

## Celebrations with Therapeutic Grade Essential Oils

December is a perfect time to reflect on the wonders of the year as we embrace the holiday season. Our thoughts are focused on our traditional celebrations as we gather with family and friends.

Essential oils can be a wonderful way to enhance your holidays. Diffusing the essential oils in your home and work place or perhaps wearing your favorite oil as perfume, will lend the fragrances of holiday spirit while adding the healing properties of the essential oils.

The holidays are a perfect time to use your favorite holiday scents to take you back to your favorite memories of this special time of the year. Here are a few of the amazing Young Living Therapeutic Grade essential oils that you can use for yourself and share with your family and friends as you celebrate your blessings.

### Scents of the Season Collection



Add some spice during the holidays with nature's living energy. We've combined nine of our favorite Young Living Therapeutic Grade essential oils, perfect for introducing the benefits of essential oils to others or enjoying for yourself.

The Holiday Oil Collection contains Christmas Spirit™, Joy™, cassia, frankincense, myrrh, nutmeg, orange, peppermint, and pine. A free organza bag is included.



**Joy™** is a luxuriously exotic blend with uplifting overtones that create magnetic energy, bring joy to the heart. When worn as cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

**How to use:** For topical or aromatic use. Diffuse; use as a cologne or perfume; apply over heart.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age. Avoid using on skin exposed to direct sunlight or UV rays.

Ingredients: Bergamot (Citrus bergamia), ylang ylang (Cananga odorata), geranium (Pelargonium graveolens), rosewood (Aniba rosaeodora), lemon (Citrus limon), mandarin (Citrus reticulata), jasmine (Jasminum officinale), Roman chamomile (Chamaemelum nobile), palmarosa (Cymbopogon martinii), and rose (Rosa damascena).



**Frankincense** (*Boswellia carteri*) has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair.

**How to use:** For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.



**Myrrh** (*Commiphora myrrha*) has a rich, smoky, balsamic aroma that is purifying, restorative, revitalizing, and uplifting. It is a helpful aid to meditation, having one of the highest levels of sesquiterpenes available. Sesquiterpenes are a class of compounds that have a direct effect on the hypothalamus, pituitary, and amygdala, the seat of our emotions. The Arabian people believed it helped wrinkled, chapped, and cracked skin. Today, myrrh is widely used in oral hygiene products.

**How to use:** For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.



**Christmas Spirit™** is a sweet, spicy blend of orange, cinnamon, and spruce essential oils that tap into the happiness, joy, and security associated with the holiday season. With Christmas Spirit on hand, simply open a bottle and start diffusing!

**How to use:** For aromatic use. Diffuse or sprinkle on logs in the fireplace, on Christmas trees, on cedar chips for dresser drawers, or on potpourri. Use all year round.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

Ingredients: Orange (*Citrus aurantium*), cinnamon bark (*Cinnamomum verum*), and spruce (*Picea mariana*).

For more information about the Young Living Essential Oils visit the Healing Touch Program Young Living website.

<https://www.youngliving.org/htprogram>