

Hello

Your Welcome Guide
To Young Living & Team



Welcome

To the Beautiful World of Essential Oils
May this eBooklet help you get started!

Name: _____

Did you know as a Young Living member you are now eligible for 24% discount every time you shop? Hang on to all this information for future orders.

Your Name: _____

Username/Login: _____

Member ID: _____

Password: _____

4 Digit PIN: _____

Please keep this information in a safe place

Contact

Sponsor/Enroller: _____

Contact: _____

Young Living Customer Service
1.855.429.2616 or canadacs@youngliving.com
LIVE CHAT available in the Virtual Office



Discover the Seed to Seal

Promise

Young Living is proud to set the standard for essential oil purity and authenticity by carefully monitoring each step of the production of oils through a unique Seed to Seal process. From the time the seed is sourced until the oil is sealed in the bottle, rigorous quality controls are applied to ensure you receive essential oils exactly the way nature intended.

Step 1 Seed

Seeds are Non-GMO and are carefully selected by experts based on the previous year's crop potency & effectiveness.

Step 2 Cultivate

You won't find any pesticides or non-organic fertilizers of any kind on YL farms. You will probably see someone hand weeding, as well as the harvesting of plant material. Using only sustainable methods. YL farming practices set the bar around the world.

Step 3 Distil

Young Living is the largest innovator of oil distillation using several proprietary techniques. (Distillation really impacts the quality of your oils. This important step will determine how well your oils will work and YL has over 30 years experience with how to distil each specific essential oil.)

Step 4 Test

All oils are tested in triplicate using our internal labs, and then sent out for 3rd party testing. These standards are higher than international standards.

Step 5 Seal

Each bottle is carefully packaged to ensure a perfect product shipped directly to you. You are invited to visit any of the Young Living farms and witness the entire process unfold. They are completely transparent and you will be able to get an up close and personal unforgettable experience!



Three Ways to Use Essential Oils

Topically

Applying essential oils to your skin is convenient, practical, effective and a great way to experience some of their many benefits! You can enhance your massage, apply to fatigued areas after exercise relieve burns, cuts and bruises, smooth the appearance of wrinkles, support healthy looking skin, and so much more!

Aromatically

Adding essential oils into your diffuser is a powerful and effective way to enjoy their many benefits, even while you are sleeping! Dropping some oil into your cupped hands to inhale throughout the day can become a wonderful practice of mindfulness and self-care. Even smelling an oil directly from the bottle is a convenient way to support your well-being. Another great way to enjoy essential oils aromatically is by using them to make your own spray.

Food/Water Flavouring

Adding our + Plus line oils into your food or beverages is a tasty and creative experience. You can enhance your dishes flavour with only a drop of oil! As you learn how to support yourself with essential oils, you can decide which ones would go best in a cup of hot water to make a comforting "tea" like beverage. Or maybe you want to add a new twist to your smoothie with one of our citrus oils. Always be sure to avoid putting essential oils into plastic dishes and stick to glass and stainless steel to avoid stripping the plastic.



The lowdown about Essential Rewards

As gatekeepers of our home, we decide what comes through the doors. Essential Rewards has made it more affordable for us to do just that. It is a completely customizable monthly wellness in a box. Think of it as your birthday every month. Get rewarded as you transfer everything you need from many other stores to your one-stop-shop box. Get your oils, supplements, soap, detergent, body products, household cleaner, make up, vitamins, pain cream, beauty products, and Ningxia Red. Receive discounted shipping, monthly promotions, and free stuff in the process. It is the perfect way to gradually build your supplies and ditch and switch toxic products in your home.

Earn Points

Months 1-3

10%

back in points

Months 4-24

20%

back in points

Months 25+

25%

back in points

Earn points (1 point = 1 US Dollar) back with each consecutive monthly essential rewards order to redeem on free product like a gift card.

Minimum monthly order is 50PV

The Perks

- 1 Customizable order
- 2 Flexible order date
- 3 Discounted Shipping
- 4 Cancel at any time
- 5 Order from Canada stock and US stock to earn double points
- 6 Bonus oils/products at 100 PV, 190 PV, 250 PV, and 300 PV
- 7 Loyalty gifts at 3,6,9,& 12 months



How to Join ER (Essential Rewards)

Log in to your virtual office and click on Essential Rewards. Choose your date, add your first month's order and click save.



My Interests & Health Goals:

General Wellness. Winter Wellness. Pregnancy/Childbirth. Babies. Children. Mood & Emotions. Stress. Clear Thinking. Lung & Respiratory. Lymphatic. Hormones. Cardiovascular. Digestive. Cleanses. Ancient Oils of the Bible. Raindrop. Vitaflex. Animals. Beauty. Skin. Immunity. Joints & Bones.

Wish List

Personal:

1	6
2	7
3	8
4	9
5	10

For more information, please go to puresenzes.info/body-support for help with products and lifestyles choices to help you in the areas of interest.

Puresenzes.info is the Members Only support website, loaded with information to help you on your journey.



Diffuser Blends



Root Beer

3 drops Panaway
3 drops Stress away

Chill Out

3 drops Northern Lights Black Spruce
3 drops Peppermint
3 drops Lemon

Vanilla Mint

3 drops Peppermint
3 drops Stress away
3 drops Spearmint



Evening Unwind

3 drops Northern Lights 3 drops
Black Spruce Lavender

Base Cream Recipe

Add Young Living Essential Oils to make it your own personal cream.

Melt and mix the oils together in a double boiler (low heat).

3/4 cups grape seed oil (or apricot or almond oil)

1/3 cup coconut oil

1 oz beeswax (or 1/8 cup melted)

After melting and mixing, let the oil and wax cool and solidify.

Then, add the following to the first ingredients:

2/3 cup distilled water (or rosewater)

1/3 cup aloe vera gel

1/4 tsp Vitamin E (and Vitamin A if desired)

1/16 tsp tea tree oil from Young Living (5 drops)

Using a handheld immersion blender, blend the hardened oil and the liquids until water and oil mix and turn into cream, and all the water is incorporated into the cream. You will probably notice that oil and water don't seem to mix, be patient.

Makes 2 cups | Store in glass jar.

Shelf Life: In the fridge one year. Room temperature 6 months.

Your Oily Journey Support



Pure Senzes

Website: puresenzes.info

a Pure Senzes member exclusive website with a wealth of resources include oils for culinary uses, an emotional strengthening program, a body systems program designed to walk through on a monthly basis with your YL products, and more. Go to puresenzes.info/hello to get a log in

Pure Senzes Members Lounge

a Pure Senzes member exclusive Facebook group designed just for you. This is a great place to begin your journey, learn great information, access videos, recipes, and other great content to learn about your Young Living essential oils & products.

Website: puresenzes.com

a public website put together by Pure Senzes with a wealth of information on 'Why Young Living?' This is a great site to share with your friends or family who may have questions about your new oily lifestyle that you don't feel you have the answers for yet.

Resources

There are many good resources & testimonies within the group at Pure Senzes. For support, be sure to join the Pure Senzes Member's Lounge.

Resource for Testimonies:
ylsearch.com

Resource for Books:
discoverlsp.ca

This website gives you access to some of the best books, guides, pamphlets and apps to get you started and keep you going strong with your Young Living lifestyle and/or business.

Pure Senzes Marketplace

a facebook community group where we post things we may be looking to buy or sell related to Young Living lifestyle. This is a great place to find resource books to help you along the way with your YL lifestyle and/or business.



Young Living

Income Potential

It might be a vacation fund, college education, get out of debt, early retirement or a willable inheritance for your children. Sharing what you love while building a residual income is a good option.

Young Living Ranks	Monthly Average Income	Annual Average Income
Brand Partner	\$0.25	\$3
Star	\$20.17	\$242
Senior Star	\$116.25	\$1,395
Executive	\$284.25	\$3,411
Silver	\$1,242.67	\$14,912
Gold	\$3,862.67	\$46,352
Platinum	\$9,309.08	\$111,709
Diamond	\$25,463.92	\$305,567
Crown Diamond	\$48,811.92	\$585,743
Royal Crown Diamond	\$124,846.17	\$1,498,154

Please visit YoungLiving.com/IDS for complete & latest Young Living Income Disclosure Statement. Amount is in USD
www.puresenzes.info/incomepotential

Build a Residual Income while sharing what you love

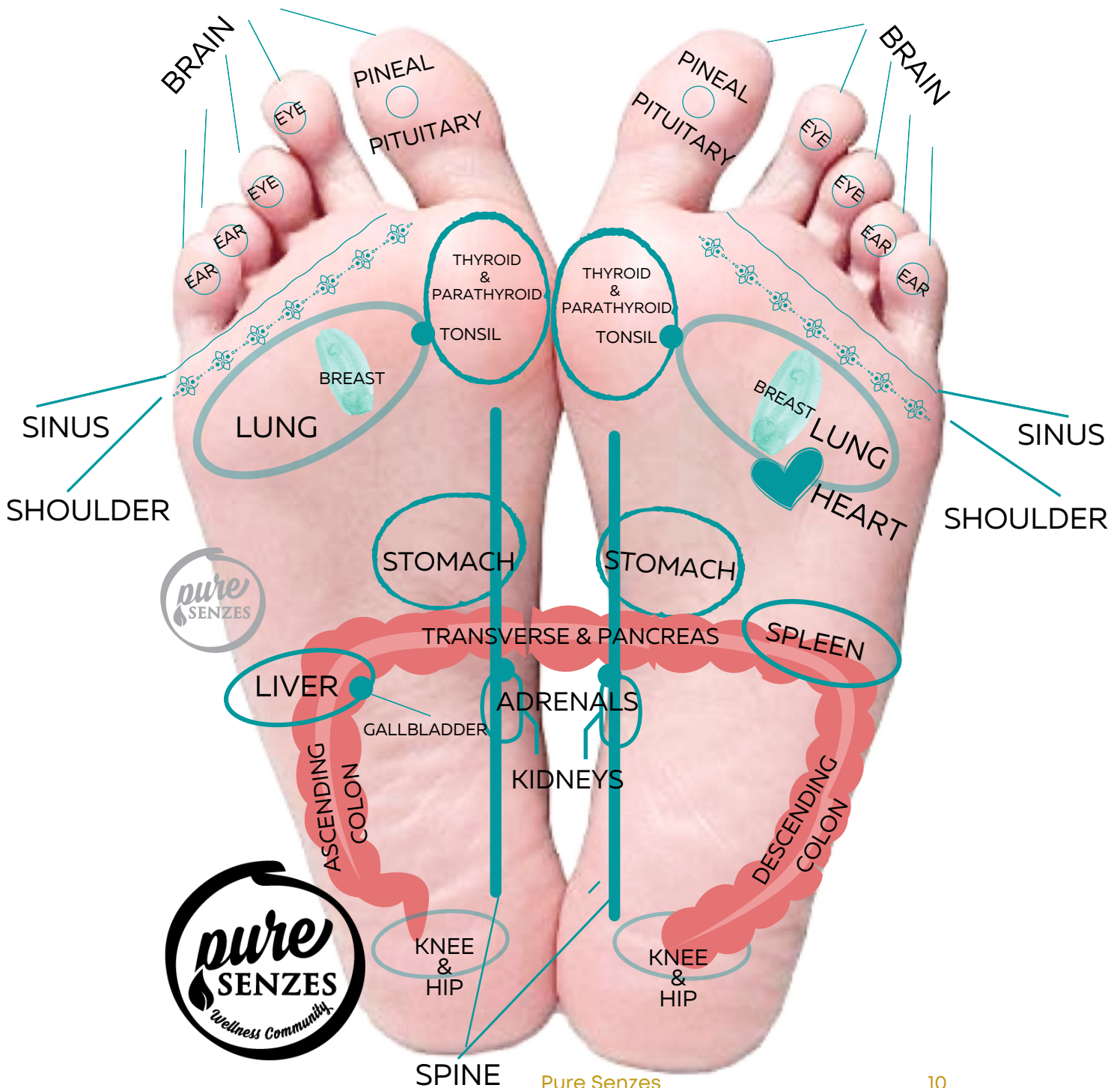
Residual income is income that one continues to receive after the completion of the income-producing work.

Pure Senzes offers training and support!
Go to www.puresenzes.info/success for more information



VitaFlex Points

Good health requires energy that can flow freely throughout our bodies. However, sometimes that flow can become congested. Vitaflex points give us an easy way to get that healthy energy flow moving again to all our body systems. There are about 5000 Vitaflex points in our body. Connecting specific reflex points with essential oils releases an electrical charge, sending soothing energy flow through the neuroelectrical nerve pathways. This can assist in recovery and support the natural alignment of the body. The points on the bottom of our feet are connected through the nerve endings to our spine and to our internal organs



Where to Apply

SHOULDER panaway

massage on the shoulders to relax muscles

CHEST r.c.

apply to the chest and breathe in for a fresh respiratory experience

UNDERARM purification

apply to the underarm to freshen and remove unwanted odour

ABDOMEN digize

apply to the abdomen to help soothe and aid digestion

LEGS lavender

apply to the legs for healthy looking skin & promote relaxation

HEAD frankincense

apply to the temple and forehead during prayer & meditation to promote feelings of tranquility

NECK peppermint

apply to the back of the neck for a cooling, soothing sensation

HEART black spruce

apply over the heart to help ground, soothe, & relax

WRISTS lemon

apply to the wrists for its uplifting properties

KNEES copaiba

apply to the knees after exercise

FEET thieves

apply to the bottom of the feet to support overall health





Check List

towards a better you

- Complete your wellness wishlist on page 6
- Try the 4 diffuser blends in the next few days
- Join Facebook Pure Senzes Members Lounge
- Connect with your sponsor to discuss your wellness plan and/or Income Potential Opportunity
- Book an appointment for a Zyto Balance Scan www.psscans.com
- Get on Essential Rewards Program for extra savings
- Tell a few people about your wellness journey
- Check Puresenzes.com for Events and Zooms meetings

