



ESSENTIAL OIL KIT

Hi! My name is Leianne King.
I'm always trying new things
with essential oils,
even after 20 years.
Create a Perfect Day began
as a personal experiment
and a question:
Which essential oils would
help me begin my day with
purpose and clarity, end my
day with gratitude, and
help keep me productive
during the hours in between?
Now I'm ready to share this
successful experiment
with you!



CREATE A
PERFECT DAY.



THE BEST DAY TO
CREATE A
PERFECT DAY
IS TODAY!

Proud member of:



The National Association for Holistic Aromatherapy

**DISCLAIMER: This information is provided for educational purposes only, not to treat, cure, prevent, or diagnose any disease or condition, or prescribe in any way. The data presented here may not be complete or fully accurate. As with all essential oils, do not take internally unless working with a qualified and expert practitioner.*

**SAFETY WARNING: If applying an essential oil to skin, always perform a small patch test by properly diluting the oil in an appropriate carrier oil and applying to an insensitive part of the body, such as the inside of an elbow. Use vegetable oil or milk to remove any essential oils causing irritation. Always keep essential oils and blends away from children. To slow oxidation and protect shelf life, store in a cool, dark place with lids tightly secured. Never put oils in the ear canal or eyes.*

Some information has been quoted from the book Foundational Aromatherapy by Leianne King, Brenda Wright and Amanda Reynolds, second edition, copyright 2015 by My Essential Event LLC.



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ESSENTIAL OILS

SIMPLE GUIDE TO
CREATE A
PERFECT DAY.

Pre-diluted roller bottle collection.

Youngevity.com // 2017



BALANCE YOUR MOOD, CLEAR YOUR MIND, ENERGIZE YOUR DAY.

HERE'S HOW:

Begin your day with **Earth Scent™** blend. It may help balance brain function to organize thoughts, provide mental clarity and reduce overall stress levels.*

Right before the shower or bath, use **Organ Master™**, a blend that may help provide complete, overall organ support. It also may assist with weight loss by lessening food cravings. This blend offers an added bonus – it may benefit the respiratory system.*

XY Blend™ may promote hormonal balance. Many individuals struggle with hormone challenges in one form or another. This blend contains essential oils historically used to assist with maintaining that balance.*

The three essential oils in the **Balance of Life™** blend have a long-standing history in Native American culture for physical, emotional, and mental well-being. This blend may aid the adrenal glands, kidneys, lungs, lymphatic system and the male reproductive system. It may relieve mental stress as well, as it provides balance. This blend may help the urinary tract and the respiratory system.*

Sometimes your body needs a little **Physical Care™**. This blend may support bone and joint health, the alleviation of physical discomfort associated with everyday living.*

End your day with gratitude and **Heaven Scent™** blend. Enjoy the aroma as you stand outside and contemplate the night sky and your blessings of the day. This blend may support overall body balancing, both physically and emotionally. It may promote an uplifting mood and support mental energy, as well as overall brain function needed for a positive and appreciative attitude.*

Right before you go to sleep, **Good Night™** blend will help tuck you in. It may assist with relaxing you to help you drift off to sleep and to balance the sleep cycle for a thorough and fulfilling sleep cycle.

(Please note: For your own personal experiment, you may want to switch and use Heaven Scent™ in the morning and Earth Scent™ at night. See what works best for you.)

HOW TO USE:

Earth Scent™, Organ Master™, Balance of Life™, Physical Care™, Heaven Scent™, Good Night™

Roll on temples, along hairline, nape of the neck, or on bottoms of both feet. Roll left and right across neck of the big toe to top, then down through the arch to the heel.

XY Blend™

Roll on the inside of each ankle, between the bone and the arch.



INGREDIENTS AND SAFETY NOTES

Earth Scent™

Amyris, Cedarwood, Clary Sage, Ginger, Juniper Berry, Juniper Leaf, Patchouli, Vetiver.

Safety Notes: Not recommended for pregnant women, dilution recommended for children under 3 years.

Organ Master™

Basil-Sweet, Geranium, White Grapefruit, Lemon, Marjoram-Sweet, Nutmeg, Peppermint, Rosemary 1.8 Cineole, Spearmint.

Safety Notes: Undiluted use not recommended for children under age 5 or pregnant women. In cases of high blood pressure, use with caution.

XY Blend™

Bergamot, Cedarwood, Clary Sage, Lavender, Orange-Sweet, Patchouli, Petitgrain.

Safety Notes: Not recommended for children under age 5, or for pregnant women.

Balance of Life™

Pinyon Pine, Juniper, Great Western Sage.

Safety Notes: Not for pregnant or nursing women. Dilute when used on children under age 8 and the elderly. Avoid if suffering from kidney disease.

Physical Care™

Basil-Sweet, Birch-Sweet, Black Pepper, Black Spruce, Blue Tansy, Cajeput, Clove Bud, Cypress, Fennel, Frankincense, Geranium, Lavender, Lemongrass, Peppermint, Rosemary 1.8 Cineole, Rosewood, Scotch Pine.

Safety Notes: Undiluted use not recommended for children under age 5 or pregnant women. In cases of high blood pressure, use with caution.

Heaven Scent™

Amyris, Bergamot, Black Spruce, Cedarwood, Clementine, Geranium, White Grapefruit, Lavender, Neroli, Orange-Sweet, Osmanthus, Rosewood, Scotch Pine, Ylang Ylang.

Safety Notes: Not recommended for pregnant women, dilution recommended for children under 5 years.

Good Night™

Amyris, Cedarwood, Clary Sage, Ginger, Juniper Berry, Juniper Leaf, Patchouli, Vetiver, Geranium, Palmarosa, Thyme Thymol, Cedar Leaf, Catnip, Calamus Root.

Safety Notes: Not recommended for pregnant or nursing women, dilution recommended for children under 10 years.