

Frankincense

Essential oil benefits include:

- Stress Relief
- Immune Booster
- Astigent, Skin Healer & Anti-Aging
- Hormone Balance
- Ease Digestion
- Sleep Aid
- Anti-Inflammatory
- Natural Cold Remedy

All info. is from DrAxe.com, for more info visit <https://draxe.com/what-is-frankincense/>



Stress Relieving

Add a few drops of frankincense oil to a hot bath for stress relief. You can also add frankincense to an oil diffuser or vaporizer to help fight anxiety and for experiencing relaxation in your home all the time.

Helps Boost Immune System Function

It can be used to prevent germs from forming on the skin, mouth or in your home. Diffuse to eliminate air pollutants and make toothpaste using baking soda and Frankincense oil.

Preserve Skin Health

The oil can be used anywhere where the skin becomes saggy, such as the abdomen, jowls or under the eyes. Mix six drops of oil to one ounce of unscented oil and apply it directly to the skin. Be sure to always do a small patch area test first to test for possible allergic reactions.

Hormone Balance

Frankincense oil reduces symptoms associated with menstruation and menopause by balancing hormone levels. It can help relieve pain, cramps, constipation, headaches, anxiety, nausea, fatigue and mood swings. Diffuse or dilute with carrier oil and massage on abdomen.

Digestive Aid

To prevent poor blood flow or feelings of stress and anxiety that can interfere with healthy digestion, it helps speed up the digestion of food, similar to digestive enzymes. Add one to two drops of oil to eight ounces of water or to a tablespoon of honey for GI relief. If you're going to ingest it orally, make sure it's 100 percent pure oil; do not ingest fragrance or perfume oils.

Young Living offers a Vitality Frankincense you can take orally!

Sleep Aid

*Helps with congestion also
It has a calming, grounding scent that can naturally help you to fall asleep. It helps open breathing passages, allows your body to reach an ideal sleeping temperature and can eliminate pain that keeps you up. Diffuse in your bedroom when you go to bed at night.

Anti-Inflammatory

Frankincense can inhibit the production of key inflammatory molecules associated with conditions like arthritis, asthma, painful bowel disorders like IBS and more. You can add a drop of oil to steaming water and soak a towel in it, then place the towel on your body or over your face to inhale it to decrease muscle aches. Also diffuse several drops in your home, or combine several drops with a carrier oil to massage into your muscles, joints, feet or neck.

Ylang Ylang

Essential oil benefits include:

- Increase blood flow
- Relieve inflammation
- Fight parasites
- Regulate heartbeat
- Heal cardiac problems
- Lift someone's mood
- Promote healthy intestinal function

All info. is from DrAxe.com, for more info visit <https://draxe.com/ylang-ylang/>



Heart Health Booster

Massage a single drop daily over the heart combined with a carrier oil. You can take ylang ylang as a dietary supplement too (only when using a therapeutic-grade oil) by adding one to two drops to water or warm tea, As a natural high blood pressure remedy.

Mood Enhancer

Try diffusing the oil in your home or massaging it into your skin to bring on stronger feelings of awareness, confidence, peace and self-love.

Preserve Skin Health

Combine one to two drops with coconut or jojoba oil and massage it into the face once or twice daily for protection.

Natural Energizer

Add several drops to a clean cotton ball and apply it to your wrists, neck or chest.

PMS Remedy

To naturally remedy PMS cramps, tension and stress, you can apply ylang ylang oil along with lavender oil to the back of neck and lower abdomen.

Natural Hair Care

Try massaging ylang ylang into your scalp along with using coconut oil or jojoba oil (or your regular conditioner) to increase the appearance of healthy, shiny hair & detangle. Some research even shows this combination can kill head lice.

Aphrodisiac and Social Enhancer

Diffuse ylang ylang in your room, inhale it from the bottle, add a drop to your body lotion, or even apply a small amount to your bedsheets or shirt collar.

Diabetes Fighter

Massage several drops into the reflex points of the feet, over the abdomen and pancreas.

Digestive Aid

To prevent poor blood flow or feelings of stress and anxiety that can interfere with healthy digestion, try inhaling ylang ylang, massaging it over the digestive organs. Only ingest oil if it is rated for consumption!! Young Living Ylang Ylang is for external use only!

Grapefruit

Essential oil benefits include:

- Disinfecting surfaces
- Cleansing the body
- Reducing depression
- Stimulating the immune system
- Decreasing fluid retention
- Curbing sugar cravings
- Helping with weight loss

All info. is from DrAxe.com, for more info visit <https://draxe.com/grapefruit-essential-oil/>



Disinfectant

Research shows that grapefruit oil can even fight strong bacterial strains that are responsible for food-borne illnesses, including E. Coli and salmonella. Grapefruit is also used to kill skin or internal bacteria and fungus, fight mold growth, kill parasites in animal feeds, preserve food, and disinfect water.

Diabetes Fighter

Sniff the oil directly from the bottle whenever your cravings hit, or try creating a natural supplement using several drops in water or tea that you can drink throughout the day.

Young Living offers a Vitality Grapefruit you can take orally!

Reduce Depression/Stress

It's known to bust stress and works great when it's diffused, added to bath wash or dabbed on skin just like perfume. Add several drops to a sterile cotton ball along with a touch of coconut oil; then rub it into your wrists, neck or chest.

Improve Circulation

Add a few drops to a nightly bath, place some on your shirt collar or dap some onto your wrists.

Boost Immunity

Research shows that grapefruit is effective at fighting urinary tract infections too and might even be "comparable to that of proven antibacterial drugs." In addition, grapefruit vapors have also been shown to help treat lung and nasal infections when inhaled.

Skin Cleansing & Enhancing

As a natural acne treatment or skin salve, use grapefruit oil along with nourishing coconut or jojoba oil once or twice daily on the affected area.

Weight Loss & Decrease Fluid Retention

Add several drops to your water, diffuse it in your office or home, or massage some onto your chest and wrists when a craving strikes. When applied topically to the skin in small amounts, grapefruit essential oil is an excellent diuretic and lymphatic stimulant. This is one reason why it's included in many cellulite creams and blends that are used for dry brushing.

Grapefruit Cellulite Lotion ▶

With two ingredients that act like natural cellulite remedies, coconut oil helps hydrate the skin while grapefruit essential oil contains enzyme bromelain, which helps break down cellulite.

INGREDIENTS: 30 drops grapefruit essential oil
1 cup coconut oil
glass jar

DIRECTIONS: Mix grapefruit essential oil and coconut oil together. Store in glass container. Rub into areas of cellulite for 5 minutes daily

Lavender

Essential oil benefits include:

- Reduce anxiety and emotional stress
- Protect against diabetes symptoms
- Improve brain function
- Help to heal burns and wounds
- Improve sleep
- Restore skin complexion and reduce acne
- Slow aging with powerful antioxidants
- Relieve pain
- Alleviate headaches

All info. is from DrAxe.com, for more info visit <https://draxe.com/lavender-oil-benefits/>



Stress Relieving

To relieve stress and improve sleep, put a diffuser by your bed and diffuse oils while you sleep at night or in the family room while you're reading or winding down in the evening. You can also apply lavender oil topically behind your ears for the same benefits.

Diabetes Fighter

To use lavender oil for diabetes, apply it topically to your neck and chest, diffuse it at home or supplement with it for the health benefits.

Young Living offers a Vitality Lavender you can take orally!

Improve Brain Function

To support the nervous system with lavender oil, diffuse it at home, inhale it directly from the bottle or apply it topically to the temples and back of neck.

Healing Burns & Wounds

For burn relief and to heal cuts, scrapes or wounds, mix 3-5 drops of lavender oil with ½ teaspoon of coconut oil and apply the mixture to the area of concern. You can use your fingers or a clean cotton ball.

Anti-Aging: Healthy Skin & Hair

To use lavender oil for skin health, combine 3-4 drops with ½ teaspoon of coconut or jojoba oil and massage the mixture into the area of concern. You can also add lavender oil to your face or body wash. I also recommend mixing lavender oil with frankincense essential oil and applying it to your skin first thing in the morning, right after you shower, and right before bed. This will help to reduce inflammation and signs of aging, like dark spots.

Sleep Aid

To improve your quality of sleep, diffuse lavender oil in your bedroom before or during sleep. Also, you can rub 3-5 drops directly on your neck, chest and temples. Taking a healing bath by adding 15 drops of lavender oil and 1 cup of Epsom salts to the bathtub is another effective way to use lavender oil to improve sleep and relax the body

Pain Relief

Diffusing lavender or inhaling it directly from the bottle can also help to relieve headaches. Combine two drops each of lavender oil with peppermint oil and rubbing the mixture into the back of the neck and the temples for headache pain. You can also use on other areas where you have pain.