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Carisa Hinson

YL #1410471



FOCUS on FOCUS

OILS	Price	Item #	Want!
KidScents: GeneYus	45.00	5310	
Lavender *	24.25	3575	
Cedarwood	11.50	3509	
Vetiver	21.25	3651	
Brain Power	66.75	3313	
Frankincense *	75.50	3548	
Peppermint *	22.00	3614	
Lemon *	11.50	3578	
Citrus Fresh *	15.75	3318	
Clarity	41.75	3321	
Northern Lights Black Spruce	24.50	5313	
Rosemary	16.00	3626	
Peace & Calming	34.75	3398	



DIFFUSERS	Price	Item #	Want!
Orb	26.50	5227	
USB {white, black, purple, pink}	12.50	varies	



SUPPLEMENTS	Price	Item #	Want!
Mindwise	61.50	21244	
Mindwise Sachets	67.75	20223	
Mineral Essence	29.50	3222	
NingXia Red	varies	varies	



AROMASPINNER	Price	Item #	Want!
AromaSpinner	14.75	21777	
Accessory Pack	6.00	21778	



One of my absolute favorites is this DIY blend. I began using this when my son Kyler was younger and it has been a part of our daily routine ever since. I love this blend for myself and have it in a roller bottle on my desk labeled "CHILL OUT."

DIY Blend

- Lavender
- Cedarwood
- Vetiver
- Carrier Oil

Use an empty roller bottle and add equal parts of each essential oil and then add carrier oil. For an adult I only add about 25% carrier oil, for an older child about 50% and for a young child you can dilute more. There's no massive rule, which can be hard for many of us who tend to be rule-following Type-A personalities ← that was me when I first began using oils. The general guideline I like to go by is whatever is on the YL bottle label. If all of the single oils in a blend I am putting together are "use neat" then I only dilute to save a bit of \$\$, especially when using with kids who like to slather it on. If one of the single oils is a 50/50 dilution ratio, I will dilute the entire blend that way. Always use greater dilution caution with younger children.

There's some interesting scientific research to support the use of essentials, here's one specific study relating to vetiver oil specifically.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4805151/>

The following quote is from that study...

"In terminal task, human subjects who inhaled the volatile compounds of vetiver EO showed faster reaction times and stimulation of sympathetic nerve activity. Ultimately, the stimulating effects of vetiver EO might be beneficial for learning and memory processes. In conclusion, the present findings provide information that vetiver EO may be used as a stimulant to improve alertness and task performance."



A blend of: Sacred Frankincense, Blue Cypress, Cedarwood, Melissa, Blue Spruce, Palo Santo, Galbanum, Bergamot, Myrrh, Sandalwood, Geranium, Rosewood, Ylang Ylang, Hyssop, Black Spruce, Rose

KidScents GeneYus contains: Sacred Frankincense, Blue Cypress, Cedarwood, Melissa, Blue Spruce, Palo Santo, Galbanum, Bergamot, Myrrh, Sandalwood, Geranium, Rosewood, Ylang Ylang, Hyssop, Black Spruce, & Rose.

GeneYus is an excellent blend to diffuse for young minds that are focusing and concentrating on projects. You can also apply GeneYus to your child's wrists or back of neck before they head off to school for an aroma that encourages their efforts.

This is probably the most popular blend for kids and school time right now. I know MANY moms who absolutely love this stuff and how it supports their kiddos.

Another idea is to use GeneYus on a diffuser bracelet or necklace, you can see a diffuser necklace we have here in this post:

<http://www.oilylittleworld.com/2016/08/back-to-school-with-diffuser-necklace.html>



A blend of: Sacred Sandalwood, Cedarwood, Frankincense, Melissa, Blue cypress, Lavender, Helichrysum

Brain Power™ is a blend of essential oils high in sesquiterpenes to promote a sense of clarity and focus when used aromatically.

Sesquiterpenes are the principal constituents of Cedarwood, Sandalwood, and Blue Cypress. They are also found in Frankincense. These are the heavy notes that linger.

Oils high in sesquiterpenes: Myrrh, Cedarwood, Ginger, Blue Cypress, Sacred Sandalwood, Patchouli, Vetiver, German Chamomile, Hong Kuai



A blend of: Basil, Cardamom, Rosemary, Peppermint, Coriander, Geranium, Bergamot, Lemon, Ylang Ylang, Jasmine, Roman Chamomile, Palmarosa

Clarity™ blends Basil, Rosemary, Peppermint, and other essential oils for an aroma that invites a sense of clarity and alertness. This is a great one to diffuse during the homeschool day or during homework time.

Personally, I like to add a drop of orange and/or Northern Lights Black Spruce when I diffuse Clarity.

Read more about Clarity on the Young Living blog here:
<https://www.youngliving.com/blog/enhancing-possibilities/>



Supplements to Investigate:

www.oilylittleworld.com

Here are my recommended Young Living supplements to investigate further to see if they might be a good fit for someone in your family.

MINDWISE

Support normal cardiovascular health and cognitive health with the fruity, nutty flavor of MindWise™! With a vegetarian oil made from cold-pressed sacha inchi seeds harvested from the Peruvian Amazon and other medium-chain triglyceride oils, MindWise has a high proportion of unsaturated fatty acids and omega-3 fatty acids. Plus, it uses a combination of fruit juices and extracts, turmeric, and pure essential oils to create a heart and brain function supplement with a taste you'll love!

MindWise also includes our proprietary memory function blend made with bioidentical CoQ10, ALCAR, and GPC—ingredients that have been studied for their unique benefits. With generous amounts of vitamin D3, this premium supplement is equipped to support normal brain function and overall cognitive and cardiovascular health.*

Supports normal brain and heart function*

Contains a high proportion of unsaturated fatty acids and omega-3 fatty acids

Includes GPC, ALCAR, and bioidentical CoQ10, all studied for their beneficial properties*

Supports heart health by replenishing the body with CoQ10*

Features an improved, smoother texture

Includes no added preservatives

Formulated with turmeric

See the Mindwise Product Information Page here: https://static.youngliving.com/en-US/PDFS/PIP_Mindwise.pdf

NINGXIA RED

Add a daily shot of NingXia Red® to your diet to enjoy the benefits of this powerful, whole-body supplement. This sweet and tangy drink's formula includes wolfberry, which is touted for its health benefits. Also featuring plum, aronia, cherry, blueberry, and pomegranate juices and extracts, Young Living's NingXia Red is packed with superfoods to support overall wellness.

Young Living NingXia Red benefits include support for energy levels, normal cellular function, and whole-body and normal eye health. A daily shot of 2–4 ounces helps support overall wellness with powerful antioxidants.*

See the Ningxia Red Product Information Page here: https://static.youngliving.com/en-US/PDFS/PIP_NingXiaRed.pdf

MINERAL ESSENCE

Mineral Essence™ is a balanced, full-spectrum ionic mineral complex enhanced with essential oils.

According to two-time Nobel Prize winner Linus Pauling PhD. "You can trace every sickness, every disease, and every ailment to a mineral deficiency." Ionic minerals are the most fully and quickly absorbed form of minerals available.

OMEGAGIZE

OmegaGize³™ combines the power of three core daily supplements-omega 3 fatty acids, vitamin D-3, and CoQ10 (ubiquinone). These supplements combine with our proprietary enhancement essential oil blend to create an omega-3, DHA-rich fish oil supplement that may support general wellness. Used daily these ingredients work synergistically to support normal brain, heart, eye, and joint health.*

See the Omegagize Product Information Page here: https://static.youngliving.com/en-US/PDFS/PIP_OmegaGize3.pdf

*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.



A really fun way to experience the effects of these essential oils I have shared is through Young Living's AromaSpinner!

Keep focus fun with Young Living's AromaSpinner™. This innovative take on the fidget spinner is a new way to engage the senses as it doubles as an essential oil diffuser! The addition of custom-designed aroma buttons for this fidget spinner let parents create the right environment for their kids when they're tired, restless, or need a boost. Enjoy the benefits of Young Living's essential oils at home or on the go with this creative fidget spinner. Customize essential oil blends to the needs of your child, making the AromaSpinner great for the whole family.

A great oil blend to try on your AromaSpinner is Citrus Fresh – in addition to the ones we have already shared!

Apply 1–2 drops of essential oil to the pad of each aroma button and allow a few seconds for the oil to absorb into the pad. Spin and breathe deeply.



In addition to these great blends I have shared, there are plenty of other oils to use to help support focus. I wanted to go in depth with some of our favorites, but definitely can't leave these guys out!

When using any of these oils in your diffuser, remember you can combine to get the aroma you like. For example, I dislike the smell of Clarity alone diffusing, but when I add a drop of Northern Lights Black Spruce and Orange to it, I LOVE the aroma!

Remember if one oil doesn't help support your child, it doesn't mean another won't! Different oils work for different people. A great example is Peace and Calming. For some this is very relaxing and only used at bedtime. For others it promotes clarity and focus. I love that there are so many options and that so many oils support more than one thing!



WHY Essential Rewards?

How Does Essential Rewards {ER} work and what are the BENEFITS?

Have you ever heard of a subscription box? Well, Essential Rewards is exactly that except you get to choose your products each month through an EASY online dashboard and add them to your Essential Rewards {ER} order.

Order at least 50 PV {PV= Personal Volume and is normally equal to \$ amount} per month to reap these amazing benefits!

ER is completely flexible – order whatever you want each month, it does not have to be the same. You can easily change your order online! You will have a monthly shipping date, but you CAN change your shipping date each month if needed.

You will earn points on each order to redeem for free products!

First 3 months on ER ~ earn 10% of your PV

Months 4-24 on ER ~ earn 20% of your PV

Months 24+ on ER ~ earn 25% of your PV

In addition to the points, you also get **loyalty gifts!** FREE oils automatically added to your ER box at 3, 6, 9, and 12 months!

There really is no risk with ER – you can **cancel at any time** {make sure you use any available points before canceling}.

Essential Rewards Wishlist

Remember to check monthly promotions before placing your ER order each month. There are FREE products automatically added to your ER box when you order 100PV, 190PV, 250PV or 300PV!

MONTH 1	10% points back!	Price	MONTH 2	10% points back!	Price	MONTH 3	10% points back!	Price
TOTAL:			TOTAL:			TOTAL:		

MONTH 4	20% points back!	Price	MONTH 5	20% points back!	Price	MONTH 6	20% points back!	Price
TOTAL:			TOTAL:			TOTAL:		

Don't have a YL membership yet? Join our Community!

- Go to www.youngliving.com
- Click on "Become a Member" in the top right corner
- Make sure the "Member" box is checked
- Make sure the number **1410471** is in the enroller and sponsor section.
- Click continue and complete your membership!
- Choose your Starter Kit {see next page for more details}
- When you get to the Essential Rewards portion, strongly consider enrolling in this! If you decide to enroll, put together your very first custom order of 50PV or more! We recommend: V6 carrier oil, & Thieves Household Cleaner to start with!
- ANY trouble along the way, call Young Living and let them assist. Their number is 1-800-371-3515
- Write down your info: member #, PIN #, password and if you signed up for Essential Rewards, record your monthly order date so you remember to change your order for next month!
- Any questions? Email: oilylittleworld@gmail.com



Choose Your Membership

Check the box for the membership type you prefer.

Member

- Enjoy 24 percent off retail pricing on your favorite products.
- Participate in the compensation plan and earn commissions just by sharing Young Living.
- Qualify for exclusive Young Living member events around the world.
- Enjoy the benefits and convenience of Essential Rewards.

Save
24%

Retail Customer

- Retail customers pay full retail price for all Young Living products.
- Retail customers may not take advantage of the Young Living compensation plan or the Essential Rewards program.
- Retail customers do not need to purchase a Starter Kit.

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The Essential Oils Premium Starter Kit



Choose your own diffuser...



\$160

Dewdrop Diffuser

Ultrasonic
Humidifier
Atomizer
4 hour Run Time
Auto Shutoff
Ambient Light
Covers 323 Sq Ft



\$160

Desert Mist Diffuser

Ultrasonic
Humidifier
Atomizer
Up to 10 hour Run Time
11 Light Settings
Candle Flicker Mode
Covers 323 Sq Ft



\$205

Rainstone Diffuser

Ultrasonic
8 hour Run Time
Negative Ionizer
Auto Shutoff
3 Ambient Light Colors
Remote Control
Covers 323 Sq Ft



\$260

Aria Diffuser

Ultrasonic
3 hour Run Time
Device Port for Music
Auto Shutoff
Multicolor Ambient Light
Remote Control
Covers 430 Sq Ft

The Other Premium Starter Kit Options

Thieves
PSK

\$160



4 Color Distillers



\$150

Savvy Minerals Starter Kits

www.youngliving.com | 800.955.2222

NingXia
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