

YOUNGEVITY.
ESSENTIAL OILS

COPAIBA

Copaifera officinalis
Steam distillation of resin



Exclusive Oil

Supports: Respiratory, Muscular, Emotional, Circulatory, Integumentary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Transform Your Temple™ Lung & Sinus, Good Herbs Respiratory Support, Ultimate Gluco-Gel Plus™, Ultimate D-Stress™, Ultimate EFA™, Ultimate EFA Plus™, Ultimate Selenium™, Ultimate Hair, Skin & Nails™



COPAIBA

*Copaifera
officinalis*

IOML
(67150)



Blends Well With: Frankincense, Cardamom, Orange-Sweet, Cedarwood, Lemon, Grapefruit-Pink, Clary Sage, Jasmine, Rose 10% Blend, Ylang Ylang

Safety: Generally considered safe.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS

CHAMOMILE, ROMAN

Chamaemelum nobile

Steam distillation of root



Exclusive Oil

Supports: Digestive, Nervous, Muscular, Endocrine, Integumentary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Flora Fx™, Ultimate EFA™, Ultimate Selenium™, Synaptiv™, Ultimate Gluco-Gel Plus™, Slender Fx™ Sweet EZE™, Woman's Fx™, Xerafem™, Xeratest™



CHAMOMILE, ROMAN

*Chamaemelum
nobile*

5ML
(67151)



Blends Well With: Orange-Sweet, Marjoram-Sweet, Bergamot, Clary Sage, Rose Geranium, Grapefruit-Pink, Jasmine, Lavender Maillette, Lemon, Neroli, Palmarosa, Rose 10% Blend, Tea Tree

Safety: Non-toxic, non-irritant. Use with caution if pregnant.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS

TURMERIC

Curcuma longa
Steam distillation of root



Culinary Oil

Supports: Immune, Nervous, Circulatory, Digestive, Muscular, Skeletal

Suggested Carriers: Plant Derived Minerals™, Grapeseed Carrier Oil, Jojoba Carrier Oil, Kukui Carrier Oil, Ultimate CM Cream™

Supplement With: Beyond Osteo fx™ Liquid, Ultimate Gluco-Gel™, EFA Plus™, Ultimate Selenium™, Synaptiv™, Ultimate Digest Fx™

Blends Well With: Orange, Ginger, Sandalwood, Clary Sage, Ylang Ylang



TURMERIC

*Curcuma
longa*

IOML
(67152)



Safety: Drug interactions in some diabetic and cardiovascular medications. Check with your healthcare provider before using. Avoid in pregnancy. Always dilute, may cause skin irritation and discolor the skin or clothing.

Cosmetic Uses / Environmental Uses / Culinary Uses:

- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops of essential oil to 1 tbsp. of carrier oil.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals. Shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.
- Food Flavoring: 1 drop per 8-16 oz. Use a toothpick dipped into the essential oil for smaller amounts of sauces, soups, salad dressings, fish, red or white meat, eggs, cheese, vegetables, gluten free breads, pasta or rice.

0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS

SPIKENARD

Nardostachys jatamansi
Steam distillation of root



Exclusive Oil

Supports: Integumentary, Muscular, Nervous

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Gluco-Gel Plus™, Ultimate EFA™, Ultimate Selenium™, Synaptiv™



SPIKENARD

*Nardostachys
jatamansi*

5ML
(67153)



Blends Well With: Black Pepper, Clary Sage, Clove Bud, Cypress, Frankincense, Rose Geranium, Juniper Berry, Lavender Maillette, Lemon, Myrrh, Neroli, Palmarosa, Patchouli, Pinyon Pine, Rose, Vetiver, Ylang Ylang

Safety: Non-toxic, non-irritant.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

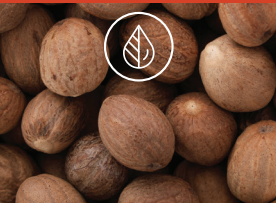
0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS

NUTMEG

Myristica fragrans

Steam distillation of seeds



Exclusive Oil

Supports: Digestive, Immune, Integumentary, Circulatory, Urinary, Muscular

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Flora Fx™, RYL Beta500™, Immu 911™, Ultimate Hair, Skin and Nails™, Ultimate EFA™, Ultimate Selenium™, Ancient Legacy Ultimate Super KB™, Ultimate Gluco-Gel Plus™



NUTMEG

*Myristica
fragrans*

IOML
(67154)



Blends Well With: Frankincense, Pinyon Pine

Safety: Use small amounts, avoid during pregnancy. Not safe for dogs.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

YOUNGEVITY.
ESSENTIAL OILS

VETIVER

Vetiveria zizanioides

Steam distillation of root



Exclusive Oil

Supports: Integumentary, Nervous, Circulatory, Reproductive

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Selenium™, Synaptiv™, Ultimate EFA™, Xerafem™, Xeratest™

Blends Well With: Bergamot, Black Pepper, Cedarwood, Clary Sage, Rose Geranium, Ginger, Grapefruit-Pink, Jasmine, Lavender Maillette, Lemon, Lemongrass, Red Mandarin, Orange-Sweet, Patchouli, Rose 10% Blend, Sandalwood, Ylang Ylang



VETIVER

*Vetiveria
zizanioides*

IOML
(67155)



Safety: There are no cautions listed for this oil when used in normal aromatherapy applications.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

YOUNGEVITY.
ESSENTIAL OILS

CUMIN

Cuminum cyminum

Steam distillation of seeds



Exclusive Oil

Supports: Digestive, Nervous, Immune, Urinary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Flora Fx™, Ultimate EFA™, Ultimate Selenium™, Synaptiv™, Ancient Legacy Ultimate Super KB™

Blends Well With: Chamomile-Roman, Coriander, Cilantro, Clove Bud, Frankincense, Ravensara



CUMIN

*Cuminum
cyminum*

10ML
(67156)

Safety: Phototoxic, avoid the sun or tanning beds for 12 hours after applying to skin. Avoid when pregnant. Use lightly because of strong aroma; may cause headaches or nausea.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

YOUNGEVITY.
ESSENTIAL OILS

CAJEPUT

Melaleuca cajuputi

Steam distillation of leaves & twigs



Exclusive Oil

Supports: Respiratory, Integumentary, Muscular, Digestive, Immune

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Transform Your Temple Lung and Sinus™, Good Herbs Respiratory Support™, Ultimate Hair, Skin and Nails™, Ultimate Gluco-Gel Plus™, Ultimate Flora Fx™, RYL Beta500, Immu 911™, Ultimate Selenium™, Synaptiv™



CAJEPUT

*Melaleuca
cajuputi*

IOML
(67157)



Blends Well With: Clary Sage, Rose Geranium, Lavender Maillette, Marjoram-Sweet, Peppermint, Pinyon Pine, Rosemary, Ylang Ylang, Frankincense, Vetiver

Safety: Mild skin irritation when used neat (undiluted). Use caution with children under 5 and pregnant women. When used in moderate amounts in blends, no caution is listed.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS

AMYRIS

Amyris balsamifera
Steam distillation of wood



Exclusive Oil

Supports: Integumentary, Nervous, Reproductive, Respiratory, Muscular, Emotional

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Gluco-Gel Plus™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, Xerafem™, Xeratest™



AMYRIS

*Amyris
balsamifera*

IOML
(67158)



Blends Well With: Bergamot, Cardamom, Cedarwood, Frankincense, Grapefruit-Pink, Lavender Maillette, Lemon, Lime, Orange-Sweet, Palmarosa, Patchouli, Rose 10% Blend, Sandalwood, Spikenard, Vetiver, Ylang Ylang

Safety: Always dilute. Non-toxic, non-sensitizing, and non-irritating. May cause irritation for those with sensitive skin.

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS

ANISE

Pimpinella anisum L.

Steam distillation of seeds



Exclusive Oil

Supports: Circulatory, Skeletal, Respiratory, Digestive, Muscular

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate EFA™, Ultimate EFA Plus™, Ultimate Selenium™, Gluco-Gel Plus™, Transform Your Temple Lung and Sinus™, Good Herbs Respiratory Support™, Ultimate Flora Fx™

Blends Well With: Black Pepper, Ginger, Lavender Maillette, Orange-Sweet, Pine, Rose 10% Blend



ANISE

*Pimpinella
anisum L.*

IOML
(67159)



Safety: Generally non-toxic. Avoid if pregnant or nursing, avoid with children under 5, avoid with estrogen dependent cancers.

Cosmetic Uses / Environmental Uses:

- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

YOUNGEVITY.
ESSENTIAL OILS

COCOA

Theobroma cacao

Solvent extraction of alcohol/bean



Exclusive Oil

Supports: Nervous, Digestive, Muscular, Reproductive, Integumentary

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, Ultimate Hair, Skin and Nails™, Ultimate Flora Fx™, Xerafem, Xeratest

Blends Well With: Bergamot, Carrot Seed, Cinnamon Bark, Fennel, Rose Geranium, Helichrysum 20% Blend, Neroli, Nutmeg, Peppermint, Rosemary



COCOA

*Theobroma
cacao*

5ML
(67160)



Safety: Not safe for dogs, nontoxic for human use. If applied undiluted, may stain light skin.

Cosmetic Uses / Environmental Uses:

- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

YOUNGEVITY.
ESSENTIAL OILS

CHAMOMILE, GERMAN

Matricaria recutita

Steam distillation of flowers



Exclusive Oil

Supports: Integumentary, Nervous, Endocrine, Muscular

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Dead Sea Bath Salts, Soul Purpose Unscented line, CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Hair, Skin and Nails™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, Slender Fx™ Sweet EZE™, Ultimate Gluco-Gel Plus™, Women's FX, Xerafem

Blends Well With: Bergamot, Lemon, Lime, Neroli, Clary Sage, Frankincense, Rose Geranium, Jasmine, Lavender Maillette, Neroli, Patchouli, Ylang Ylang, Cypress, Black Spruce, Pinyon Pine



CHAMOMILE, GERMAN

*Matricaria
recutita*

5ML
(67161)



Safety: Non-toxic, non-irritating unless oxidized. May potentate the actions of some antidepressants such as fluoxetine, quinidine, and paroxetine. May also have drug interaction with codeine and tamoxifen. Use caution with individuals with ragweed allergies.*

Cosmetic Uses / Environmental Uses:

- Bath: in 1/4 cup bath salt use 2-4 drops of essential oil.
- Diffuser: 4-5 drops for 10 minutes 3 times a day.
- Inhale: from lid or 1 drop on tissue, or in palm of hand cover mouth and nose and inhale.
- Massage: 2-4 drops in 1 tbsp. of carrier oil, or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

0218 | NAHA | E.O.B.B.D.

YOUNGEVITY.
ESSENTIAL OILS



Exclusive Oil

THYME THYMOL

Thymus vulgaris ct. Thymol

Steam distillation of leaves, buds, flowers

Supports: Nervous, Muscular, Skeletal, Immune

Suggested Carriers: Kukui Carrier Oil, Grapeseed Carrier Oil, Jojoba Carrier Oil, Plant Derived Minerals™, water, Soul Purpose Unscented line, Ultimate CM Cream™

Supplement With: Healthy Body Start Pak™, Ultimate Gluco-Gel Plus™, Ultimate Selenium™, Synaptiv™, Ultimate D-Stress™, RYL Beta500, Immu 911™

Blends Well With: Bergamot, Clary Sage, Cypress, Eucalyptus Rad., Rose Geranium, Grapefruit-Pink, Lavender Maillette, Lemon, Marjoram-Sweet, Pinyon Pine, Rosemary, Tea Tree



THYME THYMOL

Thymus vulgaris
ct. Thymol

10ML
(67045)



Safety: Irritating to sensitive skin. Always use a carrier oil when applying this oil. Not recommended for children under 10.

Cosmetic Uses / Environmental Uses:

- Massage: 2-4 drops in 1 tbsp. of carrier oil or 1 tsp. Ultimate CM Cream.
- Mist: 5-8 drops of essential oil in 2 oz. of water or Plant Derived Minerals, shake well before spraying. Avoid eyes and areas of mucus membranes.
- Topical: 1-2 drops essential oil to 3 drops carrier oil and apply to small area or on bottom of feet.