with increasing cheerfulness, courage, optimism and soothes fearfulness. It is considered calming for heart agitation and nervous palpitations. Moreover, it is a moderately strong sedative that may help with insomnia.

SKIN CARE

CHEMICAL FREE & NON-TOXIC

Top 10 Essential Oils for Skin Care

	ACNE	AGING	SCARS	OILINESS	DRYNESS	ELASTICITY
CARROT SEED		✓	✓			
FRANKINCENSE		✓	✓	✓		✓
GERANIUM	✓	✓	✓	✓	✓	✓
LAVENDER	✓	✓	✓	✓	✓	✓
MYRRH		✓			✓	✓
NEROLI	✓	✓		✓		
PATCHOULI	✓	✓		✓	✓	
ROSE	✓	✓	✓		✓	
TEA TREE	✓			✓		
YLANG YLANG		✓		✓	✓	✓

REFINING YOUR BEAUTY ROUTING

Night Rejuvenating Cream

1/2 cup Shea Butter
1/4 cup cold pressed unrefined coconut oil
10 drops Lavender
10 drops Frankincense
~Whip together Shea Butter and coconut oil together for 5 minutes. Add oils and mix together. Add to a 4 oz. glass jar.

Stretch Mark Eraser

1/4 cup cold pressed unrefined coconut oil
12 drops Frankincense
12 drops Lavender
12 drops Grapefruit
8 drops Ylang Ylang
8 drops Geranium
~ Whip coconut oil in a mixer for 5 minutes. Add oils and whip again.

Eyelash Growth

1 drop Lavender oil
Bottle of mascara
~ put 1 drop of Lavender oil into a new bottle of mascara and use daily.

Make-up Remover Wipes

8 ounce mason jar
26 cotton rounds
1/4 cup distilled water
1/2 teaspoon Dr. Bronner's rose soap
2 tablespoons Witch Hazel
4 drops Lavender
4 drops Tea Tree
~ Mix all liquid ingredients in measuring cup. Place half of the rounds in the jar and pour half of the piqued over them, then do the same with the remaining rounds and mixture. Seal and turn upside down to disperse liquid. Store upright.

Introducing the *NEW*

ART SKIN CARE SYSTEM

Great skin care starts with three fundamental steps: cleansing, toning, and moisturizing. Our new ART® Skin Care System offers three reformulated products that are designed to do just that

YOUNG LIVING

ART Gentle Cleanser, Net Wt. 100 ml (3.38 fl. oz.)
ART Light Moisturizer, Net Wt. 100 ml (3.38 fl. oz.)
ART Refreshing Toner, Net Wt. 100 ml (3.38 fl. oz.)



Body Building Oils!

Deep Relief- is a blend of oils specially formulated to relieve muscle soreness and tension. Deep Relief is offered in the portable convenience of a roll-on application.

Valor- is an empowering combination of essential oils that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. Renowned for its strengthening qualities, Valor enhances an individual's internal resources. It has also been found to help energy alignment in the body.

PanAway- was created by Gary Young following a severe injury to the ligaments in his leg. PanAway is soothing to the skin while providing comforting warmth to muscles after exercise.

En-R-Gee- a blend of stimulating oils that have been used traditionally to help restore mental alertness. Uplifting and strengthening as the name suggests, it boosts energy.

Idaho Balsam Fir- was traditionally used for muscular aches and pains, the warm aroma of balsam fir soothes and rejuvenates body and mind.

Peppermint- has often been used to help give a boost of energy in daily life or to help keep you moving during a work out.

Ortho Sport- is designed for both professional and amateur athletes, as well as anyone who works or plays hard. Ortho Sport Massage Oil has a higher phenol content, which has been used traditionally to produce a warming sensation and provide relief to tired muscles.



YOUNG LIVING ESSENTIAL OILS | INDEPENDENT DISTRIBUTOR

* This was made for informational purposes only. It is not meant to diagnose, treat or cure any illness or disease

ROLLER BLEND

Muscle Rub

- 5 drops Peppermint
- 3 drops Clove
- 5 drops Wintergreen
- 3 drops Black Pepper

Improve Performance



Breathe Well
Eucalyptus

Speed Recovery



Even More
EO blends

Detoxify



Essential Oils for Athletes

Eucalyptus – Promote Healing

- Promotes health, well-being, purification, & healing.
- Support healthy respiratory function.
- Reduces inflammation in strained & fatigued muscles.
- A few drops on the chest can help with asthma attacks.
- In a spray bottle can help with cooling the body {hello spring training!}
- Wake-up the body after traveling for destination races.



Lavender - Speed Recovery

- Stress relieving & relaxation properties, helpful for pre-race night's sleep.
- Soothes cuts/bruises, as well as speeding recovery & healing time.
- Anti-Inflammatory, reduces high blood pressure.
- Relieves asthma & allergies.

Lemon – Detoxify & Speed Recovery

- Detoxifying effects for your body helps relieve lactic acid & waste.
- Improves Circulation & increases white blood cells (immune system).
- Uplifting & Improves memory, concentration & relaxation.
- Great for athlete's foot or other infections.



Peppermint – Energize to Improve Performance

- Relieve indigestion, gas, or nausea (*yeah, I'm talking to you, nervous racer!*)
- Relieve a headache & Increase mental alertness & concentration.
- Smell of peppermint has been shown to reduce perceived effort
- Relieve aches & pains such as those brought on by arthritis & carpal tunnel, or...RUNNING!

ROLLER BLENDS



Breathe Again - 4 types of eucalyptus and more to support respiratory health and relaxes airways. Calming and uplifting, purifying and cleansing, eases muscle tension and reduces inflammation, promotes emotional balance, aids normal breathing, supports skin health, soothes scratchy throat and is soothing when inhaled.



Deep Relief - Peppermint, Lemon, and more to support head and muscle tension. Relieve muscles, nerves, body aches, joint soreness, arthritic pain, and negative energy. Reduces muscle spasm, all types of pain, Acts as an analgesic, anesthetic and anti-inflammatory agent. Boosts immune. Induces relaxation.



Stress Away - Lavender, Lime, Vanilla, and more to relieve stress and reduce nervous tension. Reduces anxiety, combats stress and restores equilibrium. Balances blood pressure. Best of all it eases body tension for the athlete after strenuous workouts or competition.



iNSOMNiA

RESTFUL SLEEP

FOR GENERAL SOOTHING & RELAXATION, TRY LAVENDER, PEACE & CALMING. FOR INSOMNIA DUE TO MENTAL STIMULATION OR AGITATION, TRY CLARY SAGE OR CEDARWOOD. ONE OF THE MOST RELAXING TREATMENTS BEFORE BED IS A WARM LAVENDER & CHAMOMILE ESSENTIAL OIL BATH. FOR COMPLETE RELAXATION, FOLLOW THE BATH, PUT A FEW DROPS OF OILS ON YOUR FEET.



Linen Sleep Spray

3 ounces distilled water
5 drops Lavender
5 drops Stress Away
3 drops Peace & Calming II
Combine ingredients in a 4 oz. spray bottle.
Shake well. Spray bed linens.

Sleepytime Diffuser Blend

8 drops Lavender
8 drops Marjoram
6 drops Peace & Calming
Add oils to diffuser & diffuse at bedtime.

8 ESSENTIAL OILS FOR BETTER SLEEP

ESSENTIAL OIL	HELPS & SUPPORTS	HOW TO USE
LAVENDER	Deeply calming, helps to get a deep sleep.	Apply 1-2 drops to forehead, bottom of feet and behind knees. Add to a spray bottle of water and spray your face and bed linens before bed.
VETRIVER	Turn off your brain at night	Apply 1 drop to forehead.
ROMAN CHAMOMILE	Calming, soothing & relaxing. Creates a peaceful atmosphere when diffusing.	Diffuse
YLANG YLANG	Improve quality of your sleep	Inhale deeply or diffuse. Apply 1 drop to forehead.
BERGAMOT	Calming & emotional balancing	
SANDALWOOD	Insomnia - The smell will naturally lull you to sleep in no time!	Massage a 2-3 drops onto your forehead or your chest and breathe deeply.
MARJORAM	Helps relax the body to for a peaceful sleep	Add 2-3 drops to a dab of coconut oil and apply to legs, arms and chest.
CEDARWOOD	Calm your brain after a busy or stressful day.	Apply 1-2 drops in your forehead and back of neck.



LONDON



NEW YORK



TOKYO



MOSCOW

IT'S BEEN ONE OF "THOSE" DAYS

an essential oils quick reference guide

©THE LEMON DROP LOUNGE, USA | DO NOT COPY, ALTER OR SHARE WITHOUT PERMISSION | V.1.1



The Lemon Droppers know you don't have time to deal with sick kiddos when the house is on the verge of blowing up; some days we don't even have time to shower! Try these recipes, diluted with coconut oil, to help ease your child's "ouchies" with a quickness:

tummy ache

DIGIZE

PEPPERMINT

*diffuse &
apply on
stomach

earache

MELROSE, THYME

PURIFICATION

THIEVES, GERANIUM

LAVENDER

*apply to
feet & around
the ear

fever

PEPPERMINT

THIEVES

*apply to
feet &
under
arms

cuts

LAVENDER

PURIFICATION

*apply
directly on
affected
area



the busy mom's essential oil SURVIVAL GUIDE

©THE LEMON DROP LOUNGE, USA | DO NOT COPY, ALTER OR SHARE WITHOUT PERMISSION | V.1.1

POOR SLEEP? BAD MOOD? SICK? STINKY KIDS? STRESSED? ANXIOUS?



PEACE & CALMING | JOY | THIEVES | PURIFICATION | FRANKINCENSE | VALOR

The Lemon Droppers know, the last thing you should be worrying about is your family's health. After all, there's laundry to be done!

Essential oils are your one-stop-shop for better sleep, happier moods, healthier kids, a better smelling house, reduced stress, and less anxiety.

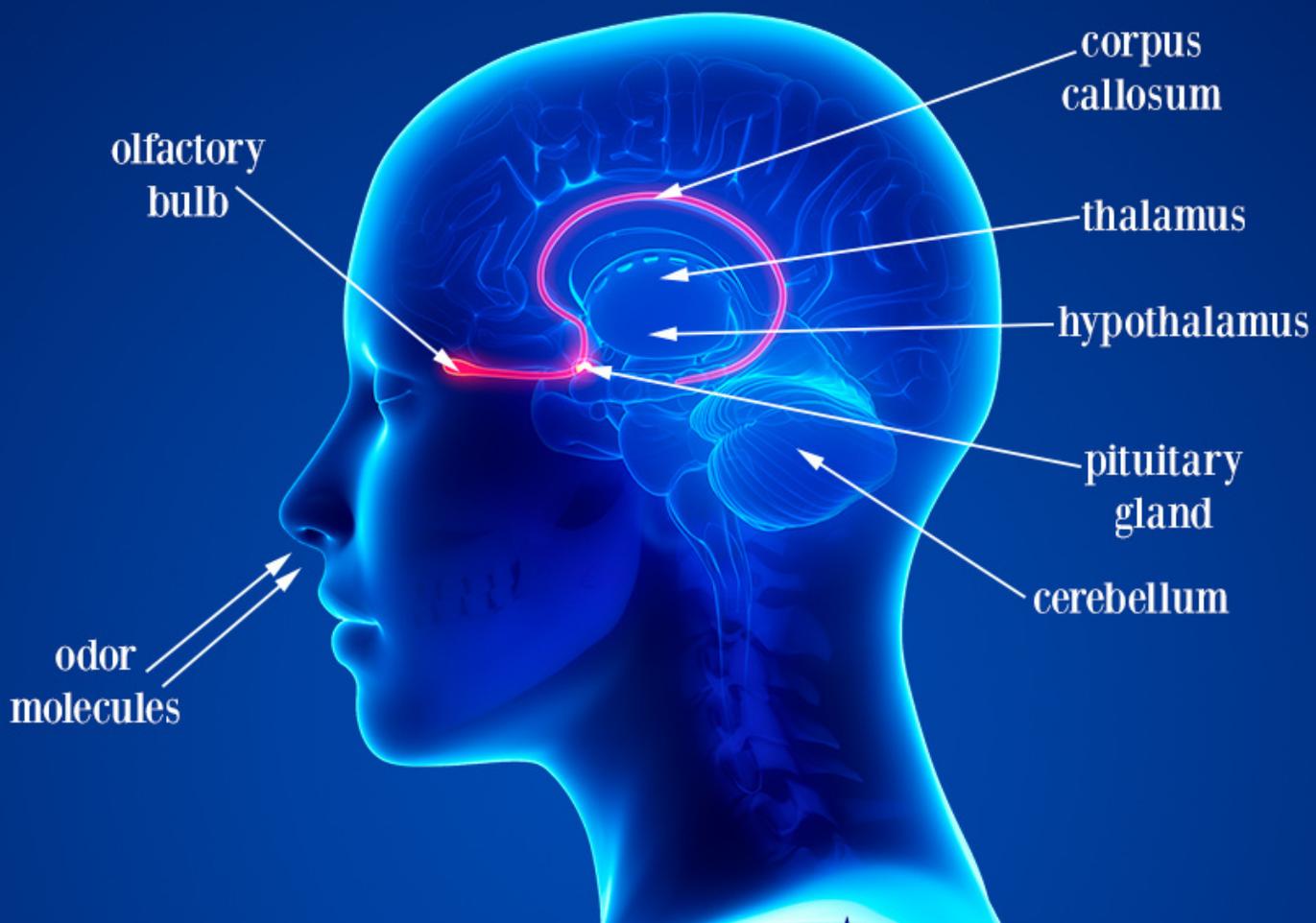
NOW BACK TO YOUR REGULARLY SCHEDULED LAUNDRY.



How Aromatic Molecules INFLUENCE the Emotional Center of the Brain

©THE LEMON DROP LOUNGE, USA | DO NOT COPY, ALTER OR SHARE WITHOUT PERMISSION | V.1.1

When fragrance is inhaled, the odor molecules travel up the nose where they are trapped by olfactory membranes that are well protected by the lining inside the nose. When stimulated by odor molecules, this lining of nerve cells triggers electrical impulses to the olfactory bulb in the brain. Because the limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance, essential oils can have profound physiological and psychological effects. The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional control center. Anxiety, depression, fear, anger, and joy all emanate from this region, all other senses are routed through the thalamus.



“The way to live with strength and vitality without pain and dis-ease lies in what God has created not what man has altered.”

HOW DO ESSENTIALS OILS WORK?

Essential oils are derived in their purest form from God’s medicinal natural resources – Botanicals!

Dating back to ancient times and used for thousands of years, essential oils are a **natural remedy for many of life’s adversities – whether physical, mental, emotion or spiritual**. With many biblical references, essential oils have historically been used to combat virtually every ailment known to man. Something the ancient world knew and implemented quite well, our modern society has only begun to discovery the power within God’s healing oils.

The broad spectrum of **therapeutic actions** of essential oils are coming back into the lime-light for their healing benefits. Not only are they used as effervescent perfumes, but also as applications to temper aches and pains, as antiseptic remedies to **promote health and healing**, and even as agents to **support emotional and spiritual harmonization**.

For example, Frankincense EO **promotes peace, awe and reverence**. It protects the nervous system. Hebrew scientist, Dr. Moussaieff, as quoted in the *Weizmann Institute of Science* newsletter, states that Frankincense “...acts on a previously unknown pathway in the brain that regulates emotions.” This portion of the brain is called the **limbic system**. When inhaled, *Boswellia catterri* and *Boswellia sacra* (the two Frankincense species known and loved for thousands of years), **the scents promote mood-enhancing and calming effects on the brain**, specifically to the limbic system. When the limbic system is relaxed in this manner, it **promotes up-lifting feelings of peace and emotional freedom**.

No wonder people love Essential Oils – they smell great **AND support the innate natural functions of the body!** So many people can reap extraordinary benefit from including essential oils in their daily lives. The ability of essential oils to act on both the mind and body is what makes them truly unique among natural therapeutics.