



SPECIAL REPORT 1

“ESSENTIAL LIFESTYLE“

**The Essential Lifestyle - Live Your Life Full Of
Fragrance, Purity And Vibrancy!**

Welcome to 27 Special Reports on the essential lifestyle and exclusive ways to claim vibrant wellness for yourself!

You can decide now to have more quality in your life, your surroundings and your relationships (= the people you are with).

"You cannot have everything – therefore take only the best"

Have you ever bought a cheap suitcase that broke down after the first few uses? Did it make you angry and disappointed? Would it have been better to invest a little more money right away to get the right quality and avoid the disappointment, waste of time and money?

In this special report you are about to discover the essential lifestyle as well as the **highest quality** of essential oils that exist on the planet. In this way **you** can start into a life full of fragrance, purity and vibrancy.

You are destined to live a great life!

Aditya Nowotny and Team ENJOY

P.S.: For questions and information, please contact the person who introduced you to Young Living's products, or go to <https://eotq.org/> and contact the person who lives close to your area or who you like best among the aroma experts.

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I. What Is Lifestyle? What Is “Essential Lifestyle“?

The lifestyle for which a person consciously decides, which he or she cultivates and constantly develops is a celebration of one's own life.

To live life happily, intentionally and freely in your own style.

Life without a lifestyle happens to people who do not cultivate their lives, whose life is determined by others – forced upon or influenced by other people or circumstances.

If life rather happens to you instead of you consciously deciding what you love, how you live and how intensely you live, then you are still on the look-out for a true lifestyle.

What is “Essential Lifestyle“?

The essential lifestyle is **your** conscious decision to surround yourself with the best and most essential people and things.

“**You cannot have everything – therefore take only the best**” is a good way to characterize your essential lifestyle – a lifestyle that is focused on what is really essential to you and not the noise, the distractions and the hype.

“**Essentialism**” can also pertain to products. In essential products you deal with quality, not with quantity. You deal with what is really important, not what detracts you and overwhelms you. Essential means *special* things, not *many* things.

“Essential Lifestyle“ can include....

- To be authentic and identify with what you truly are - “Be, what you are!” - and follow your inner voice :-)
- Healthy, toxin free nutrition
- Healthy, toxin free nutritional supplements with high bio-availability
- Pure, well informed and rich water
- Therapeutic grade essential oils
- Concentration on those who you really care for (and who care for you) - essential, “sustainable” relationships with other beings (not just humans!)
- Moving and doing sports outdoors.
- To live in nature or to visit nature regularly.
- Using renewable, clean energies (for propulsion etc.)
- To be self-responsible, self-determined and financially independent.
- To live emotionally and financially debt free.

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- Spend one hour every day only with yourself - to connect yourself with source, your essence - e.g. meditation, breathing, walking in nature, doing yoga or chi gong, reading a good book uninterrupted and observing (within and without)
- Use best possible technologies that bring true improvement and do not lead to new complications in your life – resist the „next shiny object syndrom“.
- Take regular holidays - short and long - including also “holidays from online”.
- Build networks of positive people and connect with people on a qualitative level, while staying in harmony with universal laws.
- Create value for others and win-win situations on a daily basis – life is there to be enjoyed deeply – for you and for those around you.

Purity: a feeling of freshness, clarity and virginity

The essence of plants is totally pure and clear - like the inner essence of the human being.

Do you feel clear and permeable? - What does your breath tell you? (“purity-breath”)

Be aware, that most impurities in human life come from the mental plane. Plants, however, have no mental faculties - they are totally pure, non-judgemental and self-giving. It is for us human beings that we can profit from this immense and fragrant purity of the plant-kingdom.

II. Essential Fragrances And Your “Essential Lifestyle“

- **Which smells or scents feel right for you?**
- **Are there people or places whose smell you cannot bear?**
- **Are there things and situations that are rather stinky for you?**
- **For what do you have a good nose, a good intuition?**

Essential fragrances are the only sensory perceptions that do not pass through the filter of the mind and rational thinking. Therefore fragrances and olfactory perceptions cannot be influenced by what you think – they touch you on a deeper level.

Throughout history, the lifestyle of essential fragrances has been an exclusive one - essential fragrances were an important part of life in ancient cultures.

These cultures knew about the enormous effects that essential fragrances have on our subconsciousness and well-being. Even *today*, you will find essential oils used in palaces as a means to enhance the atmosphere. Sealed letters from royalty would have a fragrant note, indicating that the letter came from nobility or even the King/Queen in person. In oriental palaces essential oils and fragrances are being used today - as they have been used for millenia.

You can attract people into your life by using essential fragrances - or keep them away from you! Find out how different people react to different scents - find your own essential fragrance for special occasions as well as for your daily life situations and observe who you attract and who you keep away :-)

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Essential fragrances attract high vibrant, positive energy. That is why fragrances have been used to attract good vibrations and divine presence as well as keep away negative, demonic influences by various spiritual traditions.

Frankincense e.g. has been used for millenia to support prayer, meditation and worship in the Christian church as well as in India, ancient Greece, ancient Egypt and even in shamanism.

Essential fragrances can uplift you, give you freshness, energy and clarity, but also enhance silence, contemplation as well as a feeling of harmony and wholeness.

"Like attracts like" – essential fragrances that support your natural fragrance and your natural radiance cause things that resonate with your fragrances and energies to enter your life. On the other hand, you may feel a little “allergy” towards things that do not suit you.

Various ancient cultures knew the „scent of wealth“, which is also reflected in today's parlance as "the scent of money" and the two versions: "money does not stink" or "money stinks". What do you chose?

Happiness and joy are experienced as "fragrant" or flowery - every person strives for them in some form. On the other hand, we try to avoid being "smelly".

Each flower has its own fragrance - a rose would never have the idea of having the scent of jasmine. With your similarity - exude your own scent, be your own sun - the center in your life and stop satelliting around someone in order to be somebody.

Do you follow your nose? Do you observe first impressions? Or do you let yourself get deluded with what others tell you? Don't get your nose full with influences, opinions and manipulations from others - keep your nose clear so you can follow your intuition.

In nature many things are regulated by essential fragrances. Universal laws lead to win-win situations. Win-win in nature means in this example flowers attracting bees with their scent, giving bees food while their pollen is spread and the plants can procreate.

When you give yourself what is essential, you will always attract everything that is essential - give yourself fully and wholeheartedly and amazingly you will get all you need from life.

Fragrance always means young life, blossoming and growth while strong, foul smells often indicate bacterial processes, decadence, decay and death.

Do you live the sweet smell of freedom or do you suffocate in the stench of compulsions, hamster wheels as well as small and petty thinking?



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III. The “Essential Lifestyle” – Your Checklist

What is essential in your life, what is unnecessary? Do you have a "good nose" and follow it? What makes you feel awkward? What is it that you really need? What is too much in your life?

Print out the next two pages of this Special Report and fill in the blank fields, what is “essential” and “non-essential” for you in the respective fields:

Topic	Essential What should be more welcoming in my life?	Non-Essential What should disappear from my life?
1. My Body Nutrition - Exercise - Freshness - Air - Purity - Sleep - Stretching - Chi Gong - Yoga - Breathing - Agility - Ease - Being playful		
2. My Emotions Awareness - Do Not Suppress – Let It Flow - Do Not Hold On - Happiness - Being Childlike - Patience - Love - Joy		
3. My Thoughts Positive Thinking - Silence - Mind Control - Uplifting Thoughts - Simplicity - Awareness - Clarity - Peace		
4. My Relationships With myself – With My Partner - With Friends – With My Family – Colleagues - Love - Respect - Acceptance - Letting Go - Do Not Judge - Do Not Expect - Positivity		
5. My Finances Awareness - Regularity - Punctuality - Do Not Spend More Than You Earn - Do Not Hold On - Let It Flow - Concentration Awareness - Earn - Keep - Increase (Invest)		
6. Spirituality And Consciousness Meditation - Prayer - Being - Oneness - Happiness - Peace - Mindfulness - Being With Yourself - Being In The Middle - (Self) Observation - Openness - Surrender - Devotion - Love - Service		
7. Fun And Sports Challenge - Fitness - Cross The Borders / Self-Transcendence - Joie de vivre - Coordination - Balance - Endurance Sports – Teamplay – Extreme Sports		
8. My Living Space Fresh, Clean Rooms - Light - Peace - Smell / Smell Situation - Order - Rest - Oasis Of Well-being - Pets - Roommates - Guests - Neighbors - Landlords - Clutterers - Mold – Vermin		

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9. My Career Career - Occupation - Vocation - Living My Meaning - Self Responsibility - Self Determination - Hamster Wheel - Burn Out - Alienation - Dealing with Time - Legacy		
10. My Recreation Relaxing - Having Fun - Hobbies - Holidays - Family - Friends - Being Able To Switch Off - Creativity - Playing - Discovering New Things - Traveling - Unfolding - Adventure - Nature - Regeneration - Wellness - Realizing Dreams - Self-expression - Dance - Music - Visual - Design - Writing - Diary - Reading - Audiobooks - Knitting - Crafts - Garden – Massage – Acupuncture – Chi Gong - Yoga		
11. Vehicles, Energy And Technologies That You Use Car - Bicycle - On Foot - Public Transport: Do I Pollute The Environment? - Are The Energies Renewable? - Efficiency - Electric Motors - Fossil Energies - Computers - Progress - Technical Solutions That Bring More Complications - Technical Solutions That Bring About Simplification - Openness To New Solutions - Technology Hostility And Backwardness - Dependence On Bad Solutions - Naivety - Time For Television, Smartphone And Games		
12. My Nutrition Healthy / Unhealthy - In Moderation – Sugar? - White Flour? - Homemade / Processed Food? - Fast Food? - Convenience Food? - "You Are What You Eat" - Aware - Nutrient-rich - Energy-giving - Fanatical - Dependency - Addictive Substances - Intuitively Listen To Your Body - Vegetarian - Vegan - Diets (e.g Raw Food, Ayurvedic, Blood Group Diet, Macrobiotic, Chronobiotic) – Preservatives? - Microwave? - Times And Regularity - Community – Rewarding Frustrations With Food?		
13. Products That You Use <i>(pollutant-free or toxic to you and the environment)</i> Personal Care - Cleaning Products - Cosmetics - Essential Oils - Clothing - Packaging - Interior - Awareness - Quality or Quantity? - Recycling? - Sustainability - Ownership - Awareness of the Earth And Environment - Ignorance - Fairness - Convenience - Value - Fairtrade - Child Labor - Environmentally Sound - LED Lamps - Mercury Lamps		

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IV. Begin To Live With Essential Oils!

The History Of Essential Oils

The history of essential oils began more than 6,000 years ago. We find its origins in ancient Egypt, from where Moses brought the knowledge of living essences to the holy land.

From the Bible you can learn that Jesus and his disciples, including Mary Magdalene, used essential oils for anointing and cleansing.

The picture shows "Lady Greensleeves" (Mary Magdalene), who was fond of wearing a green blouse with green sleeves. It helped her to be in syntony with the plant kingdom. The picture below shows a photo of the Mary Magdalena shrine. It is usually located in the crypt in St. Maximim (40 kilometers/24,8 miles from Mont Sainte Baume, Provence) and is brought to light once a year for the celebration of Virgin Mary.



With Mary Magdalene, the old knowledge of plant distillation, which had been already brought by Moses from Egypt to the Holy Land, came to France. She landed in Saintes-Maries-de-la-Mer. Mary Magdalene lived and taught there for thirty years. On the altar you can see her relics complete with skull! Since she was initiated into the Egyptian healing arts as an Isis priestess, she was repeatedly denounced by certain circles throughout centuries. In fact, they were not afraid to call her a prostitute. while indeed she was one of the closest female disciples of Jesus Christ.

The ancient Egyptian knowledge had now reached France, where it merged with the traditions of the Druids. The Druids also had a highly developed plant knowledge (see for example the use of **Sage**, **Angelica Root** and **Juniper** in purification ceremonies). From there, wise women, also known as herbal women, carried this knowledge through the centuries.

However, the art of these wise women was not appreciated by certain circles: herbal women were declared herbal witches, herbal witches became witches and witches landed at the stake.... Hildegard von Bingen was one of the few herbal women who escaped this fate through her good connections with a nobleman in Cologne who had good "diplomatic relations" with the Vatican.



Essential essences thus had a very consistent tradition from ancient Egypt through Moses, Jesus and Maria Magdalena who went from the Holy Land to the south of France and the Druids and Celtic healers. In the Middle Ages again and again essential oils appeared in France (just think of the novel "The Perfume" by Patrick Süskind) until finally in modern times René-Maurice Gattefossé learned by a lucky coincidence around 1928 the special effect of essential oils. Together with Jean Valnet, Gattefossé is considered the founder of aromatherapy.

This historic circle closes with Gary Young, whose search returned to original sources. Gary Young, possibly the

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unlikely person to learn about, deepen and spread aromatherapy, was an American farmer, explorer, natural healer and distiller of essential oils. He rediscovered the ancient Egyptian method of plant distillation in 1988.

How To Get Real Essential Oils

This method is so gentle that molecular chains remain unchanged and complete. The fatty components are distilled away completely. Because of this fact (no fatty oils!) the molecules of real essential oils are much smaller, resulting in a higher permeability of oils throughout the human body and cells.

This unique method of rediscovered ancient Egyptian ways of distillation – catchword "*sacred geometry*" – dwarfs the previously known and applied forms of distilling plant essences in the 20th century.

The harvesting method of the required plants is revolutionary as well:

Harvest takes place only at the ideal time of the day – according to the respective plant species. With some plants that means only in early morning hours, when plant fluids are concentrated and the Brix degree is the highest. In addition harvesters also ask for permission to harvest and thank the plants that are picked – as the native Indians did.

Many aromatherapists are thrilled with the total naturalness, round flower and depth of oils that are genuine and authentic quality. The lack of any sharp, stinging or pungent odor that can be found again and again in conventional essential oils are another hallmark of these pure oils.

Incidentally, the "crisp note" in conventional essential oils is an indication of incomplete purity or additives to dilute the oil (e.g., synthetic oils contain silicone or petrochemicals, so-called "designer oils").

No *hexane*, no *alcohol*, no *synthetic linolylacetate*, no *propylene glycol*, no *SD 40*, no *DEP*, no *DOP* and no *supercritical CO2* should be part of a genuine essential oil. Sadly, many essential oils you find in drugstores, pharmacies or even health food stores are contaminated with these solvents, which have no inherent odor or self-coloring and are used to increase the volume of the oil thus "harvested".

As you can see, essential oils are a special area of research, that you can open for yourself through self-study. If you want to be sure, get education – for real oils are not like any item you buy at the grocery store and then use.

If you muster patience and purposefulness, a new universe of health and well-being will open up for you and you might be able to do some valuable services for other people as well.

Everything that was created in nature has a purpose - as Hildegard von Bingen put it:

"Against every evil an herb has grown."

American chemist and aromatherapist Dr. David Stewart has aptly described authentic-quality essential oils as

"God's Love Manifest in Molecules."



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Essential Oils...

1. **...are nourishing, regenerating, oxygenating and immune-enhancing** components of plants. Therefore they are often referred as "the life blood of plants" or "the soul of the plants".
2. **...are so small on a molecular level that they can permeate the entire body in less than 15 seconds.**
3. **...are fat soluble and can penetrate cell membranes** even if the cells are hardened due to oxygen deficiency. As part of your daily skin care, essential oils increase the attractiveness and appearance of your skin.
4. **...contain the most powerful antioxidants found in nature.** This is very beneficial for your healthy body and helps to maintain a state of wellness and inner strength. Antioxidants create an unfriendly environment for free radicals and prevent harmful reactions.
5. **...are active on many levels.** Their empirically demonstratable effects include your physical, mental, emotional, social and spiritual area.
6. **...have a harmonizing effect on your physical, emotional, spiritual and mental well-being.** When you apply essential oils consciously and with intention there is a natural communication between you and the plant power. You experience a strengthening and balancing feeling where you need it at the moment.
7. **...have a tremendously cleansing power.** They are able to cleanse your body at different levels - physically, emotionally and spiritually.
8. **... are the ambassadors of the plant kingdom.** They help to dissipate accumulations of stress, tension, thoughts or feelings and connect you to the open, vast space of peace.
9. **...contain fragrances that pass directly into your limbic system via your olfactory nerve where your emotions and memories are stored.** They help you harmonize negative emotions and maintain your natural, physical and mental balance.
10. **...are aromatic.** Of the hundreds of thousands of plant species there are only about 400 plants that contain aromatic essences. Only from these plants essential oils can be obtained. Due to their aromatic nature they can be used for hand inhalation as well as for evaporation with ultrasonic diffusers.
11. **...purify air by:**
 - binding and removing metal particles and toxins from air.
 - increasing atmospheric oxygen content.
 - increasing negative ionization of air which is helpful against electrosmog (positive ions!!) as well as against bacterial growth.
 - **neutralizing odors of mold, cigarettes and animals.** The aroma molecules bind (bad) odor molecules, change them and/or neutralize them.
 - filling the air with a fresh, aromatic scent.
12. **... have a bio-electromagnetical frequency that is much higher than the frequency found in live plants, fresh herbs, dried herbs and even the human body.** Studies have shown that essential oils are able to quickly raise the frequency of the human body and bring it to normal healthy levels. The increase in bio-electromagnetism strengthens your vitality, resilience and zest for life.

13. **...are able to convey intention.** Masaru Emoto's pioneering work on the crystal structures of water depending on intention or mental orientation is valid to an even higher degree about essential oils, since they are excellent carriers for information (in the form of frequencies). It is advisable to formulate thoughts and feelings of love and gratitude as soon as the oil drips out of the vial as oils can transport these intentions / resonances into your energy field and therefore have a more profound effect.
14. **...are able to support and increase your intuitive abilities as well as your spiritual awareness.** This is a reason why in many traditions around the world, religious as well as shamanic, from antiquity to the present day, aromatic oils have been and are being evaporated. The fragrance purifies the atmosphere in sanctuaries and in places of healing to facilitate meditation and prayer.

The Quality: Essential Oils Of Authentic Quality

Authentic essential oils are concentrated extracts of plant essences that are gently won by steam distillation to preserve the plant's full spectrum of activity in the form of an oil. Essential oils that are steam-distilled are concentrated up to 2,000 times more than the actual plant juice (depending on plant species). Essential oils that are cold pressed from the peel (e.g. citrus oils) are up to 100 times more concentrated than in the peel of the fruit. Authentic essential oils have a very powerful effect on your physical, emotional and spiritual levels. **There are three levels of quality** that are often not clearly differentiated:

- **fragrance oils**
- **commercial essential oils**
- **therapeutic grade essential oils.**

In 1-Dollar or 99-Cent stores you can get a bottle of **fragrance oil** for 1\$ or even cheaper. These oils are synthetic and therapeutically useless. They can be potentially harmful (if chemicals are evaporated by heating unfriendly chemical compounds).

Commercial **essential oils** can be used for home-based aromatherapy - these oils are of average to good quality but often adulterated (with chemicals or with the oils of inferior plant species – not the “mother plant”) and therefore not 100% pure. The reason for this is not lack of knowledge on the part of the manufacturer but unfortunately mostly profit greed and business practices of cost reduction and profit maximization. This attitude is often used to do business at the expense of people buying in good faith. However, nature's forces and health sustainability are not taken into account. Sadly, some of the well-known brands fall into this category.

Therapeutic grade essential oils (*actually 100% pure*) are getting more and more popular among aromatherapists and those who want to enjoy the full power of plants.

What sets therapeutic grade essential oils apart from conventional oils?

- **The soil** on which plants grow to produce oil should be **100% free of pollutants** - Young Living's therapeutic grade oils, for example, are from soils that have been established (by looking into the land register and checking with previous owners) as never having been chemically fertilized. It is further beneficial, if growing areas are very remote from civilization – e.g. at least 20 miles away from highways. Any pollutants precipitate in the essential oil and adversely affect the quality.

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- **The harvesting process:**

Many manufacturers have the crops harvested during the "best harvest times", i.e. during normal working hours during the day due to collective wages that have to be paid to harvesters,. However, the juices and powers of some plants are often the best between three and seven in the morning, with some species at noon or in the early afternoon while other plant species reach the highest Brix degree after the sun has shone on them the whole day, i.e. after sunset, before it cools down. Thus each plant species has an ideal harvest time – no matter the cost.

- **The mental attitude of the harvest workers:**

As known by North American Native Indians we should be respectful, attentive and grateful to the surrounding nature. Electromagnetic frequency measurements from the Tainio Institute, Cheney University, Washington have shown that negative thoughts in dealing with oils reduce their frequency by 10 MHz whereas positive thoughts increase their frequency by 8 MHz and prayer by as much as 15 MHz. Equally strong effects were measured in plants when in contact with certain mental attitudes of harvesters. Young Living Essential Oils harvesters, for example, are asked to ask permission from the plant before harvesting to reap in peace and then to thank the plant.

- **Resting:**

Just as the farmer leaves the mowed grass to rest before it is further used, plants for plant distillation should rest for some hours, or even three to five days (depending on the species) on the ground where they were harvested. This will consolidate the agents inside plants. Some manufacturers boast that their oils are distilled and bottled within five or six hours of harvesting the plant. This practice results in poor quality of the plant's highly complex ingredients.

- **The steam distillation should:**

1. vaporize at **minimum distilling temperature** (depending on plant species and whether flower petals, leaves, whole herbs, seeds, resins, roots or wood is being distilled),
2. distill at the **lowest possible vapor pressure** (0-2.5 kg/0-5.5 lb),
3. with **slow steam distillation** (7-24 hours, depending on the plant species) and
4. as "first distill oil" (analogue to the first pressing in edible oils – not to be confused with a "complete distill", which is a mixture of all distillations and considerably lowers the quality).

Unfortunately commercial practice looks quite different....

The oil will be of inferior quality...

1. if the steam temperature is too high (to speed up extraction),
2. if the vapor pressure is too high (up to 70 kg/154 lb) to forcibly press essences out of the plant as quickly as possible and
3. if it is won with too fast steam distillation (often a result of too high temperature or too high steam pressure). Many valuable messenger ingredients are lost, molecular chains and information in the oil become incomplete. Further, if the oil is not completely free from fat molecules, it affects the permeability of the oil through tissues. The finer the oil (the lower the AMU – atomic mass unit), the better the penetration and permeation through cell tissue. The oil is not as microfine in its molecular structure as required if the essential oil used still has residue of fat molecules. If such an oil essential oil that still has fat content is evaporated in a diffuser, it can lead to pneumonia ("oil pneumonia"). Due to this fact, conventional commercial essential oils should never be diffused more than two times half an hour a day.

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Pure therapeutic quality essential oils. However, can be safely diffused for hours on end.

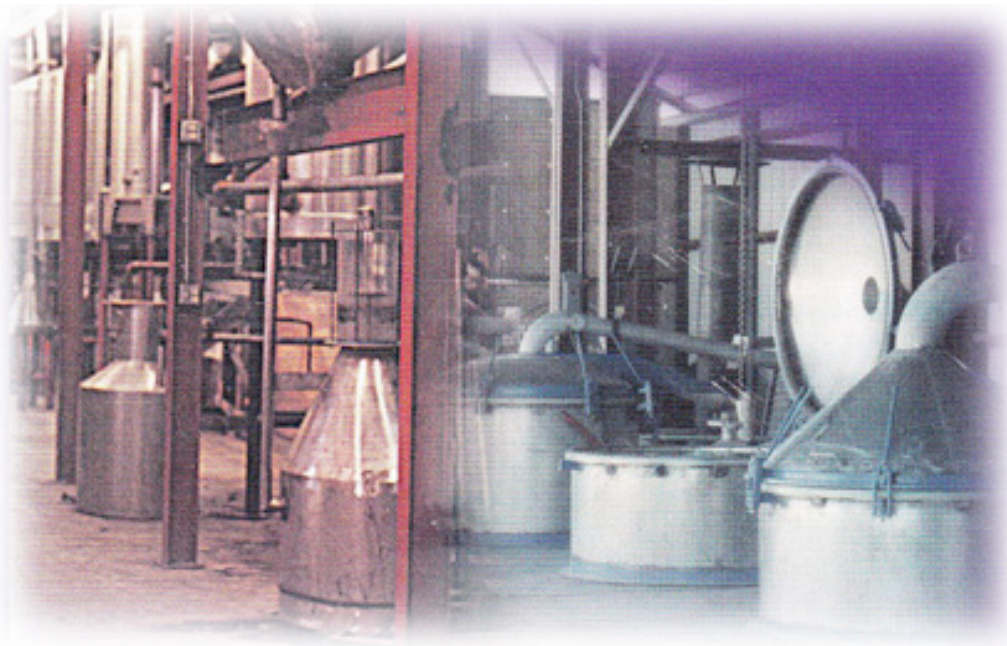
4. It sometimes happens, that plant parts are used for a second, third and even fourth round of distillation. This, of course, leads to a "watering down" of the oils. You may have noticed that commercial essential oils often smell surprisingly shallow, lacking "depth" and intensity when compared directly with a therapeutic grade oil.

The above factors that make therapeutic grade oils clearly stand out from commercial essential oils can not always be fully verified by the customer. Synthetic blends can chemically have the same "fingerprint" as the natural substance. Therefore they are often indistinguishable even for a conventional chemical laboratory. The reason is that most laboratories only use gas chromatographs with 30 meter/ 98,5 ft long columns, which is sufficient for analysis of synthetic chemicals – no distinction to purely natural essential oils is possible. **For identifying and analysing natural essential oils columns of 50 to 60 meters/164-196 ft in length are required because the fineness of plant essences can only be determined by a careful separation of all components.**

Without appropriate gas chromatographs there is only one instance that, with some training (which takes up to 20 years!), can unequivocally determine the full and natural spectrum in an essential oil: the human nose paired with sensitivity and intuition. Just as "noses" in gourmet, perfume and wine circles are highly valued and paid, you can develop a "nose" in the field of essential oils that can not be fooled by any inferior substance. Compare e.g. an oil of therapeutic quality of clove or peppermint with a commercial oil. You will be astonished how much difference it is even for the untrained nose. Therapeutic essential oils have a perfectly round flower, depth and spectrum. They are always "soft" and gentle, no matter how intense they smell. Conventional essential oils, on the other hand, often have a sharp or pungent aftertaste.

Therapeutic essential oils that meet all of the above conditions are currently available from only two sources worldwide: Creer Lab Aromatology and Young Living Essential Oils.

For more information about the quality, download in a 13-page document on <http://eotq.org/specialreport/> for free.



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V. Most Important “Seed-To-Seal“ Quality Essential Oils For Your Essential Lifestyle- The Starter Kit

The “Starter Kit“ contains a number of classics:

- **Mysterious Frankincense:** probably the oil with the most and far-reaching effects which in ancient times was considered more valuable than gold and was used by Jesus, amongst others.
- **Sparkling Lemon:** cold-pressed from the peel of organic lemons, this oil is good for your body, feelings and mind.
- **Refreshing Peppermint:** for you it may be perhaps the first time you experience 100% “Seed-To-Seal“ quality essential Peppermint oil - it leaves a lasting yet gentle impression.
- **Fragrant Lavender:** in a time when many "lavender oils" are in fact *lavandin* (which is inferior hybrid lavender) the effect of this genuine *lavandula angustifolia* highland lavender is very impressive.
- **Aromatic Copaiba:** soothing and relieving, this “Seed-To-Seal“ quality essential oil permeates your body deeply and fully. Copaiba has been used by the Amazon shamans for centuries.
- **Purification,** the wonderful cleaner-blend: a “Seed-To-Seal“ quality essential oil blend with an enormous cleaning effect on a microscopic, physical, olfactory and energetic level.
- **Fiery-sweet-spicy Thieves:** the secret recipe from the Middle Ages, historically recorded the first time in Marseille by four spice traders who stole from plague victims – therefore this blend has been called the “Four Thieves Recipe”.
- **PanAway,** the great facilitator: among other single oils, the **PanAway** blend contains clove, the most powerful antioxidant oil that exists.
- **Spicy DiGize:** wonderfully refreshing and harmonizing when applied topically on your stomach.
- **Refreshing R.C.:** supports and refreshes body, mind and soul. R.C. has been especially noted for its capacity to bring the bio-electromagnetic frequencies of humans back to their optimal level after inhaling for just 21 seconds.
- **Fragrant Stress Away:** with its delicate vanilla fragrance, it calms your mind in stressful times.

These wonderful oils, which are a perfect introduction to the world of authentic “Seed-To-Seal“ quality essential oils and essential lifestyle are applicable in every way, e.g. for inhalation, for diffusing, in your bath, household, for topical application, for reflexology and also on chakras and energy channels.

Other “Seed-To-Seal“ quality essential oils found in your Starter Kit if one or more of the above oils are not available:

- **Energizing Tea Tree Oil:** brings clarity to your thoughts and feelings.
- **Fresh Lemongrass:** stimulating and balancing.
- **Aroma Ease:** "Easy does it!" is the message of this “Seed-To-Seal“ quality essential oil blend.
- **Citrus Fresh:** the sunny, happy citrus oils in this blend are combined with Spearmint for an extravaganza of scent and celebration.

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Included in your **Premium Starter Kit** are optionally either the **Dewdrop** or the luxurious **Aria Diffuser** (depending on whether you ordered your Premium Starter Kit with Dewdrop or Aria Diffuser) to diffuse oils in your room, small oil samples, the product catalog, introductory brochures and two portions of the fortifying NingXia Red Juice. Surprise yourself and your family and friends with one of these wonderful Premium Starter Kits – you deserve it!

1. FRANKINCENSE *Boswellia carterii*

Frankincense says: *"I bring blessings, I conquer time, I show you the depth!"*



The soothing effect of “Seed-To-Seal“ quality essential Frankincense oil brings your soul back into balance and helps you to overcome feeling stressed out and overwhelmed. It strengthens your spiritual connections and helps to find your inner balance - *homeostasis*.

- Ideal for skin care, especially for dry and aging skin.
- Soothes your skin after sunbathing and on scars.
- The scent supports all body systems.
- The vibration of Frankincense is experienced as cleansing, invigorating and sacred.

Three practical suggestions how to use Frankincense essential oil:

1. As fragrant and exquisite **facial care**, Frankincense is especially beneficial for aging skin. It revives, refreshes and strengthens your skin in its normal aging process.
2. Apply 3-4 drops of Frankincense oil on your feet and massage the oil into your soles before bedtime to feel extra comfortable. This supports a **peaceful, deep sleep**.
3. You can apply Frankincense on your fingertips. Then move your stretched out fingers in tai chi type movements throughout your energy field to **purify your aura**. Frankincense is a popular oil to **deepen meditation** as well.

2. LEMON *Citrus limon*



Lemon speaks: *"I am freshness, I am cleansing, I am sun-joy!"*

- It is traditionally appreciated for its purifying, natural properties.
 - Consists 68% of d-limonene, a powerful ingredient with a high level of antioxidants.
 - Diffuse or use as a spray with distilled water to clean the air from dust, bacteria and the spores of fungi, amongst other pollution in the air of your rooms. This helps creating a refreshing indoor climate.
- The inhalation of lemon oil clears the mind, increases concentration and brings a feeling of wakefulness.

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Three practical suggestions how to use Lemon essential oil:

- For **cleansing**, a few drops of Lemon can be applied with a fatty oil.
- To clean **fruits** and to keep them fresh: give 2-3 drops of Lemon in a bowl of water and wash the fruits in it.
- Inhalation of Lemon is recommended for **exams** and their **preparation**. **Studies** show that this can increase concentration, better learn content and can lower the error rate.

Caution: Citrus oils other than Grapefruit should not be applied directly to the skin if left in direct sunlight or ultraviolet (**solarium!**) radiation within 48 hours. (**Photosensitive effect!**)

3. PEPPERMINT *Mentha piperita*

Peppermint says, *"I am clarification, I am permeation, I am relaxation."*



The scent of "Seed-To-Seal" quality essential Peppermint oil is calming and relieving in the case of nausea.

- 1 drop of this wonderful Peppermint oil corresponds to a concentration of about **40 cups of peppermint tea**.
- According to studies, Peppermint gives the feeling of being saturated in the hunger center of your brain.
- For diffusing or for spraying to strengthen energy and concentration.
- Peppermint oil helps you to relax occasional tensions that you may have in your neck and head and refreshes tired muscles after strenuous exercise.
- In combination with the "Seed-To-Seal" quality essential Lavender oil it is soothing and invigorating for great full body, foot and neck massages.

Three practical suggestions for the use of Young Living's Peppermint oil:

- In case of occasional **indisposition**, **feeling of fullness** or **travel sickness**, 1 drop of Peppermint inhaled from the palms of your hands can have a refreshing effect.
- Helps with **travel and jet lag** - can be refreshing when applied to abdomen as well as on neck and temples.
- Improves **concentration**, **memory** and **accuracy** through direct inhalation or by diffusing it . It can be very comfortable in cases of tiredness when applied on temples and neck.

4. LAVENDER *Lavandula angustifolia*

Lavender says, *"I ease, I regenerate, I soothe."*

One of the most universal plant essences - at the same time soothing, balancing and invigorating.

- To inhale or diffuse in your room before going to bed.
- As a spray for the air to minimize pollen, dust, microorganisms and insects as well as moth clothing / cabinets.
- Ideal for skin and for enhancing the radiant beauty of your skin.

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- Soothes your skin after sunbathing.
- Helps with itchy, burning scalp.
- True *Lavandula Angustifolia* can soothe wounds and scar tissue.

Three practical suggestions how to use therapeutic grade Lavender essential oil:

1. Lavender can be applied for **dry, chapped, stressed skin when diluted with a plant-based fatty oil**. You can massage 3 – 5 drops of Lavender into your hair after washing for naturally shining hair with attractive fullness.
2. Place 3-4 drops of Lavender on a cotton pad or cloth to get rid of **moths and insects that have made their home in your closet**. In addition, it spreads a pleasant, fresh scent.
3. The scent of genuine Lavender oil inspires a **clear and positive orientation**. Many people live with too many negative thoughts every day. Lavender calms and is at the same time energizing and uplifting.

5. COPAIBA *Copaifera officinalis*

Copaiba says, *"I soothe, I soften, I anoint!"*



Copaiba, the resin of the copal tree from the Amazon river has a rich history among Indians. Copaiba relieves occasional discomfort, skin irritation and calms insect bites. It is a modern classic of aromatherapy.

- Enhances the effects of other "Seed-To-Seal" quality essential oils.
- Strengthens your healthy skin.
- Balances and harmonizes your body, mind and soul..
- Excellent for relaxing massages after sports or physical exertion.

Three practical suggestions how to use Copaiba essential oil:

1. Can be used for **skin care** as well as to calm **itchy mosquito bites** or for **mild skin irritations** by applying it directly to the affected area.
2. For a **relaxing massage a few drops Copaiba** can be restorative and invigorating.
3. When diffused in the ultrasonic diffuser it can create a **sense of strength and protection** in the room.

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6. PURIFICATION

Purification says, *"I purify, I clarify, I lighten up."*



A cleansing "Seed-To-Seal" quality essential oil blend specifically designed to neutralize any unpleasant odors.

- Soothes itching after an insect bite.
- Helpful to disinfect minor wounds.
- Use after visiting public toilets.
- Diffuse or spray Purification to improve your room atmosphere.
- Neutralizes cigarette smell and mold in room air.
- For use in air conditioners and toilets.
- Ideal for washing clothes.

Ingredients: Citronella oil, Rosemary leaf oil, Lemongrass oil, Tea Tree leaf oil, Lavandin oil, Myrtle oil

Three practical suggestions how to use Purification therapeutic grade oil:

1. 1 drop of this blend applied to an **insect bite** can help cleanse and soothe itching.
2. Five drops of this blend in your **diffuser** cleans and clears air. Even strong, very unpleasant odors of decomposition, alcohol and cigarette smoke can be neutralized by it.
3. This blend massaged in clockwise direction above and below your navel can **purify** the 2nd and 3rd chakras as well as the whole **aura**.

7. THIEVES – „The Thieves“

Thieves says, *"I steal what you don't need. I steal what weakens you. I steal what hinders you."*



Young Living's patented "Seed-To-Seal" quality essential oil blend is based on the historic "Four Thieves Recipe" that Marseille spice traders used to steal riches from plague victims.

- Diffuse, put on a cotton pad in the air conditioner or use as a spray with distilled water for spraying to purify air of bacteria and spores to create a refreshing indoor climate.
- For oral hygiene.
- Supports and strengthens when applied to the soles of your feet (can protect against stinky feet).
- Use three drops in your dryer for a hygienic effect on your clothes.

Ingredients: Clove bud oil, Lemon peel oil, Cinnamon Bark oil, Eucalyptus Radiata leaf oil, Rosemary leaf oil

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Three practical suggestions how to use Thieves therapeutic grade oil:

1. Massage **2 drops of Thieves on the soles of your feet** to **warm and strengthen yourself** in winter and during exhausting times.
2. This blend is particularly suitable in your **diffuser** for clean air (at home, in classrooms and in kindergarten as well as in waiting rooms).
3. In case of feeling uncertain, apply one drop of this blend to your **jaw** can have a fortifying effect.

8. PANAWAY

PanAway says, "*I take away what bothers you. I permeate your body and consciousness.*"



A patented, specially formulated "Seed-To-Seal" essential oil blend from Young Living.

- Ideal for body massage and to enhance circulation.
- Supports back, muscles and joint issues.
- After work-out and strenuous work.
- For a relaxing foot massage.
- Warms and invigorates.

Ingredients: Wintergreen leaf oil, Helichrysum flower oil, Clove bud oil, Peppermint oil

Three practical suggestions how to use PanAway:

1. This blend can be applied to your temples, forehead and neck area for **good relaxation or for a nice invigorating massage**,
2. PanAway combined with V-6, Ortho Ease or Ortho Sport is a **soothing massage combination** after exercise or strenuous physical activity.
3. This blend can be applied to the inner points of where your neck meets your shoulders to **enhance well-being and relief**.

9. DI-GIZE

Di-Gize says, "*I let you digest, I harmonize and balance you.*"



Di-Gize is a combination of "Seed-To-Seal" quality essential oils that have been scientifically studied for their beneficial effects on the digestive system.

- Beneficial for your healthy digestion.
- Relaxing at fullness.
- May be relieving with occasional nausea.

Ingredients: Tarragon oil, Ginger root oil, Peppermint oil, Juniper oil, Fennel oil, Lemongrass oil, Anise seed oil, Patchouli oil.

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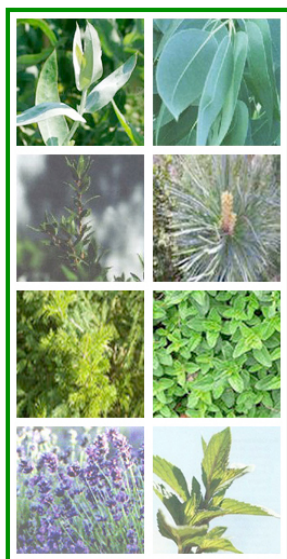
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Three practical suggestions how to use DiGize essential oils blend:

1. If you feel bloated or uncomfortable, massage a drop of DiGize on your **abdominal area**.
2. This blend can be applied to your stomach in cases of **light flatulence**.
3. **Emotional digestive issues can be supported** if you inhale directly from the palms of your hands.

10. R.C.

R.C. says, *"I let you breathe, I clear you and bring you back to your original energy and frequency."*



This patented Young Living “Seed-To-Seal” quality essential oil blend refreshes and permeates with its high content of camphorids. It supports and refreshes your respiratory tract.

- Apply it on your feet before sport and workout to make you feel invigorated, refreshed and motivated.
- As a spray with distilled water for spraying or diffuse in a diffuser. It clears your room atmosphere, dispels shadows and clears your mind.
- Your body returns to its optimal frequency within 21 seconds when inhaling R.C. according to measurements by Bruce Tainio.

Ingredients: Eucalyptus Globulus leaf oil, Myrtle oil, Majoram leaf oil, Pine leaf oil, Eucalyptus Radiata leaf oil, Eucalyptus Citriodora oil, Lavender oil, Cypress leaf/nut/stem oil, Black Spruce leaf oil, Peppermint oil

Three practical suggestions how to use R.C. essential oil blend:

1. **One to two drops applied to your chest and neck** can be **refreshing and clarifying**.
2. Bad odors can be neutralized by diffusing R.C. in the ultrasonic diffusor.
3. **Hand inhalation** can create a feeling of **liberation and freshness**.

The bonus oil in your Premium Starter Kit:

11. STRESS AWAY

Stress Away says, *"I keep stress away from you and keep you away from stress. I endow you with a sweet sense of being at home."*

Stress Away is one of the natural ways to balance stress in everyday life. Stress Away is the first “Seed-To-Seal” quality essential oil blend that uses a unique, stress-relieving combination of lime and vanilla.

- Copaiba and Lavender help to alleviate mental rigidity and deadlock to bring balance.
- Copaiba promotes deep relaxation and balance.

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- Cedrol and eugenol are powerful plant substances that are found in vanilla. They can reduce occasional nervous tension and induce deep relaxation.

Ingredients: Copaiba oil, Lime oil, Cedarwood oil, Vanilla oil, Ocotea oil, Lavender Oil

Three practical suggestions how to use Stress Away oil blend:

1. A drop on your pillow, inhalation from your hands or a few drops in your diffuser at **bedtime** can have a calming effect.
2. A few drops in your diffuser can help **soothe** upset children and pets.
3. Inhale a drop from your hand or use Stress Away Roll-On to work the oil blend into your neck, behind your ears and on your wrists **before entering stressful situations**.

12. ORANGE Vitality/+ *Citrus x sinensis*

Orange says: *"I bring happiness, I bring optimism, I bring warmth."*

This essential oil has a rich, soft citrus fragrance that cheers up your mind and at the same time has a calming effect. It also has a high proportion of antioxidant d-limonene and is approved as a vitality oil for internal use.

- Orange brings peace and happiness into your mind, body and heart.
- In untreated orange peel, from which the essential oil is extracted, are a lot of ingredients from which your healthy body can benefit.
- According to Roberta Wilson, oranges have always been associated with generosity and gratitude.

Three practical suggestions how to use Orange Vitality/+:

1. Add 3-5 drops of Orange Vitality / + in your diffuser to feel an atmosphere of **joy** and **lightness** in your home.
2. Add a drop of Orange Vitality / + to your **favorite smoothie, fruit salad** and **dessert** to give a fresh, invigorating taste.
3. Refine your sauces and savory dishes with a drop or a toothpick of Orange Vitality / + to give them a special taste.

Alternative oils (replaces some of the 10 basic oils in the Premium Starter Kit if the original oils are momentarily not available)

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13. Tea Tree Oil *Melaleuca alternifolia*

Tea Tree Oil says: *"I pervade, I ground, I strengthen!"*



Tea Tree Oil is one of the five classic single oils of aromatherapy (together with Frankincense, Lavender, Peppermint and Lemon) which has already been praised by the Aborigines. This oil is gentle and skin-friendly but at the same time powerful and enormously effective. The pleasant scent supports cleansing and keeps away vermin.

- For dandruff, skin pellicles and insect bites.
- Brings clarity to your thoughts and feelings.
- It can support and strengthen your well-being when applied to the soles of your feet (be careful when using synthetic tea tree oils, they can lead to allergic reactions. Therefore, be sure to use Young Living's Tea Tree oil).

- Put 3 – 5 drops in your washing machine and dryer for fresh fragrant clothes.

Three practical suggestions how to use therapeutic grade Tea Tree essential oil:

1. A drop before and after exercise applied to the soles of your feet refreshes and protects against tired feet.
2. A few drops in your diffuser can help to **clean your room climate**.
3. Put a few drops of Tea Tree oil on a piece of cloth and then put into the washer or dryer for **fresh and fragrant clothing**.

14. Lemongrass *Cymbopogon flexuosus*



Lemongrass says: *"I warm your skin, I aid your flexibility, I purify the environment"*

Lemongrass has a light, fresh lemon aroma with earthy undertones. It refreshes, rejuvenates, stimulates and balances.

- Inspires and improves your mental clarity and acuity.
- The scent of Lemongrass keeps insects away.

- Lemongrass has a value of 17.765 on the ORAC scale, making it an excellent antioxidant.

Three practical suggestions how to use Lemongrass therapeutic grade essential oil:

1. A few drops put in your diffuser **clears the air and strengthens your mental clarity**.
2. A few drops on a cotton ball in the ventilation of the air conditioner of your apartment, vacuum cleaner or in the car inspires your mind and clears the air.
3. Put a drop of Lemongrass on your palms, activate the oil with three clockwise movements and breathe deeply from your hands to refreshen and cleanse.

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15. AROMA EASE

Aroma Ease says, *"I endow you with the aroma of lightness - take it easy and enjoy the spice of life!"*



"Easy does it!" is the message of this aromatic spicy oil blend.

- Before things hit your stomach or you let yourself be caught up with too many distractions or even eating too much, rather diffuse Aroma Ease, breathe deeply or apply it on the middle of your body and feel it with every breath. Enjoy how Aroma Ease permeates you. :-)
- Relieves occasional stress and mental stress that hits your stomach e.g. travel sickness.
- Earths, calms and strengthens your life force.

Ingredients: Peppermint oil, Spearmint leaf oil, Ginger root oil, Cardamom seed oil, Fennel oil

Three practical suggestions how to use Aroma Ease essential oil blend:

1. **Harmonize the energy of your solar plexus** by applying to the center of your body below your chest.
2. Apply a drop of Aroma Ease on your entire stomach area and feel relaxed **after eating or traveling**.
3. Apply a drop on your soles and massage your reflex zones for **relaxation and in cases of occasional nausea**.

16. CITRUS FRESH

Citrus Fresh says, *"I'll take you to the Garden of Eden of the Citrus fruits - with a touch of freshness"*



Citrus Fresh is a relaxing, soothing and fun-feeling blend that kids and adults love.

- Citrus Fresh is rich in d-limonene (a powerful antioxidant) due to the citrus oils it contains.
- This fragrance (like all citrus fragrances) stimulates well-being, creativity and inspiration.
- Relaxes, calms and makes you happy when you just smell it.

Ingredients: Orange peel oil, Tangerine peel oil, Grapefruit peel oil, Lemon peel oil, Mandarin Orange peel oil, Spearmint leaf extract

Three practical suggestions how to use Young Living's Citrus Fresh essential oil blend:

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1. Inhale a drop from your hand and feel the full sun energy contained in citrus oils - you'll be amazed how you can immediately **feel the light summer feeling**.
2. A few drops in your diffuser can **help boost creativity and concentration**.
3. Add a few drops of Citrus Fresh to your diffuser to free and **refresh the air from unpleasant odors**.

Essential oils in your rooms: The Dewdrop and the Aria diffuser

You can choose whether you want to have your personal Premium Starter Kit sent to your home with the **Dewdrop or Aria Diffuser**.

Young Living's Dewdrop Diffuser offers aroma diffusing, room humidifying and atomizing in one easy-to-use device. It offers up to four hours of continuous diffusing, controllable ambient light and an automatic shutdown function. This attractive nebulizer adds a touch of elegance to any room and fills it with the wonderful fragrance of essential oils.



Young Living's Aria Diffuser is a unique, classy way to bring the benefits of essential oils to your home, working space or even the spa. The Aria diffuser is built on a solid American maple base and a luxurious glass dome that brings the essential oil vapor directly into your room along with changing LED colors and a selection of relaxing music. An audio cable can also be used to play your own music. A

remote control in the same maple wood style facilitates the duration of diffusion and adds calming lights and music.



VI. Time To Transform Yourself!

Here's how you can live the great life: get genuine essential oils and oil-infused supplements most conveniently and at an attractive price...

Get Young Living's Essential Oils and Supplements as a Customer (Retail Customer) or become a Young Living Member (Wholesale Customer or Distributor) for free. As a Young Living member, you get the Starter Set Premium and all other products at wholesale price - 24% off the retail price, without having to sell the oils and other products.

If you want to order regularly, you should definitely enroll in the Essential Rewards program (Autoship, ALS). Similar to collecting airline miles, **in the first three months you will already receive 10% of the PV of your product purchases**, which you can spend in products after just two months. **After four months, you will already receive 20% on each of your product purchases and from 25 months in the "Essential Rewards" program, you will get 25% on the PV of your product purchases - a whole quarter of the shopping value!** Overall, the 49% margin compared to the retail price!

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In the Essential Rewards program, you can freely change the delivery date within the calendar month, as well as discontinue the products for your monthly order - do not forget to delete the ordered products from the previous month from the order form.

In Essential Rewards you will receive reduced shipping costs and additional 5ml free oils on the 3rd, 6th, 9th, 12th month and then once a year (the "Loyalty" "Seed-To-Seal" quality essential oil blend) as well as a 5ml free oil each time your order 120 PV order value exceeds. With normal orders (100PV) you save 400, - to 500, - only by being in Essential Rewards.

Participation in the Essential Rewards program can be terminated at any time simply by calling the YL Customer Service or emailing customer customerservice@youngliving.com - do not forget to redeem your points.

If you have enrolled in Young Living through a member of Team ENJOY (see <https://eotq.org/aromaexperts>), you are always welcome to attend regular oil training sessions, oil webinars, and business trainings that show you the many application techniques as well to offer a deeper knowledge of the essential lifestyle.

Become a team member in the team of the person who sent you this special report, or choose the person you know the best on <https://eotq.org/aromaexperts>.

IMPRINT/IMPRESSUM:

Aditya Nowotny

Grosser Schippsee 22, 21073 Hamburg

Germany

nowotny@eotq.net

Special Report 1 - Essential Lifestyle

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