

Everyday Oils for Everyday Emotions™

Application Tips

- Massage topical oils into skin clockwise
- For emotional transformation, inhale oils while visualizing desired outcome
- Oils containing citrus, such as lemon and Young Living's Peace & Calming®, cause photosensitivity; do not apply to skin within 12 hours of when it will be exposed to direct sunlight
- Put oils into glass or ceramic containers first, then fill with good-quality water or rice milk to drink
- Dilute peppermint oil, Young Living's Thieves®, Purification® and PanAway® with Young Living's V-6™ carrier oil or high-quality vegetable oil for skin sensitivity as necessary
- Avoid contact with eyes and ear canals; wash hands after applying oils and apply V-6™ carrier oil or high-quality vegetable oil if accidentally applied too close to or in these areas

Lemon (*Citrus limon*)

Emotionally uplifting, focusing, cleansing, transforming; restorative

Balances solar plexus (3rd) chakra

- Apply 2-3 drops to abdomen to promote healthy boundaries
- Apply 2-3 drops to upper abdomen to release anger, frustration, stagnation and resentment
- Apply 2-3 drops to soles of feet to promote clarity, security and intuition
- Add water to 2-3 drops and drink to absorb new ideas and positive emotions

Caution: causes photosensitivity (see Application Tips above)

Peppermint (*Mentha piperita*)

Emotionally moving, uplifting, focusing, releasing, invigorating

Balances solar plexus (3rd) & throat (5th) chakras

- Inhale or diffuse to release sense of failure and remove restrictions
- Apply 1 drop to back of neck to promote clear communication
- Apply 1 drop around navel to integrate new ideas and reprogram emotional responses
- Dilute 1 drop with carrier oil and apply to new injuries to release emotional trauma
- Apply 1 drop to soles of feet to stimulate action and take the next step in life
- Add 6 ounces of rice milk to 1 drop to promote absorption of new ideas and positive emotions

Caution: avoid before bedtime

Lavender (*Lavandula angustifolia*)

Emotionally relaxing, releasing, rejuvenating; promotes acceptance

Balances heart (4th) & crown (7th) chakras

- Inhale or diffuse to dispel frustration, irritability and anxiety
- Apply 2-3 drops to hairline for relaxation, meditation and connection with higher self
- Apply to soles of feet before bed to promote problem-solving dreaming
- Apply 2-3 drops to chest to promote heartfelt emotions and heal heartaches
- Apply directly to fresh burns or blisters to relieve emotional pain from trauma
- Ingest 3-6 drops in gel capsule to promote self-acceptance

Frankincense (*Boswellia carterii*)

Emotionally uplifting, transforming; psychic cleanser **Harmonizes upper & lower chakras**

- Inhale or diffuse to elevate mind, spirit and emotions
- Apply 2 drops to face in morning to promote strength and intuition
- Apply 2 drops to sacrum to feel connected socially
- Apply 2 drops to lower abdomen to foster passion and creativity
- Apply directly to older scars and age spots to remove negative stored emotions
- Ingest 2-4 drops in gel capsule to release negative emotional traits passed down in DNA

Valor® (blend of spruce, rosewood, blue tansy, frankincense, almond oil)

Emotionally balancing, harmonizing, encouraging **Aligns all 7 chakras**

- Apply 2-3 drops to top and base of spine to align chakras
- Inhale often when dealing with stressful or challenging situations
- Apply to wrists and neck as perfume to invoke courage and personal power
- Apply 2 drops to soles of feet for confidence in new situations and public speaking

PanAway® (blend of wintergreen, helichrysum, clove, peppermint)

Emotionally renewing, rejuvenating **Grounds base (1st) chakra**

- Inhale or diffuse to promote strength and emotional endurance
- Apply 2-3 drops to areas of old trauma to release associated emotions
- Apply 2 drops to soles of feet to promote willingness to change
- Apply 3 drops to lower back for emotional fatigue

Peace & Calming® (blend of tangerine, orange, ylang ylang, patchouli, blue tansy)

Emotionally balancing, relaxing, uplifting **Synchronizes all chakras**

- Inhale or diffuse before bed to prevent nightmares
- Apply 1 drop to back of neck to release addictions and promote connection with higher self
- Apply 2 drops to soles of feet to encourage healthy habits
- Apply 1 drop around outside of ears to find positive aspects of difficult situations

Caution: causes photosensitivity (see Application Tips above)

Purification® (blend of citronella, lemongrass, rosemary, melaleuca, lavandin, myrtle)

Emotionally cleansing, releasing **Balances solar plexus (3rd) chakra**

- Inhale or diffuse to dispel criticism of self and others
- Apply 3 drops to soles of feet to move away from negative situations
- Apply 3 drops to upper abdomen to let go of anger and rage
- Add 6 ounces of rice milk to 1 drop and drink to break emotional eating habits

Thieves® (blend of clove, lemon, cinnamon bark, *Eucalyptus radiata*, rosemary)

Psychic protector **Balances base (1st) & sacral (2nd) chakras**

- Inhale or diffuse to foster emotional endurance and independence
- Apply 1 drop to soles of feet when feeling threatened or unsafe
- Add 6 ounces of rice milk to 1 drop and drink to find sweetness in life