



SPECIAL REPORT 2

“FRAGRANT SPACES“

Create A Living Environment That Inspires, Strengthens And Protects

Welcome to 27 Special Reports on the essential lifestyle and exclusive ways to foster vibrant wellness!

Have you ever visited a home that smelled so awkwardly that you decided never to pay another visit? The owners of this home being blissfully unaware of that reek? An older car with typical „car smells“. People feel intuitively bad in such spaces just because of the stench....

Just imagine: uplifting citrus and flower scents in your living room, fresh herbal scents in your study, calming and relaxing scents in your bedroom as well as sensual, mysterious scents in the most special places.

Make your home an oasis of fragrance, peace and tranquility – to truly recharge!

You can choose to be different: imagine the enthusiastic response of your family, your kids, and your friends when they first experience a rare scent of freshness, coziness and magic in your home! Imagine how deeply and healthily you can breathe from now on! Your home will become an attraction for everyone who experiences it.

Tip: Please create a folder in your mail client to save the 27 Team ENJOY Essentials (info letters), so you keep them handy when needed and look them up at once.

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 Are Fragrant Living Spaces? Which Qualities Should They Offer? Create your personal “Garden of Eden“!

According to the Bible, people come from the "**Garden of Eden**" where they lived in happiness and **perfect harmony**.

What characterizes the "**Garden of Eden**" as an **ideal habitat**?

What are the **memories** of the "**Garden of Eden**" in your **collective subconscious**?

Let us do an exercise. Take one or two drops of Young Living's Grapefruit Essential Oil in the palm of your left hand. Activate the oil by rubbing the right hand clockwise three times above your left hand. Now start inhaling the Grapefruit oil from your hands.

Close your eyes for three minutes and put yourself into the “Garden of Eden“ ...See yourself surrounded by flowers, wonderful plants and a clear, aromatic air. Visualize yourself now exploring this Garden Eden, running around and smelling each flower. Feel your heart beaming with joy, your lungs pervaded by energizing, aromatic air and your whole being filled with lightness and happiness.

What **feelings** were evoked in you by that visualization?

What were your **impressions**?

What **scents** did you perceive? How did you **breathe**?

Exercise 1: *please write down the seven most important qualities that you have experienced during your short trip to the "Garden of Eden" ...*

Wouldn't it be nice to recreate this "Garden of Eden" in your living spaces?



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II. Biosphere vs. Technosphere

How to create balance between the two poles - biosphere & technosphere – here are some ideas & suggestions for you:

We **human beings** are originally **creatures of the forest**. We come from and are part of **nature**, which is also called the **biosphere**. **Forest walks** help you **release stress, be grounded** and find new **inspiration**. You can connect directly with fresh soil and plants when working in the garden. This makes you feel **balanced, peaceful and in harmony with nature**.

On the other hand, **harmful electromagnetic radiation** (electrosmog), many human beings are exposed to constant computer work, closed rooms with synthetic carpets and big city life, creating an **harmful atmosphere of positively charged ions** around you.



Do you love the **refreshing and energizing air** after a **strong thunderstorm**? *How do you feel then?* Do you love the **aromatic, fresh breeze** when you sit at the **shore of the ocean**? Do you feel your lungs strong and healthy after having taken a **walk in the forest**? Do you feel clear and harmonized when you **diffuse essential oils with an ultrasonic diffuser** in the rooms of your home?

In all these cases, do you feel how **free** you can **breathe** and how **refreshing** it feels? **Negative polarized ions** strengthen and renew the **healthy biosphere** around you when distributed all throughout the air.

Etheric particles in your etheric body (*rayi truti*) **surround you in your aura with protective negative ions** *Essential oils contain etheric particles*. Feel the difference if you work on the computer surrounding yourself with negatively charged ions and a fragrant cloud of essential oils – you will be amazed on how much fresher, concentrated and protected you feel with the additional ether particles.

It is interesting how your **nervous system** reacts to the differences in the **biosphere** and the **technosphere**. Your nervous system naturally processes **analogue impulses** when your nerve cells communicate with each other and transmit stimuli. As more people spend more and more time with **smartphones, tablets, e-readers, flat screens or computers** and are exposed to the **digital**

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impulses, the nervous system reacts and switches to digital impulses, triggering feelings of stress and tension.

People who spend **3 days at a time in the great outdoors** – *without any electric gadgets* - feel much more **relaxed, balanced and happy**. Since they are surrounded by the natural biosphere and free from digital impulses, the nervous system and their entire biorhythm adapt to the natural environment.

So, are you part of the biosphere or the technosphere? How does that feel?

What is your **home** like, apart from using products of the technosphere? Do you toxify yourself with **synthetic household chemicals and personal care products** or do you strengthen and energize yourself with the power of plants?

Are you maintaining a healthy balance between **acidity** and **alkalinity**? Are you **acidic or alkaline** in your body? Are you more **angry or happy in your emotions**? The avoidance of stress, healthy nutrition and the careful handling of yourself plays an important role.

Are you in "**electrical overdrive**" or are you **magnetically resting inside yourself**? Are you running after things or are you magnetically pulling them towards you?

What is your balance between **stress** and **rest**?

Are you more established in **yin** or **yang energy**? In our time, we live more in a **yang civilization**. **Heaven and earth** reflect the **cosmic yang** and the **cosmic yin**. **Mother Earth – yin** - is the **basis for our growth**: "*God grows from below*". *A healthy balance between yin and yang is essential for our well-being.*

The universal principles of binarity (duality i.e. two e.g. 1 or 0) and **trinarity** (threefoldness i.e. three, e.g. body, mind and soul, your three assemblage points, your three brains) are reflected on all levels. You have **two hands and two feet**, but **three points of consciousness** ("assemblage points"): one in your **forehead**, **one at the back of the head** and **one that is moving dynamically** (to wherever needed).

You have **two brain hemispheres in your head** (processing our linear and logical/creative thinking), but **"three brains"** (processing our holistic thinking): one in your **head**, one in the **heart** and one in the **intestines**.

Do you listen more to your mind, heart or gut feeling? Or do you listen to all three and then follow these impulses holistically? **To develop more love in your heart, more feeling in your stomach and less strictness in your head** can lead you to a more perfect harmony and oneness.

Exercise 2: *in addition to your seven most important qualities (from the "Garden of Eden" exercise), please write down the seven most important qualities that you considered as particularly important in the comparison biosphere vs. technosphere. (e.g. more nature and spending time in the outdoors vs living in closed rooms all the time; ease vs stress; happiness vs anger; negative charged ions vs electrosmog; alkalinity vs acidity or rather, perfect pH-balance; doing one thing at a time vs multitasking – the illusion of being able to do everything at once).*

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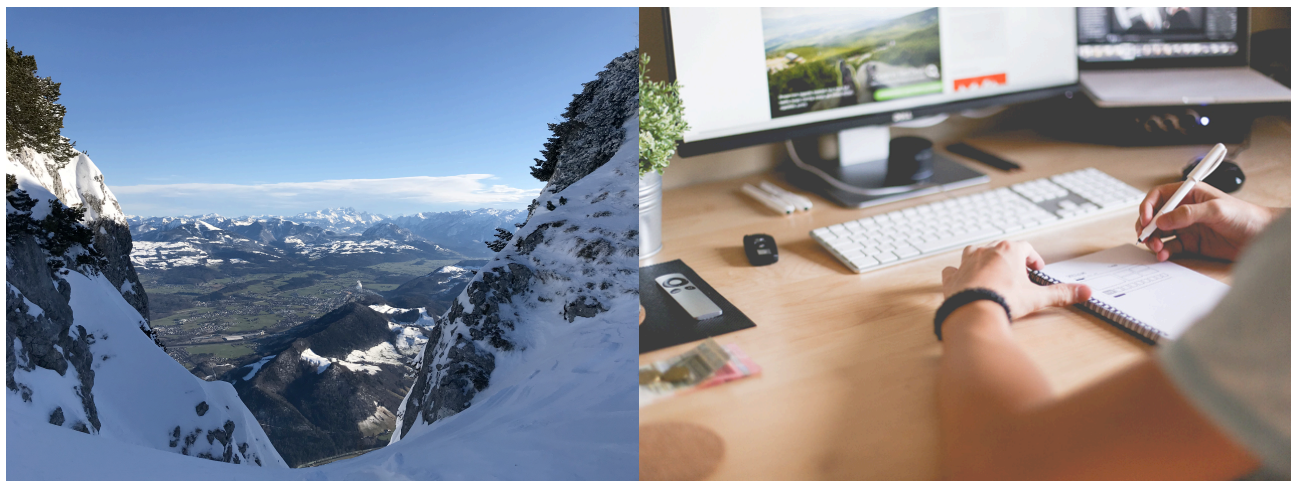
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Write down these seven most important qualities as real examples from your personal life.

Based on these 14 qualities that you have established in exercise 1 and exercise 2 you now have an "instruction manual" for yourself to design your life and your healthy and fragrant living spaces

Seven qualities from the „Garden of Eden“	Seven qualities to balance biosphere vs technosphere
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.



The suggestions on the following pages will help you to implement your personal instructions!

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III. “Fragrant Living Spaces“

Your Hallway / Entrance Area

What fragrances of freshness and purity welcome people entering your home?



Do you remember how you used to play with friends as a child and it smelled a little different in every home? That you preferred to visit some of your friends rather than others, because in the homes of some of your friends it smelled a little funny or awkward. Did you visit some people only once and never again?

The difference in smells is created by the different microbiomes, the collection of bacteria and microorganisms that is unique to each one of us as well as to every place. That is why not only every house and apartment smell different,

but also every single person. Natural essential oils strengthen the beneficial microorganisms in your healthy body and home just as they do in the living plant - while purifying and protecting them.

Does it smell stale in your home when you first enter? Or is a fragrance like lavender, geranium or tea tree inviting you in? How does your microbiome and the microbiome of your house "smell"? Are you aware how others perceive that smell? Which microorganisms do you therefore strengthen?

Here are 3 fragrant suggestions for your hallway or entrance area:

1. LAVENDER *Lavandula angustifolia*

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



Lavender (*Lavandula angustifolia*) has a fresh, sweet, herbaceous floral fragrance that is beneficial and refreshing. Lavender oil is unique among all essential oils. It should not be missing in any household because of its versatility. On the one hand, lavender has a calming effect before bedtime. On the other hand, it increases endurance and efficiency. Lavender oil is highly regarded in skin and beauty care.

Applying Lavender in your hallway or entrance area:

- Add 3-5 drops of Lavender into your Dewdrop or Aria Diffuser and place it on your overhead cupboard or shelf, diffusing it regularly.

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- Put 2-3 drops of Lavender on a cotton sack of dried lavender and place it in your closet or between your jackets.
- Add 3-5 drops of Lavender into a spray bottle with distilled water and spray regularly in your entrance area.

2. GERANIUM *Pelargonium graveolens*

Geranium says: *"I stimulate, enliven and calm. I liberate you from negatives and present you inner peace."*

Geranium offers a wonderful invigorating and soothing floral scent. Geraniums are excellent for skin care. In addition, the aromatic effect of this plant is particularly helpful in releasing negative memories and in your awareness of your sympathies and antipathies.



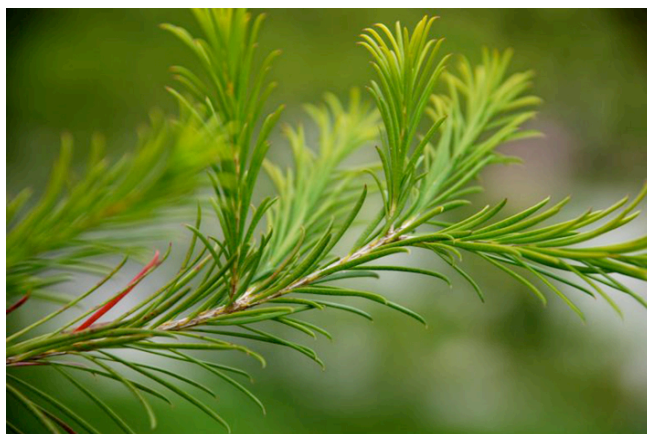
Applying Geranium in your hallway or entrance area:

- Add 3-5 drops of Geranium in your Dewdrop or Aria Diffuser. Place it on your hall cupboard or shelf and diffuse it regularly.
- Put 2-3 drops on dried geranium blossoms and place it as a natural, fragrant potpourri on your corridor cabinet or locker. *Caution: Please use natural geranium flowers because artificial potpourri is next to aircraft seats and softener the third most toxic substance in our immediate vicinity.*
- Add 3-5 drops of Geranium with a spray bottle with distilled water and spray regularly in your entrance area.

3. TEA TREE OIL *Melaleuca alternifolia*

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

Young Living's very popular "Seed-To-Seal" quality Tea Tree essential oil is widely used in various fields. It stimulates your immune system and soothes your skin amongst other things. Also, this all natural Tea Tree oil is highly beneficial for humans and animals alike - unlike synthetic tea tree oil which can be dangerous for cats in particular.



Applying Tea Tree Oil in your hallway or entrance area:

- Add 3-5 drops of Tea Tree Oil into your Dewdrop or Aria Diffuser. Place it on your hall cupboard or shelf and diffuse it regularly.
- Rub 1 drop of Tea Tree Oil on stinky shoes or jackets and clean them with it.

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- Spray with a spray bottle (3-4 drops of Tea Tree Oil together with distilled water) on musty things or directly in room air.

Your Living Room

What atmosphere do you want in your living room? What qualities should it have? How should a person feel in your living room?

The living room is your central space for many people. This is where your whole family and visitors meet to enjoy being together. Here in your living room birthdays and holidays are celebrated and news are shared. And - who does not love to put their feet up after a long day at work?

Harmony and joy in good times as well as solidarity and support in challenging times characterize the atmosphere of your living room.

Here are some fragrant suggestions for your living room:

1. BERGAMOT *Citrus bergamia*

Bergamot says: *"I am positive, I am steady, I am warmth."*



Bergamot has the fresh, sweet citrus scent that you may know from the flavor of Earl Grey Tea. It has a constructive and relaxing effect, promotes the building of trust and ensures a good mood. In addition, it has been proven for oily skin.

Caution: Citrus oils should not be applied to the skin which will be exposed to direct sunshine or ultraviolet light within 72 hours.

Applying Bergamot in your living room:

- Add 3-5 drops of Bergamot to your Dewdrop or Aria Diffuser and diffuse it before, during and after family or friends that visited you.
- Put 1 drop of Bergamot on your heart as you gather with family and friends in the living room.
- Add 3-5 drops of Bergamot together with distilled water in a spray bottle and spray in your living room.

2. HARMONY

Harmony says: *"I harmonize and align you. I take away chaos and center you."*

Harmony is an exquisite blend that promotes physical and mental well-being by balancing your body's energy centers. Your physical and mental well-being allows your energy center to flow through your body. Emotional blockage can lead to many challenges in your daily life.

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The essential oils of this “Seed-To-Seal“ quality essential oil blend open up new possibilities with their liberating and equally calming effect to contribute your general well-being. In addition, Harmony helps to reduce stress.

Applying Harmony in your living room:

- Add 3-5 drops of Harmony to your Dewdrop or Aria Diffuser and diffuse before, during and after family and friends visited.
- Put 1 drop of Harmony on your 7 chakras to harmonize your energy field and strengthen the harmonious living together in your living room.
- Add 3-5 drops of Harmony in a spray bottle with distilled water and spray near curtains and seating areas to clean and clear the energy field.

Harmony contains the “Seed-To-Seal“ quality essential oils of Sacred Sandalwood, Lavender, Ylang Ylang, Frankincense, Geranium, Orange, Angelica, Hyssop, Spanish Sage, Black Spruce, Coriander, Bergamot (furocoumarin-free), Lemon, Jasmine, Roman Chamomile, Palmarosa and Rose.



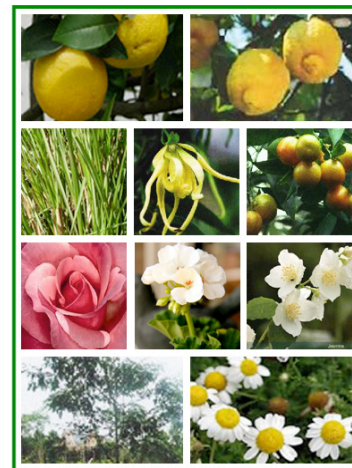
3. JOY

Joy says: *"I am joy, I am exquisite fine scent, I enliven the alchemy of the heart."*

Joy is a very uplifting, luxurious exotic blend that will delight your heart. Its irresistible fragrance creates romantic feelings and a yearning for closeness. Joy is refreshing and uplifts your mood.

Applying Joy in your living room:

- Add 3-5 drops of Joy into your Dewdrop or Aria Diffuser and diffuse it regularly in your living room.
- Put 1 drop of Joy on your heart (center of your chest), behind your ears and wrists to strengthen your heart's delight and well-being.
- Add 3-5 drops of Joy in a spray bottle with distilled water and spray throughout your room.



Joy contains the “Seed-To-Seal“ quality essential oils of Ylang Ylang, Geranium, Jasmine, Palmarosa, Rose, Bergamot, Lemon and Tangerine.

4. SPECIAL SUGGESTIONS for the fragrance in your living room

- Add **5 drops of Cedarwood** and **5 drops of Orange** to your **diffuser** and diffuse during cozy hours in your living room for a **homely, warm and comfortable scent**.

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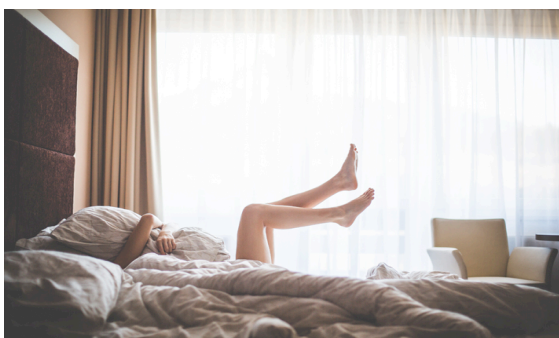
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- Add **5 drops of Idaho Blue Spruce** and **5 drops of Harmony** to your **diffuser** and diffuse it while the family is in your living room to **strengthen family ties**.
- Use the **lavender flowers and scents** of the **Young Living Provence Collection** to **decorate** your living room and enjoy a **fresh, relaxing fragrance** there anytime.

Your Bedroom

What atmosphere do you want in your bedroom? What qualities should it have? How would you like to feel in your bedroom?



Restful sleep, perfect rest and closeness are what many people and you as well want from an ideal bedroom. You start with thoughts and feelings in the morning just like you end your day and fall asleep. Do you still read the news and watch thrillers that you dream of at night? **Or** do you visualize your heart's desires, goals and strengthen your self-confidence?

During the night you often process the impressions, experiences of the day and of your entire life. Your subconscious mind is very active, offers you answers and solutions for which you do not find the time and peace during your day. *Have you ever woken up and suddenly got the idea or solution that you were looking for? Are you taking the opportunity, shortly before falling asleep, to focus on what you would like to manifest the most in your life so that your entire subconscious mind aligns with it and shows you the way?*

Are you giving your body the opportunity to prepare for sleep in the best possible way? Do you look at your bright smartphone, TV or computer screen in the last half hour before going to bed? This signals to your brain (via your eyes) that it is a bright day and your body needs to stay active even though you are already feeling tired. If the lights are already muted half an hour before falling asleep, computer and smartphone are off and you are completely relaxed in your thoughts, feelings and body, the transition to sleep is healthier and easier.

Do you eat a full meal in the evening too shortly before going to sleep and then wonder why you are wide awake in bed?

Your blood sugar level is higher 2-3 hours after eating and gives you as much energy as you need during your active hours. Nighttime is the favorite time for your cells and organs to purify and regenerate. However, when they are busy digesting a huge meal, they barely manage to purify and regenerate. You feel the lack of recovery when you get up. For a few nights, try what it feels like to take the last meal more than 3 hours before bedtime (ideally before 6pm or 7pm) and really give your body its 8-12 hour "digestive rest".

Is there enough fresh air in your bedroom so that your brain is optimally oxygenated during sleep?

You may often feel tired and not relaxed in the morning when sleeping in stifling air or with air conditioning. Try to sleep with fresh air from the open window and diffuse pure, fragrant essential oils during nighttime (avoid oil blends that contain fatty carrier oils!) - *you'll be amazed at how much fresher and livelier every single body cell feels in the morning.*

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Below there are some fragrant suggestions for your bedroom:

1. BELIEVE

Believe says: *"Believe in yourself, believe in human beings, believe in life. Believe that all happens for a reason and that it is going to show you the way. Believe!"*

Above all, the “Seed-To-Seal” quality essential oil blend Believe features an extremely pleasant aroma which has a soothing and invigorating effect at the same time.

Believe contains the “Seed-To-Seal” quality essential oils of Balsam Canada Fir, Frankincense and Idaho Blue Spruce. These single oils can promote a sense of strength and confidence. They can help you reach a higher level of consciousness together with the “Seed-To-Seal” quality essential oils of Coriander, Bergamot (furocoumarin-free), Ylang Ylang and Geranium. In this way you can overcome emotional challenges, setbacks and unfold your true potential.



The main advantages:

- promotes clear thought processes.
- spiritually grounding, supports your perception and sense of peace.
- helps in relaxation and supports a feeling of confidence.

For whom is the “Seed-To-Seal” quality essential oil Believe suitable?

For people who

- want to reconcile body, mind and soul,
- want to consolidate their positive view and
- want to clearly understand the meaning of their lives.

How to apply Believe in your bedroom:

- Add 3-5 drops of Believe in your Rainstone Diffuser and diffuse in your bedroom overnight. The Rainstone Diffuser, unlike the other Ultrasonic Diffusers, has an evaporation time of 8-10 hours, so you can have the scent of Believe during the whole night around you.
- Slightly massage 1 drop of Believe on your heart, shoulders and soles to strengthen your belief in yourself and in your goals before going to bed.
- Add 3-5 drops of Believe in a spray bottle with distilled water and spray over your bed and throughout your room.

Believe contains the “Seed-To-Seal” quality essential oils Balsam Canada Fir, Coriander, Bergamot, Frankincense, Idaho Blue Spruce, Ylang Ylang and Geranium.

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2. FRANKINCENSE *Boswellia carterii*

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

Frankincense has a warm and balsamic fragrance that can have a stimulating effect on your mind. This "Seed-To-Seal" quality essential oil is used to improve mental balance and enhance imagination. It brings your body and mind back into harmony.



In addition, it has a particularly calming and centering effect when you suffer lack of focus, stress and occasional negative feelings. Frankincense has been used as a ceremonial oil and scent in various cultures of the Middle East for thousands of years. It has been the subject of extensive scientific studies recently. This wonderful essential oil is also an important component of skin care products for dry and aging skin. Frankincense was also used in facial masks for skin rejuvenation in the ancient Egyptian era.

How to apply Frankincense in your bedroom:

- Add 3-5 drops of Frankincense to your Rainstone Diffuser and diffuse in your bedroom overnight.
- Apply 1 drop of Frankincense to your temples, neck and soles just before you go to sleep to promote relaxation and balance.
- Put 1 drop of Frankincense on your pillow to inhale overnight.

3. IDAHO BLUE SPRUCE *Picea pungens*

Idaho Blue Spruce says: *"I transform, release and liberate you from all that makes you stagnant."*



Idaho Blue Spruce (*Picea Pungens*) is grown for the eponymous essential oil on the Young Living farm in northern Idaho. It is harvested and further processed directly on site. The oil contains high levels of the active ingredients alpha-pinene and limonene. It exerts a calming effect on stressed muscles, while the characteristic, woody scent invigorates the senses, calms your mind and relaxes your body when applied externally. The fragrance can help to release negative emotions and strengthen feelings of harmony and security.

The invigorating property of Idaho Blue Spruce is traditionally used in the sauna, steam bath and as an additive for baths and massage oils.

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How to apply Idaho Blue Spruce in your bedroom:

- Add 3-5 drops of Idaho Blue Spruce in your Rainstone Diffuser and diffuse in your bedroom overnight.
- Apply 1 drop of Idaho Blue Spruce to your heart, neck and soles just before going to sleep to strengthen relaxation and emotional balance.
- Put 1 drop of Idaho Blue Spruce on your pillow to inhale the fragrance overnight.

4. JASMINE *Jasminum officinale*

Jasmine says: *"I'm sweet purity, I am pure sweetness, I show you your inner essence."*

Jasmine has a warm, exotic and floral fragrance that relaxes, calms and at the same time invigorates and promotes your self-esteem. Jasmine has a positive effect on your skin and is traditionally used for romantic, lovely moments and for balancing your female energy in your body.



How to apply Jasmine in your bedroom:

- Add 3-5 drops of Jasmine to your diffuser and diffuse in the hours of loving togetherness in your bedroom.
- Put 1 drop of Jasmine on your heart to enjoy romantic moments.
- Apply 1 drop of Jasmine as a perfume to strengthen your feminine appeal.

5. BREATHE AGAIN ROLL-ON

Breathe Again says: *"How beautiful to breathe again deeply and completely. It is my gift for you to enjoy! "*

Breathe Again contains four powerful “Seed-To-Seal“ quality essential eucalyptus oils that strengthen your healthy air passages: **Eucalyptus Staigeriana** (Lemon Ironbark), **Eucalyptus Globulus**, **Eucalyptus Radiata** and the original **Eucalyptus Blue** (Eucalyptus Bicostata) by Young Living from Ecuador. Eucalyptus oils have a high content of cineole which have been researched for its supportive properties of healthy lung function. The “Seed-To-Seal“ quality essential oils **Bay Laurel**, **Rose Hip**, **Peppermint**, **Myrtle**, **Copaiba** and **Blue Cypress** are an essential part of this blend.



How to apply Breathe Again your bedroom:

- Apply Breathe Again to your chest, neck and wrists with the practical roll-on and breathe deeply several times before going to bed.

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6. TRANQUIL ROLL-ON

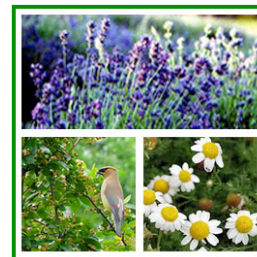
Tranquil says: *"Deep silence and stillness are a blessing. Enjoy it everyday! "*

Experience the soothing effects of the fragrances of Cedarwood, Lavender and Roman Chamomile. All are combined in the wonderful blend of **Tranquil** roll-on.

How to apply Tranquil in your bedroom:

- Apply this oil blend through the practical roll-on on your neck and behind ears to promote rest and relaxation before going to bed.

Tranquil contains the “Seed-To-Seal“ quality essential oils Lavender, Cedarwood, Roman Chamomile and coconut oil as a fatty carrier oil.



7. SPECIAL RECOMMENDATION for scenting your bedroom

Here is a traditional usage by King Solomon to refresh and scent the bed sheets: *"I have perfumed my bed with myrrh, aloes and cinnamon."* - Proverbs 7:17

Diffuse **5 drops of Myrrh, 5 drops of Sandalwood** and **5 drops of Cinnamon** or **Cassia** in your diffuser and place over your sheets.

The nursery

... a place of happiness, purity and health!



Do you remember when you were a child, how you played for hours and were completely in joy and ease? What fragrance and atmosphere do your children feel in their children's room?

Here are some fragrant suggestions for the nursery:

1. TANGERINE *Citrus reticulata*

Tangerine says: *"I'm cheerful, I'm gentle, I'm childlike."*



Tangerine (*Citrus reticulata*) is a calming, “Seed-To-Seal“ quality essential oil with a sweet, pervading fragrance reminiscent of oranges. It can help with temporary irritation. An excellent oil to **lift your mood** that gives a sense of security and is rich in D-limonene which is an effective antioxidant.

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How to apply Tangerine in the nursery:

- Add 3-5 drops of Tangerine in your diffuser and diffuse regularly in the nursery.
- Give your school child 1 drop of Tangerine on the palms of its hands so that he/she can inhale to feel the lightness and joy before playing or doing homework, .
- Add 3-5 drops of Tangerine with distilled water in a spray bottle and spray regularly in the nursery.

2. SPEARMINT *Mentha spicata*

Spearmint says: *"You receive both sweetness and freshness from me. Feel light like a child."*

Spearmint (*Mentha spicata*) has a minty, slightly fruity fragrance that is softer than Peppermint. Spearmint helps to support your respiratory and nervous systems as a powerful antioxidant. It relieves emotional blockages and creates a sense of balance and well-being.



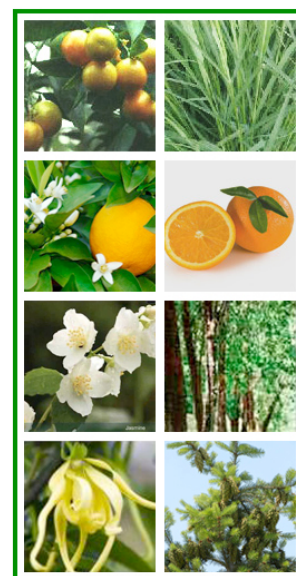
How to apply Spearmint in the nursery:

- Add 3-5 drops of Spearmint to your diffuser and diffuse regularly in the nursery.
- Give your school child 1 drop of Spearmint on the palms of its hands so he/she can inhale and refresh before playing or doing homework,.
- Add 3-5 drops of Spearmint with distilled water in a spray bottle and spray regularly in the nursery.

3. INNER CHILD

Inner Child says: *"The little child in you lives, breathes and smiles. Be playful again in your life."*

Inner Child paves the way for a connection to your own self, a connection that may have been lost due to negative childhood experiences. When children have negative experiences they can move away from their true identity and lose connection with their "inner child." This can lead to the feeling of being lost and may also result in undesirable character traits. This sweet fragrance can awaken memories and restore the connection with your own self. It is the first step in finding your emotional balance.



How to apply Inner Child in the nursery:

- Add 3-5 drops of Inner Child in your diffuser and diffuse regularly in the nursery.
- Give your child 1 drop of Inner Child on the palms, let he/she rub on the heart and inhale so that he/she can release negative emotions and merge with heartfelt joy and ease.
- Add 3-5 drops of Inner Child in a spray bottle with distilled water and spray regularly in the nursery.

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Inner Child contains the “Seed-To-Seal“ quality essential oils of Orange, Tangerine, Ylang Ylang, Royal Hawaiian Sandalwood, Jasmine, Lemongrass, Spruce and Neroli.

4. OWIE - a KidScents essential oil blend

Owie says: *"If you stumble against something, feel strong, good and unbreakable. I will help you!"*



Owie is a “Seed-To-Seal“ quality essential oil blend especially for children. When adults play outside with their children and climb trees, they bring home small scratches every once in a while, which they prefer to have petted by their mom or dad. Children love such rituals and if it has a wonderful fragrance, they will want more. Owie is a great oil blend for minor scratches from playing and for soothing and cleansing of healthy skin.

Contains the “Seed-To-Seal“ quality essential oils of Idaho Balsam Fir, Tea Tree Oil, Helichrysum, Elemi, Cistus, Hinoki and Clove.

5. TUMMYGIZE - a KidScents essential oil blend

TummyGize says: *"I placate and relax your tummy- feel good!"*



TummyGize is a relaxing, soothing “Seed-To-Seal“ quality essential oil blend that can be applied to small bellies. Especially after a birthday, Christmas dinner or to strengthen the healthy good feeling of little children.

Contains the “Seed-To-Seal“ quality essential oils of Spearmint, Peppermint, Tangerine, Fennel, Anise, Ginger and Cardamom.

6. GENEYUS - a KidScents essential oil blend

GeneYus says: *" You are brilliant! Let me make you a genius :-)"*

Use GeneYus as an excellent blend to diffuse for your child's young mind to successfully focus and concentrate on assignments and projects. It helps to overcome inner resistance and negative feelings towards learning while lifting up emotionally. GeneYus inspires students to be open minded and positive so that learning new things feels easy and joyful. GeneYus helps awaken the „little genius“ within your child, letting you discover its unlimited potential to practise new skills and knowledge.

Contains the “Seed-To-Seal“ quality essential oils of Sacred Frankincense, Blue Cypress, Cedarwood, Idaho Blue Spruce, Palo Santo, Melissa, Northern Lights Black Spruce, Sweet Almond Oil, Bergamot, Myrrh, Vetiver, Geranium, Royal Hawaiian Sandalwood, Ylang ylang, Hyssop, Coriander and Rose.

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7. SLEEPYIZE - a KidScents essential oil blend

SleepyIze says: *"Take rest and sleep deep and tight, my child."*

SleepyIze is ideal to diffuse in your child's nursery at bedtime for a peaceful, comforting and protective environment. You can also create a relaxing bedtime ritual when you rub a drop of SleepyIze on your child's feet to help it calm down and let go of the day's excitements.

Contains the "Seed-To-Seal" quality essential oils of Lavender, Geranium, Roman Chamomile, Tangerine, Bergamot, Sacred Frankincense, Valerian and Ruta graveolens.

8. SNIFFLE Ease - a KidScents essential oil blend

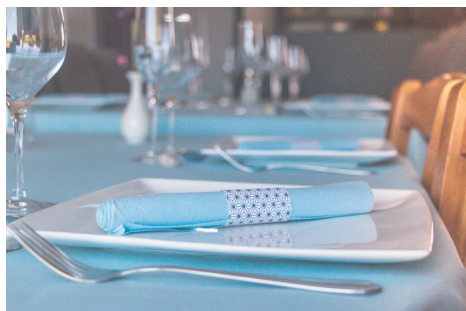
SniffleEase says: *"Breathe with ease and joy. I will free your nose."*

SniffleEase is a rejuvenating and refreshing blend formulated for young noses - just what kids love! Let your child inhale one drop directly from the palms of its hands so that it can breathe in and out in a relaxed way. Diffuse SniffleEase in the room where your kids play and sleep to refresh and clean the air.

Contains the "Seed-To-Seal" quality essential oils of Eucalyptus blue, Palo Santo, Lavender, Dorado Azul, Ravintsara, Myrtle, Eucalyptus globulus, Marjoram, Pine, Eucalyptus citriodora, Cypress, Eucalyptus radiata, Black Spruce and Peppermint.

Your dining room

Clean, homey and appetizing ...



Your dining room is ideal for enjoying coffee or tea in the mornings, reading the latest news of the day or getting the little crumb monsters or cool teens fit for school in the near future. Even if it tastes good, sometimes morsels of food and drinks fall down or land next to the plate.

Your eyes watch for friendly, freshly prepared food from the kitchen that is beautifully decorated when served. How can you keep this space in your home clean and create a homely and appetizing atmosphere in it?

Here are some fragrant suggestions for your dining room:

1. PEPPERMINT *Mentha piperita*

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

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Peppermint (*Mentha piperita*) has a very strong, pure, fresh and minty aroma. It is considered to be one of the oldest and most appreciated herbs.

Dr. med. Jean Valnet studied the effect of peppermint specifically on the liver and respiratory system. Other studies confirm the importance of peppermint on its effect of the sense of taste and smell when the oil is inhaled.



Dr. William N. Dember of the *University of Cincinnati* explored the ability of Peppermint to improve concentration and mental accuracy. Dr. med. Alan Hirsch investigated the effects of Peppermint oil on inhalation to the satiety center of the brain which can trigger the feeling of being saturated after meals. At this point this tells you that Peppermint can be multifunctional in its use.

How to apply Peppermint in your dining room:

- Add 3-5 drops of Peppermint into your diffuser and diffuse regularly in your dining room.
- Apply 1 drop of Peppermint to your palms, rub it on your stomach, shoulders and neck. Then inhale and exhale through your mouth and nose three times after you have had your meal.
- Add 1 drop of Peppermint Vitality/+ to your healthy dark chocolate and enjoy it as a dessert.

*While **peppermint** is the right oil for **reducing feelings of hunger** when diffused, **orange** oil is the essential oil of choice for people who need to **foster their appetite**...*

2. ORANGE *Citrus aurantium dulcis*

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

The orange peel-derived "Seed-To-Seal" quality essential oil has a lively citrus scent that invigorates your mind and has a calming effect. The fragrance of Orange essential oil brings a sense of peace and happiness. It has a high proportion of the antioxidant D-limonene.



How to apply Orange in your dining room:

- Add 3-5 drops of Orange to your diffuser and diffuse regularly in your dining room.
- Add 1 drop of Orange Vitality/+ to your fruit salad or dessert to enjoy the wonderfully fresh taste.
- Add 1 drop of Orange Vitality/ + to your drink and feel the sun and joy of Orange in your cells, especially when your family is having a meal together.

3. SAGE *Salvia officinalis*

Sage says: *"I cleanse you from negative energies and give you the courage to say what you want to say."*

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Sage has a spicy aroma reminiscent of herbs. This essential oil is particularly recognized for its ability to strengthen your senses, vital centers in your body and to support your metabolism. *Thus Sage strengthens feelings of enjoying life and the sensual pleasures life presents us, including the culinary side.*

Sage supports respiratory, reproductive, nervous and other body systems. It can help you cope with mental states of exhaustion and despair. In Europe, it is traditionally used for skin care. In addition, Sage can

take away negative influences from your own home.

How to apply Sage in your dining room:

- Add 3-5 drops of Sage in your diffuser and diffuse regularly in your dining room.
- Apply 1 drop of Sage to your hand and foot reflexology zones to support your healthy body before and after having your meal. Spread the fragrance throughout your room.
- Add 3-5 drops of Sage with distilled water in a spray bottle and spray regularly in your dining room.

4. FENNEL *Foeniculum vulgare*

Fennel says: *"I release blockage and unwellness. Let me gift you with harmony and self-confidence. Let me energize you!"*



Fennel (*Foeniculum vulgare*) has a sweet, earthy, anise-like fragrance with an invigorating, vitalizing and harmonizing effect. It has a stimulating effect on your circulatory, glandular, respiratory and digestive systems. This essential oil can relax your abdomen during your healthy female cycle.

How to apply Fennel in your dining room:

- Add 3-5 drops of Fennel to your diffuser and diffuse regularly in your dining room.
- Put 1 drop of Fennel to your hand and foot reflexology zones to support your healthy body before and after having your meal. Spread the fragrance throughout your room.
- After having your meal you can apply 1 drop of Fennel on your stomach to strengthen your feeling of relaxation.

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Your Kitchen

Clean and pure - with taste!

The fragrances of your kitchen have always been appealing to you and others, especially when you are hungry. Fresh herbs, juicy fruits and all sorts of goodies make you feel as if water melts in your mouth. However, if it smells or molds in your kitchen, you might not really have an appetite for the food that you may have prepared.



How can you turn your kitchen into a scented, inspiring place, even if you smell something or have an intense smell from time to time? How can you keep your kitchen clean without distributing the toxic chemicals in conventional household cleaners wherever you prepare food?

Here are some fragrant suggestions for your kitchen:

1. THIEVES

Thieves says: *"I steal what you do not 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.



How to apply Thieves in your kitchen:

- Add 3-5 drops of Thieves into your diffuser and diffuse regularly in your kitchen.
- Put 1 drop of Thieves on your cleaning cloth (preferably cotton) and clean your work surfaces, refrigerator and all areas where food is prepared.
- Add 3-5 drops of Thieves in a spray bottle with distilled water and spray regularly into your fridge, on cleaned, dried dishes and all surfaces.

Thieves contains the "Seed-To-Seal" quality essential oils of Lemon, Clove, Cinnamon Bark, Eucalyptus Radiata and Rosemary.

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2. PURIFICATION

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

Purification can be applied to your skin diluted with V6 vegetable oil blend. When diffused, it can purify the air from cigarette smoke and other unpleasant odors, especially when cooking with intense aromas.

How to apply Purification in your kitchen:

- Add 3-5 drops of Purification in your diffuser and diffuse regularly in your kitchen.
- Put 1 drop of Purification on your cleaning cloth (preferably cotton) and clean your work surfaces, refrigerator and all areas where food is prepared.
- Add 3-5 drops of Purification in a spray bottle with distilled water and spray regularly into your refrigerator, on cleaned, dried dishes and on all surfaces.



Purification contains the “Seed-To-Seal” quality essential oils of Lemongrass, Citronella, Lavandin, Tea Tree, Rosemary and Myrtle.

3. CLOVE *Eugenia caryophyllus*

Clove says: *"I protect, I strengthen, I burn - for your best!"*

Clove has a sweet spicy character that has an invigorating effect. Clove is also an important component of Young Living's “Seed-To-Seal” quality Thieves oil blend because of its wonderful effects on the immune system. According to the ORAC scale, Clove has the highest antioxidant performance of all individual substances tested. The ORAC of clove oil is 1,078,700 µTE/100g!!!



How to apply Clove in your kitchen:

- Add 3-5 drops of Clove to your diffuser and diffuse regularly in your kitchen.
- Massage 1 drop of Clove to your reflexology zones to support your healthy body after having your meal.

4. COOKING WITH YOUNG LIVING'S ESSENTIAL OILS

Enjoy the ever expanding range of Young Living's essential oils that are registered as nutritional supplements. They are known as “**Vitality**” Oils in North America and international markets and “**Young Living + Oils**” in Europe.

Now **you** can bring extraordinary aromatic experiences into your *cooking and beverages* and thus delight your guests who will be raving about the culinary highlights you are gifting them.

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Here are just some examples of the popular Vitality/+ oils that can give great experiences to your palate:



Lemon Vitality/+ is the perfect oil to give many dishes a fresh, lively taste. Lemon is a popular ingredient in kitchens around the world, as it can be used for both sweet and savory recipes. With Lemon Vitality/Lemon+ you can now give hearty dishes such as fish and chicken, but also sweet pastries and cakes extra flavor.

Peppermint Vitality/+ also belongs to the Vitality/+ line, so that it is suitable for cooking and drinking. It is a versatile oil with a very popular aroma. Used as a dietary supplement, Peppermint Vitality/+ aids your digestive process. It is a great oil to start your day or finish a meal. It promotes optimal functioning of your healthy respiratory system.



Orange Vitality/+

For a sparkling taste of sensation and to hydrate your body, add a few drops of Orange Vitality/+ Oil with other Vitality/+ line oils to your water and enjoy. Orange Vitality/+ combines well with other fruity flavors and is the perfect addition to smoothies, drinks and NingXia Red.



Tangerine Vitality/+

The “Seed-To-Seal” quality essential oil Tangerine Vitality/+ (*Citrus reticulata*) is one of the sweetest oils of our Citrus Vitality oils line. It gives hearty dishes and desserts various citrus notes. So if you want to give your recipes the extra kick, grab Tangerine Vitality/+.



Thyme Vitality/+:

The dietary supplement Thyme Vitality/+ (*Thymus vulgaris*) from the “Seed-To-Seal” quality essential oil is the result of concentrated distillation of Thyme, a classic, very popular culinary spice. Thyme Vitality/+ Oil is an uncomplicated substitute for dried thyme in all dishes. Use a toothpick or the tip of a pin for better dosing.



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5. HYDROGEN-RICH WATER WITH HYDROGIZE

Did you know that sufficient hydration is the basis of your healthy diet?

It should be eight glasses of 250ml a day depending on your body weight. With the new HydroGize™ bottle you can add molecular hydrogen to your water. The HydroGize hydrogen generator operates on the basis of electrolysis and guarantees optimal molecular hydrogen enrichment in each bottle. Molecular hydrogen is supreme in its ability to neutralize free radicals.



When using Vitality/+ oils with your Hydrogen bottle, thoroughly clean your device after use to ensure proper functioning. Please note: The addition of Vitality/+ oils can lead to a reduction in hydrogen production. For easy maintenance, fill the oil-enriched, hydrogenated water into a separate container when the Hydrogize bottle is not in use.

Your bathroom

An abode of purity, freshness and wellness!



To make your bathroom not only *the* place of daily hygiene, but also an oasis of relaxation, cleansing and well-being, you will find some fragrant suggestions below:

1. CEL-LITE MAGIC

Immediately after showering, when your pores are cleansed and opened by the warmth of water, it is an ideal time to massage “Seed-To-Seal” quality essential oils directly into your skin in order to absorb them into your connective tissue

and body.

After showering, gently massage your dried skin with **Cel-Lite Magic** to activate your lymphatic system and cleanse your connective tissue. You can use **Cel-Lite Magic** in between as a massage oil to nourish your skin and strengthen your general well-being.

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2. THE LAVENDER COLLECTION



You absorb much of what you apply to your hair and skin (e.g. creams, lotions, shampoos) into your body through the pores of your skin. Is it wise to toxify yourself with synthetic skin care products if what you are really after is to strengthen and condition your body? Have you ever had a look at the product labels of your shampoo, shower or your body lotion and seen the ingredients?

Like you and I, *many people get tricked into using products containing dangerous toxins* by a ruthless industry. Often, the toxic ingredients are masked with words and terms that a mere mortal cannot make any sense of. Yet we use these products every day.

Time for a change!

Here are some healthy fragrant product suggestions with natural pure Lavender “Seed-To-Seal” quality essential oil from Young Living's famous French farm in Simiane-la-Rotonde:

- **Lavender Bath & Shower Gel**
- **Lavender Hand & Body Lotion**
- **Lavender Foaming Hand Soap:** ideal for washing hands, as a shaving cream and for general body cleansing. *A little suggestion: the foaming hand soap is all you need on a trip when it comes to washing and cleansing.*
- **LavaDerm Cooling Mist:** ideal after sunbathing or on sensitive skin.
- **“Seed-To-Seal” Quality Essential Lavender Oil:** ideal for skin and hair care immediately after showering, but also on stressed skin.

Note: Lavender oil is especially great for oily skin, as it dries the skin somewhat. If you have dry skin, you may want to use a carrier oil like coconut oil or grape seed oil together with Lavender Essential Oil to get your skin into optimum condition.

3. THE THIEVES COLLECTION

Do you want to keep your bath clean and fresh? Here comes the powerful Thieves Blend to its fullest use:

- **Thieves Household Cleaner:** ideal for cleaning sink, toilet, shower and even glass surfaces (tip: add a drop of lemon in the diluted blend) – *more suggestions with the Thieves Household Cleaner and its exact dosage, depending on the area of application, can be found in the **Special Report 7 "Your home"**.*
- **Thieves Foaming Hand Soap:** ideal for washing hands, as a shaving cream and for general body cleansing. *A little suggestion: the foaming hand soap is everything you need on a trip when it comes to cleansing.*
- **Thieves Dentarome Plus, Dentarome Ultra and Thieves Aromabright:** the healthy toothpaste with three different recipes, giving each of them the unique taste and cleaning function. *More suggestions on healthy body and dental care can be found in the **Special Report 8 "Your Body Care"**.*
- **Thieves Mouthwash**

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- **Thieves Waterless Hand Purifier:** ideal for cleaning sticky hands on the go.
- **Thieves Spray:** ideal for cleaning and disinfecting surfaces in your own bathroom or on public toilets.
- **“Seed-To-Seal“ Quality Essential Thieves Oil Blend:** ideal for cleaning and refreshing your own mouthwash, toothpaste or cleaning recipe.

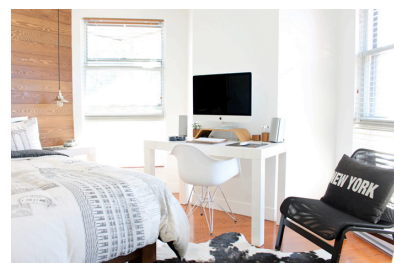


Your Home Office / Study / Library

A place for your concentration, inspiration and successful implementation!

Imagine that your environment is so inspiring that your ideas seem to flow naturally by themselves. Imagine that you feel so energized that you do not postpone things but you get them done promptly - with joy and ease.

How can **you** turn your home office into a place of inspiration, wealth and abundance?



Here are some fragrant suggestions:

1. ABUNDANCE

Abundance says: *"I am deserving, I am worthy, I attract abundance."*

The essential oil blend **Abundance**, consisting of the eight ancient scents of wealth, was created to improve the frequency of the harmonic magnetic field around you. This powerful blend of “Seed-To-Seal“ quality essential oils enables you to manifest using the "law of attraction". As energy flows, where attention goes, you increase positive (or negative) energy when you focus on it – and



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Abundance multiplies this effect. Thus, **Abundance** opens up a wealth of opportunities for you... The spicy aromatic fragrance is very popular for both women and men - wear it as a perfume to abundance-minded partners and attract situations of prosperity. **Experience**, how your own energy shifts to more prosperity and fulfillment: *simply use Abundance as a perfume!*

How to apply Abundance in your home office:

- Add 3-5 drops of Abundance to your Dewdrop or Rainstone diffuser and diffuse during your productive work and study time.
- Rub or sprinkle a few drops of Abundance on the corners of your desk, doorstep and on the paper that reflects your ideas and projects. Visualize exactly how you attract ideas, people or resources you need to fulfill your projects and goals. *Attention: The blend may be slightly yellowing, so be careful on light surfaces!*
- Put 1 drop of Abundance on your purse and visualize how the energy of money flows in abundantly, how more is flowing in and out and how you are doing positive things with the energy of the world.
- Apply 15 ml/0,5 fl. oz Abundance to biological wall paint and use it to paint your home office.

Abundance contains the “Seed-To-Seal“ quality essential oils of Orange, Frankincense, Patchouli, Clove, Ginger, Myrrh, Cinnamon and Black Spruce.

2. CEDARWOOD *Cedrus atlantica*

Cedarwood says: *"I ground, I protect, I silence. I focus and bring to the point. "*



Cedarwood essential oil is the oldest distilled oil in the history of mankind. It has been used already 6.500 years ago in the area we now call Lebanon – using the wood of those mighty and protective trees. Cedarwood leaves a warm aromatic scent that makes you feel safe and cozy. This “Seed-To-Seal“ quality essential oil promotes concentration and clarity while simultaneously following your intuition. Cedarwood scent stimulates the pineal gland and other brain centers.

Next time you enter a difficult negotiation or mentally challenging situation, be sure you have Cedarwood oil with you! Inhaling it helps you being on top of things and not get into any weird, possibly losing situation.

How to apply Cedarwood in your home office:

- Add 3-5 drops of Cedarwood to your Dewdrop or Rainstone diffuser and diffuse during your productive work and study time.
- Inhale 1 drop of Cedarwood directly from your palms 5 minutes before difficult business decisions, examinations or court appointments.
- Apply 1 drop of Cedarwood on your throat chakra, your third eye (middle of the forehead) and your crown chakra (on the middle of the head) to strengthen your intuition and concentration.

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3. BUILD YOUR DREAM

Build Your Dream says: „*You are destined for greatness. I support you so you can realize your dreams.*“



Whatever you dream of - a life away from your routines and obligations of an office job, from answers to important questions of life or from learning new skills and abilities. Build Your Dream, the "Seed-To-Seal" quality essential oil blend that was created to celebrate Young Living's 20th Anniversary can help you achieve greater clarity, confidence, peace and focus.

So if you are ready to live the greater life and hate spending 40 years boxed into a cubicle, this is the right oil for you!

How to apply Build Your Dream in your home office:

- Add 3-5 drops of Build Your Dream to your Dewdrop or Rainstone Diffuser and diffuse during your productive work and study time.
- Inhale 1 drop of Build Your Dream directly from your palms as you visualize your goals.
- Put 1 drop of Build Your Dream on your Heart Chakra to increase your heart's delight in achieving your goals.

Build Your Dream contains the "Seed-To-Seal" quality essential oils of Lavender, Sacred Frankincense, Blue Cypress, Hong Kuai, Idaho Blue Spruce, Melissa, Tangerine, Black Pepper, Juniper, Anise, Blue Tansy, Geranium, Blue Lotus, Bergamot, Royal Hawaiian Sandalwood, Ylang Ylang, Blue Lotus, Coriander, Balsam Canada

Your Meditation Room / Room Of Silence / Room Of Prayer

A place of silence, inner strength and connection to your divine origin.

Do you have a room in your home where you like to meditate and be in silence? Do you have a meditation place where you connect with your inner power and your divine source? When you are quiet in your body, thoughts and emotions, just listening and receiving, you find your inner peace and happiness no matter what happens in your environment.



Here are some great oil blends for your meditation room:

1. WHITE ANGELICA

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White Angelica says: *"I protect, I bless and I hold. I uplift, I ennoble and I transmute. I am the White Angel."*

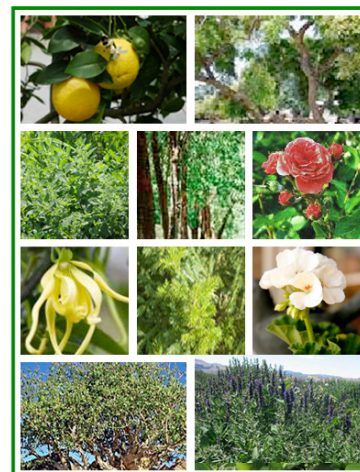
White Angelica is a soothing blend that evokes feelings of protection and security. The blend consists of a combination of "Seed-To-Seal" quality essential oils that have been used in antiquity to strengthen the charisma of people. It is also used to protect against unwanted energy.

You can only *feel these effects* when you *apply this oil blend*. Your life will be miraculously changed....

How to apply White Angelica in your meditation room:

- Add 3-5 drops of White Angelica to your Dewdrop or Aria Diffuser and diffuse during your meditation.
- Spray or rub 2-3 drops of White Angelica on your aura to protect and strengthen your energy field.
- Put 1 drop of White Angelica on your chakras to cleanse and protect you from unwanted energies.

White Angelica contains the "Seed-To-Seal" quality essential oils of Bergamot, Myrrh, Geranium, Sacred Sandalwood, Ylang Ylang, Coriander, Black Spruce, Hyssop, Rose and Almond Oil as a carrier oil.



2. EXODUS II

Exodus II says: *"I help you depart from the old and leave it behind. I help you to reach the new, your holy land."*



Exodus II is an oil blend inspired by an old biblical recipe that Moses received for blessings and to keep his people healthy, when he lead them out of the slavery in Egypt into freedom.

The scent of the single oils in Exodus II supports your longing for freedom and can lead you to self-mastery. *Maybe there is a step in your life that you will soon take....*

Applications in your meditation room:

- Add 3-5 drops of Exodus II to your Dewdrop or Aria Diffuser and diffuse during your meditation.
- Put 1 drop of Exodus II on your navel to "unsubscribe" from old energetic connections and beliefs.
- Apply 1 drop of Exodus II along your spine and on your chakras to cleanse and strengthen your own energy.

Exodus II contains olive oil and the "Seed-To-Seal" quality essential oils of Cinnamon Cassia, Myrrh, Cinnamon, Hyssop, Calamus, Vetiver, Frankincense and Northern Black Lights Spruce.

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3. AWAKEN

Awaken says: "*Arise, awake, stand up and reach your highest goal.*"



Awaken is an inspiring combination of different “Seed-To-Seal“ quality essential oil blends that contribute to inner awareness and awakening. Real understanding of your own ego is the first step forward towards successful and desirable change.

Use this blend to uncover your highest potential.

How to apply Awaken in your meditation room:

- Add 3-5 drops of Awaken to your Dewdrop or Aria Diffuser and diffuse during your meditation.
- Put 1 drop of Awaken on your chakras to strengthen your spiritual energy.
- Apply 2-3 drops of Awaken along your spine to activate the energy from the bottom up.

Awaken contains pure almond oil and the “Seed-To-Seal“ quality essential oils of Joy's™ essential oil blends, Present Time™, Forgiveness™, Dream Catcher™ and Harmony™.

Special Oils For Men And Women

For men:

Idaho Blue Spruce (*Picea Pungens*) is a blue spruce species that grows in the Rocky Mountains. It contains high levels of the active ingredients alpha-pinene and limonene.

Applied externally, Idaho Blue Spruce exerts a calming effect on stressed muscles while the characteristic, woody fragrance invigorates the senses, calms your mind and relaxes your body.

Resolve your emotional blockages and achieve harmony and safety with the aromatic fragrances of Idaho Blue Spruce.



The “Seed-To-Seal“ quality essential oil blend **Shutran** was specially developed for men to strengthen feelings of masculinity and self-confidence. The inspiring fragrance affects men as well as ladies. Even a few drops of Shutran throughout the day can help you to cope well with a tedious working day or a special evening.

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Sacred Mountain conveys feelings of power, strength, grounding and protection that come from being close to nature. This “Seed-To-Seal” quality essential oil blend of Black Spruce, Ylang Ylang, Balsam Canada and Cedarwood awaken sublime feelings you can experience in the mountains.

For women:

Clary Sage – (*Salvia sclarea*) is biennial or short-lived herbaceous perennial in the genus *Salvia*. It is native to the northern Mediterranean Basin and includes natural phytoestrogens. With its mild, warm and herbaceous fragrance, it has a stimulating and relaxing effect. It is therefore ideally suited to lead a normal and balanced life even with the monthly tensions a woman can have. It is very suitable for the menopause phase.



Experience feelings of harmony, lightness and ease with this wonderful gift of nature.

Progressence Phyto Plus contains some of the most popular oils for women, including Sacred Frankincense and Peppermint in a luxurious serum made to pamper you. It has been specially formulated for women over 30 years of age. Progressence Phyto Plus is ideal for a daily well-being, beauty care and balance at all levels.

Joy is a particularly uplifting, luxurious exotic “Seed-To-Seal” quality essential oil blend that will delight your heart. As a perfume, its irresistible fragrance creates romantic feelings and a yearning for closeness.

Already in early times, men and women became anointed to prepare for the harmonious and fruitful union of male and female power. The Bible mentions that when Esther was prepared for her marriage, **Aloe, Cassia, Myrrh and Sandalwood** were blended together and she was anointed with this blend by her maids for 30 days prior to the wedding.

To prepare the groom for marriage, one can imagine **Spruce** (Idaho Blue Spruce) being used to anoint the man’s lower half of the body, whereas **Sandalwood, Cedarwood and Frankincense** may have been used to anoint the upper half. These oils make sense if we think of what we know from the Bible: Jesus received **Balsam Fir** (“Gold”) as one of the birth gifts of the “Three Wise Men”, the others were Myrrh and Frankincense.

You can alternatively apply the “Seed-To-Seal” quality essential oils **Idaho Blue Spruce or Balsam Fir, Sandalwood, Cedarwood and Frankincense** with aromatic strokes from bottom to top (from the feet to the apex).

Note: her maids anointed Ester; male servants anointed men.

More Fragrant Suggestions

Scented business cards – add your personal touch

Put a drop of your favorite oil on a stack of your business cards. Be sure not to use oil blends that contain carrier oils nor oils high in sesquiterpenes, as they leave fatty stains on the paper. Now

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shuffle the cards several times, then put them in an envelope. Seal the envelope and take them out only after a week. During this time, your business cards will have completely absorbed the scent.

Another possibility is to put a few drop of your favorite oil in a wooden or cardboard box and keep your business cards in it. Whoever gets your business card inhales that special scent they associate with you and is immediately inspired.

Paint your walls - with essential oils ...

Put one complete 15 ml/0.5 fl. oz bottle of Joy, White Angelica or Abundance in a 22 litre or 25 litre bucket of organic wall paint. Mix, then paint the walls in your home and workplace. The fresh and pleasing scent stays in your walls for years to come, leaving many visitors to wonder what makes your rooms so special...

If you paint with the “Seed-To-Seal“ quality essential oil blend **Joy**, it brings true happiness into your house. You can visualize when painted on your walls that it makes people feel happy when they stay at your home, while keeping people with negative thoughts outside.

If you paint with the “Seed-To-Seal“ quality essential oil blend **White Angelica**, it brings protection and strength to your house. As you paint the walls, visualize how your home is protected from negative energies, events and people.

If you paint with the “Seed-To-Seal“ quality essential oil blend **Abundance** brings plenitude to your home or business premises. Visualize how wealth and abundance flow into these spaces and how prosperity circulates between your spaces and the world at large. What flows out of your spaces brings blessings and prosperity into the world and to the people.



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IV. Time To Create Fragrant Living Spaces In Your Life!

1. Remember your **seven most important qualities** from the "Garden of Eden" as well as **your seven most important qualities** from the comparison **Biosphere vs. Technosphere**.
2. Remember **three essential oils, behaviors or products** that can **turn each living space into a small garden of Eden**.
3. **Your priority list: which area of life do you start with?** Which living environment is most important to you? *Where do you spend the most time?* Which is the place you love? In which environment do you want to welcome other people?
4. **Get the products you need in order of priority!**

Refer to Young Living's essential oils as a customer (retail customer) or **become a Young Living member** (wholesale customer or reseller) 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 on a regular basis, you should always 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!

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

In Essential Rewards you will receive reduced delivery costs plus an additional 5 ml of free oils in the 3rd, 6th, 9th, 12th month and once a year (the "Loyalty" oil blend) as well as a 5 ml free oil each time. if your order exceeds 120 PV order value. With a normal order (100 PV) you save 400,- to 500,- only by being in Essential Rewards.

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

Become a team member in the group of the person who invited you to receive this special report or choose the person you like among <https://eotq.org/aromaexperts/>.

If you have enrolled with **Young Living through a member of Team ENJOY** (see <https://eotq.org/aromaexperts/>), you are welcome to attend regular **essential oil trainings and webinars** that will teach you the many application techniques as well as deeper knowledge of the subject of "Fragrant Spaces".

IMPRESSUM:

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