


# BACK TO SCHOOL

## SURVIVAL GUIDE



Join us for Back-to-School Themed  
Product Ideas & Recipes for Your **BEST**  
School Year Yet!

YOUNG LIVING INDEPENDENT MEMBER

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# RISE N SHINE



## CAN OILS HELP WAKE MY KIDS IN THE MORNING?

Absolutely! Essential oils can be the key to a more productive and enjoyable morning! Try an emotional blend like Joy™ or Motivation™ to gently wake their brains and get them ready for the day.

**Add Joy™ & Lemon in your diffuser as you start your morning. This combo promotes an uplifting and positive attitude while fighting against the morning grumps.**



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# MIGHTY AND STRONG



**HOW CAN I HELP KEEP MY CHILDREN HEALTHY?**

With Thieves® Vitality™ and NingXia Red®, you have a quick and easy way to support your child's overall wellness and build a healthy immune system\*.

**Add a drop of Thieves®  
Vitality™ to a NingXia  
shot, apple juice or hot  
cereal to promote overall  
wellness all year.**



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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# FIRST DAY JITTERS



## HOW CAN MY CHILD BENEFIT FROM OIL ALL DAY?

Add a diffuser necklace or bracelet to your child's outfit, allowing them to breathe in the benefits of essential oils throughout the day.

**Try Stress Away™, Valor II™ or Cedarwood on diffuser jewelry to promote calmness during a stressful school day.**



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# HOMESCHOOL STUDY AIDS



## SHOULD I DIFFUSE OILS DURING HOMEWORK TIME?

YES! Essential oil's complex, pleasant, and unique scents activate the limbic system—the brain's center of emotion but also learning and memory.

Try Peppermint, Brain Power™ or Clarity™ in your diffuser to promote a sense of clarity and focus during homework time!



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# BEDTIME ROUTINE ZZZZZ

## SWEET DREAMS PILLOW SPRAY

8 oz Spray Bottle, 20 drops Lavender, 1 TBSP Witchhazel

Add ingredients to bottle then fill with distilled water. Shake well before each use. Mist linens before bedtime.

Try Tranquil™ Roll-on, Peace & Calming II™ or Lavender on feet or back of the neck to promote peace & relaxation at bedtime.



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# SWEET DREAMS CREAM ZZZZZZ

## INGREDIENTS

1 cup Shea Butter  
1/2 cup Coconut Oil  
1/2 cup Almond Oil

8 drops each: Lavender,  
Peace & Calming II™,  
Valor II™, & Cedarwood

## DIRECTIONS

Melt shea butter & coconut oil. Allow to cool until it's cooled but still melted. Add almond oil & essential oils and freeze until fairly solid. Then, whip the solid mixture with mixer until it reaches butter consistency.



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# STINKY KID SPRAY



## INGREDIENTS

- 15 Drops of Purification™
- 4 oz Distilled Water
- 4 oz Sprayer Bottle

## DIRECTIONS

Add 15 drops of Purification™ to bottle. Top off with distilled water. Spray smelly clothing thoroughly before washing. Shake well before use.





# GERMY KID

## HAND SOAP



### INGREDIENTS

10 drops of Thieves™  
1/4 cup Castile Soap  
1/2 tsp Carrier Oil  
Distilled Water



### DIRECTIONS

Combine 1/4 cup of unscented castile soap, carrier oil and Thieves™ oil into foaming soap dispenser. Fill rest of bottle with distilled water. Seal with soap pump and shake gently.

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# ROLLERBALL RECIPES



## UP AND AT 'EM

- 15 drops Bergamot
- 10 drops Orange
- 10 drops Lemon
- 5 drops Peppermint

## PEACE & CALM

- 12 drops Lavender
- 7 drops Stress Away™
- 8 drops Valor II™
- 4 drops Patchouli
- 4 drops Vetiver

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Top off each rollerball recipe with the carrier oil of your choice.

## AFTER SCHOOL PRACTICE

- 10 drops Frankincense
- 10 drops Copaiba
- 10 drops Idaho Balsam Fir

## BREATHE EASY

- 10 drops RC™
- 10 drops Myrtle
- 10 drops Marjoram

## NIGHT, NIGHT

- 10 drops Lavender
- 10 drops Cedarwood
- 5 drops Chamomile

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# DIFFUSER RECIPES



## RISE 'N SHINE

5 Drops Orange  
3 Drops Peppermint

## SUPER HERO STRENGTH

4 Drops Thieves™  
3 Drops Purification™

## GENIUS

2 Drops Peppermint  
2 Drops Frankincense  
2 Drops Orange

## HOMEWORK TIME

3 Drops Rosemary  
3 Drops Lemon  
2 Drops Peppermint

## TEST DAY PREP

3 Drops Lavender  
2 Drops Clary Sage  
1 Drop Ylang Ylang  
1 Drop Marjoram

## SWEET DREAMS

4 Drops Lavender  
2 Drops Vetiver  
2 Drops Cedarwood  
1 Drop Ylang Ylang

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# RISE 'N SHINE SMOOTHIE



## INGREDIENTS

- 3/4 cup Vanilla Yogurt
- 3/4 cup Skim Milk
- 3-4 Mandarin Oranges
- 1/2 tsp Vanilla Extract
- 12-15 Ice Cubes
- 2 drops Tangerine Vitality™



## DIRECTIONS

Place all ingredients in the blender and blend until smooth. Makes 2-3 servings.

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# DREAMSTICLE FRUIT DIP



## INGREDIENTS

8 oz Cream cheese, softened  
4 oz Whip Topping, thawed  
1/3 cup Powdered sugar  
3 drops Orange Vitality™

## DIRECTIONS

Combine cream cheese and sugar. Cream together in a mixer. Fold in whip topping and Orange Vitality™ oil. Chill for an hour before serving.



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# KidScents<sup>®</sup> LINE

Young Living's gentle, all-natural children's products make your job a little easier. These body care products, supplements, and beyond are designed to help you care for your little ones.

## CONTAINS

- Natural ingredients
- Therapeutic-grade Essential oils
- No mineral oils
- No toxic ingredients
- No artificial colorings
- No synthetic perfumes



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# DETANGLER SPRAY

## INGREDIENTS

- 1/8 cup Lavender Mint conditioner
- 1/2 cup distilled water
- 8 oz Spray Bottle
- 5 drops Tea Tree
- 5 drops Lavender

## DIRECTIONS

Bring the distilled water to a simmer without boiling. Combine the warm water and conditioner in the bottle, shaking to combine. Add essential oils to the detangling base, shaking to distribute. Apply detangler to hair as needed.



# KidScents® OILS

Growing up is a lot of work. Help your children along the way with KidScents® oils! These mild essential oil blends are safe, pure alternatives to commercial solutions. Plus, they are specially formulated to just the right strength for kids, so you never have to dilute them.



**GeneYus™**

**Owie™**

**Sleepylze™**

**SniffleEase™**

**TummyGize™**

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# TEACHER GIFTS

Take your child's teacher a back to school gift basket filled with a few of your favorite Thieves® products to show your appreciation for all they do.

Plus, enjoy the peace of mind of promoting natural and effective alternatives to chemical soaps and cleaners in their classroom!



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- Thieves® Spray**
- Thieves® Cleaner**
- Thieves® Hand Soap**
- Thieves® Hand Purifier**

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