

YOUNG LIVING PREMIUM STARTER KIT OILS

Thieves Vitality



Supports healthy immune function.* May support a healthy respiratory system and contribute to overall wellness when taken as a dietary supplement.* Add 1 drop to a cup of warm water as part of a wellness regimen.

R.C.



Contains 3 varieties of Eucalyptus, plus several other essential oils. Diffuse to create a comforting aroma. Rub on feet or chest before exercising to create an uplifting and inspiring aroma. Rub 3 drops on feet before bedtime.

Frankincense



Key ingredient in Boswellia Wrinkle Cream™ and Brain Power™. Useful for massage after activity. In cosmetic applications, may help smooth the appearance of healthy-looking skin. Diffuse during meditation.

DiGize Vitality



Contains peppermint, ginger, and fennel, plus several other essential oils. Use with meals to support a wellness regimen.* Use as a dietary supplement in water when traveling abroad. Add to a gel capsule or combine 2 drops with 1 drop of Peppermint in water for a pleasant, stimulating drink.

Lemon Vitality



Includes the naturally occurring constituent limonene. A key ingredient in Thieves®, NingXia Red®, and Inner Defense™. Its fresh citrus flavor makes a bright, flavorful addition to food and water.

Stress Away



Unique blend of vanilla, lime, copaiba, and other pure essential oils that may help relieve daily stress, encourage relaxation, and reduce nervous tension.

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Peppermint Vitality



Supports gastrointestinal system comfort.* Promotes healthy bowel function.* Enhances healthy gut function.* Maintains efficiency of the digestive tract.* Supports normal digestion.* May support performance during exercise.*

PanAway



A best-selling blend containing wintergreen, helichrysum, clove, and peppermint. Apply topically after exercise. Supports the appearance of healthy skin coloration. Apply to neck and back for a soothing aromatic experience.

Lavender



A popular essential oil long loved for its calming, soothing fragrance. Key ingredient in Stress Away™ and Tranquil™. May complement your favorite shampoos, lotions, or skin care products. Diffuse to add a clean, fresh scent to any room. A relaxing addition to baths and body care products.

Purification



Diffuse to freshen air and eliminate odors. Add to Epsom salts for a soothing bath. Add to product to moisturize skin and improve appearance for healthy looking skin. Apply topically to enjoy the outdoors annoyance-free.

Copaiba Vitality



Can promote wellness when taken internally.* Mix with honey and warm water to create a tea, and enjoy as an important part of a daily health regimen.*

Flex Oils

Substitute oils in the event of sourcing/supply constraints.



Usage

- Dietary - See label for suggested use.
- Aromatic - Inhale directly or use a diffuser.
- Topical - Dilution may be required. See label for use.
- Dilute - Dilution required. See label for use.
- Photosensitivity - Avoid direct sunlight and UV rays after application to skin. See label for use.

*Dietary oils can be photosensitive if they come in contact with the skin.

For More Information

Please visit
[thewelloiledlife.com/
 premiumkit](http://thewelloiledlife.com/premiumkit)



*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, or cure disease.